

Step 1: Gather Important Information

- **What You'll Need:** Your ID, Social Security number, proof of income (like a pay stub if you have one), and information about any bills you pay (like rent or utilities).
- If you're not sure you have everything, don't worry—just bring as much as you can.

Step 2: Apply Online or In Person

- **Online:** Go to the [YourTexasBenefits.com](https://www.yourtexasbenefits.com) website. Click on “Apply for Benefits” and follow the instructions.
- **In Person:** Go to a nearby Texas Health and Human Services office. Staff can help you apply right there. You can find a location near you by calling **2-1-1** (this is a free number for Texas services).

Step 3: Answer the Questions

- **What You'll Be Asked:** They'll ask about your income, where you live, and if you have any dependents (like children).
- **Be Honest:** Just answer as best as you can. If you don't know an answer, tell them.

Step 4: Wait for a Decision

- **Quick Response:** If you qualify for emergency food stamps, you could get help within **24 hours to a few days**.
- **Follow Up:** You may get a call or a letter to confirm some information, so keep an eye out.

Step 5: Use Your Benefits

- **Texas EBT Card:** If approved, you'll receive a card (called Lone Star Card) that works like a debit card for buying groceries.
- **Keep Your Card Safe:** This card will hold your food benefits each month as long as you qualify.

If you get stuck at any step, call **2-1-1** for help. They can guide you through the process and answer questions.