

# About SNAP Benefits

## What is SNAP?

SNAP is a program that provides food benefits to low-income families or individuals to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.

SNAP benefits come in the form of an EBT card with a monthly allotment to be spent at eligible retailers.

## What can SNAP buy?

- Fruits and vegetables;
- Meat, poultry, and fish;
- Dairy products;
- Breads and cereals;
- Other foods such as snack foods and non-alcoholic beverages; and
- Seeds and plants, which produce food for the household to eat.

## How do I qualify?

College students are subject to certain eligibility rules.

Students attending college more than half-time are only eligible for SNAP if they meet an exemption. Rules vary for international students.

Create a MI bridges account at the website [newmibridges.michigan.gov](https://www.newmibridges.michigan.gov)

Apply for the Food Assistance Program (FAP), which is Michigan's SNAP

## Snappy facts to combat stigma

each \$1 of SNAP benefits during a downturn generates between \$1.50 and \$1.80 of economic activity

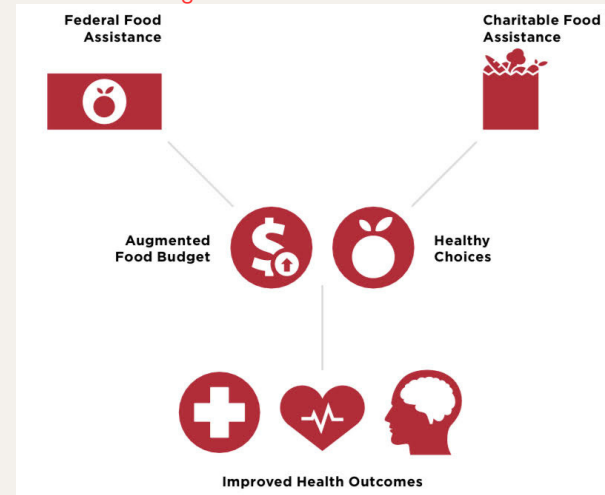
**SNAP is literally good for the economy!**

Source: "Nearly 60 Percent Increase in Older Adult Food Insecurity During COVID-19: Federal Action on SNAP Needed Now."

there is an interconnectedness between poverty, health, and food insecurity


food insecurity is associated with higher health care costs across the United States, and programs like SNAP help to combat this and lower healthcare costs

Source: Feeding America



For More Resources & Information Contact Us!

 <https://www.gvsu.edu/basic/>

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