



SNAP Guide for People in Recovery

SNAP is for people in recovery

SNAP, the Supplemental Nutrition Assistance Program, formerly known as Food Stamps is here to help you put healthy food on the table so you can focus on your recovery. Whether you've received SNAP benefits in the past or SNAP is something you're just considering now, this guide is designed to help people in recovery through the application process. We realize applying can be intimidating, but it's easy and there are many resources available to help.

Apply for SNAP

There are four ways to apply for SNAP

1. [Apply Online](#) (English Only Application, Not Mobile Friendly)
2. Apply by Email to SSP.StatewideWorkshare@dhsosha.state.or.us (Fillable PDF applications available in [English](#), [Spanish](#), [Russian](#), [Vietnamese](#), [Somali](#), [Arabic](#), [Burmese](#), [Nepali](#), [English-Large Print](#), and [Spanish-Large Print](#).)
3. Apply by phone by calling you local [DHS SNAP office](#)
4. Apply in person at your local [DHS SNAP office](#) (Offices are open but visitors must call ahead before visiting)

After you apply, you will meet with a SNAP eligibility worker (in person or by phone) to determine your benefits.

SNAP and Residential Treatment

- If you are enrolled in or plan to enroll in residential treatment, your treatment provider may accept SNAP benefits on your behalf while you are living at their facility.
- If you are already enrolled in SNAP when you enter treatment, you must assign your treatment provider as an [authorized representative](#) and they will have access to your benefits for the duration of treatment.
- If you've never applied to SNAP before, the facility may apply on your behalf and you can continue to receive benefits after you exit treatment.
- When exiting treatment call your [local DHS office](#) to update your personal information. This is important to ensure you are issued a new SNAP benefits card (EBT, Oregon Trail Card) or your old card is reactivated.
- You are entitled to all your monthly benefits prorated to the day you exit treatment. The facility cannot use these benefits and should call DHS.

SNAP and Group Homes / Sober Housing

- If you are living in a sober housing facility, you may receive individual SNAP benefits



even if you share some meals.

- Your facility can only act as your [authorized representative](#) if you voluntarily appoint them.

SNAP for Students

- College students enrolled at least half-time may be eligible for SNAP.
- Eligible students must explain to their DHS worker during their interview how their education will support their desired occupation upon completion of the program. These students are exempt from [work requirements](#).
- If students do not meet this criteria, they are eligible if they are participating in a work-study program, OR are working at least 20 hours a week, OR are unable to work due to physical or psychological reasons

For more information, please visit <https://oregonhunger.org/snap-for-students/>

Special Programs during COVID-19

- Suspended Time Limits: During COVID-19, adults without children do not need to meet work requirements in the three month time limit to continue receiving SNAP benefits. If you previously lost SNAP benefits due to time limits, you may be eligible to receive benefits again.
- Emergency SNAP Supplemental Allotment: For the month of July, all SNAP participants will receive the maximum benefit for their household size.
- Pandemic EBT: Families whose children receive free or reduced price school meals are eligible for benefits to cover the cost of food during school closures. This benefit is added directly to the Oregon Trail Card (EBT Card) of eligible participants. For families not already enrolled in SNAP, a new Oregon Trail Card will be mailed to their home address.

For more information on food assistance during COVID-19 please visit:

<https://oregonhunger.org/covid-19/>

What if I was laid off?

- DHS takes recent changes in income into account immediately when determining benefits. If you were laid off or had your hours reduced you may be eligible if your income is below the following guidelines.

Persons in Household	Annual	Monthly	Weekly
1	\$23,616	\$1,968	\$454.15
2	\$31,896	\$2,658	\$613.38



3	\$40,188	\$3,349	\$772.84
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*Monthly amounts go up \$691 for each additional person. Income guidelines in other states may be different.

What if I quit my job?

- SNAP requires most people to meet set [work requirements](#) in order to enroll. There are some exceptions to these requirements.
- People enrolled in and regularly participating in a drug or alcohol treatment program are exempt from SNAP work requirements.

Know your Rights and Self Advocate

Applying for SNAP is easy with access to the right resources but some people may have had trouble applying in the past. Oregon Law Help has a useful [list of resources](#) to help you navigate the process and self advocate if any difficulties arise.

Some things to keep in mind when applying:

- Ask for the contact information of your worker's supervisor, the operations manager, and District Manager so you can easily contact them if you experience any problems.
- Keep a written log of interactions with DHS, ask for written documentation of any agreements, and receipts of any documents you turn in.
- You have the right to view your file and ask questions about anything you don't understand.
- You can bring another adult with you to witness your meetings with a DHS worker.
- You can file a complaint if you feel you've been mistreated or request a hearing if you disagree with your benefits decision.

If you need help, you can call your [local legal aid office](#) or the public benefits hotline at 1 (800) 520-5292

Useful Resources

[Partners for a Hunger Free Oregon](#) Find additional SNAP information.

[Oregon Law Help](#) Legal information and assistance for issues including SNAP and housing.

[211 Oregon](#) Connect with other health and social service programs. Call 211 or email help@211info.org.