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IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**

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# SNAP

Supplemental Nutrition Assistance Program

Explore this Section



## Apply for SNAP

Households must meet certain eligibility requirements to receive SNAP benefits.

### Eligibility

A household must meet the following eligibility requirements:

- Must be a citizen or legal immigrant

Must be an Idaho **resident**

Your household income must be less than the program income limits for your household size

With some exceptions, you must work or participate in an employment and training program

For most households, resources must be under \$5,000 to qualify for SNAP. Resources include, but are not limited to:

Cash

Bank accounts

Stocks and bonds

Property

Household and recreational vehicles

Households can receive SNAP benefits from only one state at a time. If you have recently moved to Idaho, you must end your SNAP benefits in your previous state, prior to applying for SNAP in Idaho.



## Application for Assistance

Download and complete an application for SNAP today.

[View Form](#) 

# Monthly income limits for SNAP

Effective October 2021

HOUSEHOLD SIZE	INCOME
1	\$1,396
2	\$1,888
3	\$2,379
4	\$2,871
5	\$3,363
6	\$3,855
7	\$4,347
8	\$4,839
EACH ADDITIONAL MEMBER	+ \$492

## How can I apply?

Apply over the phone or in person

Interview

- **Call:** 877-456-1233 (toll free)
- **Visit:** [Closest field office](#)

Be prepared to provide this information with the application:

- ID card
- Household income and resources
- Housing costs
- Current monthly expenses
- If applicable, immigration status

#### Apply by mail, email or fax

Download and complete an [application](#) 

Then Apply by either:

- **Email:** [MyBenefits@dhw.idaho.gov](mailto:MyBenefits@dhw.idaho.gov)
- **Fax:** 1-866-434-8278 (toll free)
- **Mail:** Self-Reliance Programs, PO Box 83720, Boise, ID 83720-0026

Be prepared to provide this information with the application:

- ID card
- Household income and resources
- Housing costs
- Current monthly expenses
- If applicable, immigration status

You must complete an interview along with the application. After your application is received and reviewed, you will be contacted for an interview.

# After application submission

1. After you have submitted your application, you will receive a notice from DHW regarding your eligibility.
2. When you are approved for SNAP, you'll either receive your EBT card the same day in our office, or receive a letter within 10-14 days with your EBT card.
3. Each month that you are eligible, your card will be automatically loaded with your benefits. Benefits are loaded on a staggered schedule the first 10 days of the month. The date your SNAP benefits will be loaded, depends on the last number of your birth year. If you were born in 1994, you will receive benefits on the 4th day of the month.

## File an appeal

YOUR RIGHTS TO APPEAL OR REQUEST A FAIR HEARING

[Appeals and Fair Hearings](#) →

This page explains how to file an appeal for an eligibility decision for public assistance programs.

[Go to Appeals and Fair Hearings](#)

## Non-discrimination

The Idaho Department of Health and Welfare is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. Learn more about your rights by viewing our non-discrimination information.

[Learn more](#)

## SELF RELIANCE PROGRAMS CONTACT INFO

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### General questions about SNAP

If you have additional questions about SNAP, please contact us at:

**Address**

PO Box 83720  
Boise, ID 83720

**Phone**

[877-456-1233](tel:877-456-1233)

**Email**

[MyBenefits@dhw.idaho.gov](mailto:MyBenefits@dhw.idaho.gov)

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### Crisis Services

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