

THE CENTER FOR WOMEN & GENDER EQUITY
PRESENTS

let's talk about SNAP

Are you living off ramen and need a little help with affording nutritious food? Come to one of our SNAP workshops to learn about the Supplemental Nutrition Assistance Program!

We can talk over eligibility, how to apply, and answer questions you might have.

Fall 2023 Dates and Times:

Sept. 5th 11:30AM-1:30PM

Sept. 19th 11:30AM-1:30PM

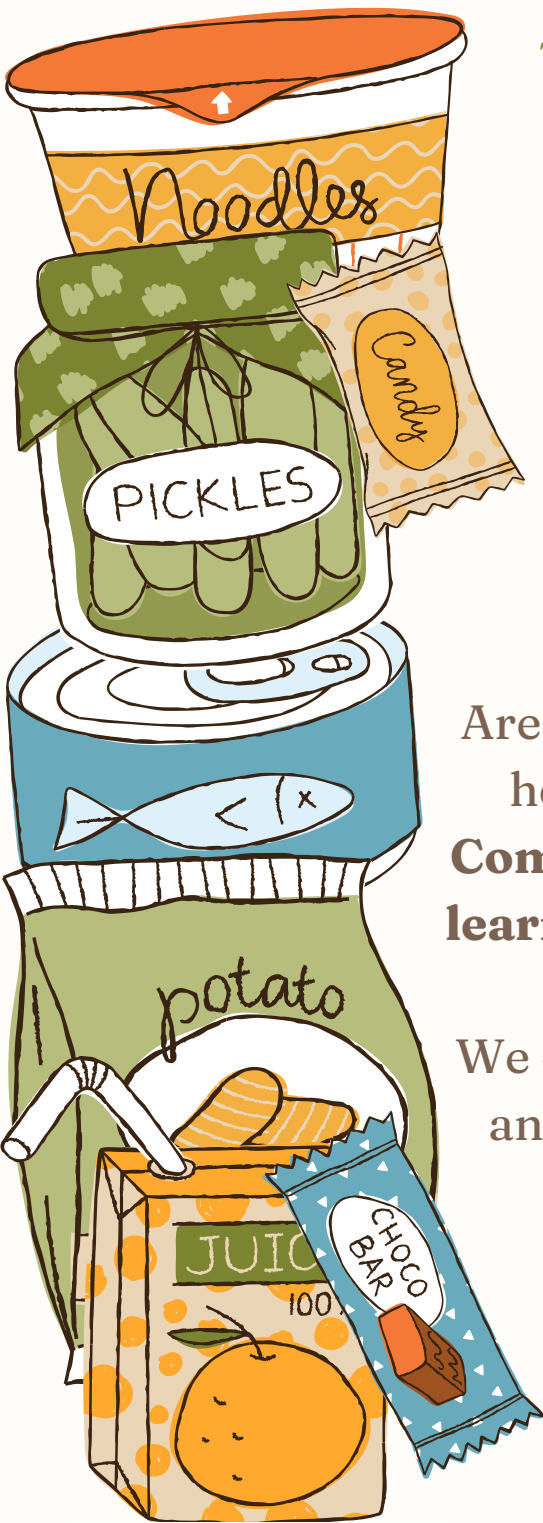
Oct. 4th 9AM-1PM

Oct. 16 9AM-1PM

Nov. 6th 9AM-1PM

All located in Lower level

Kirkhof Center room 73



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

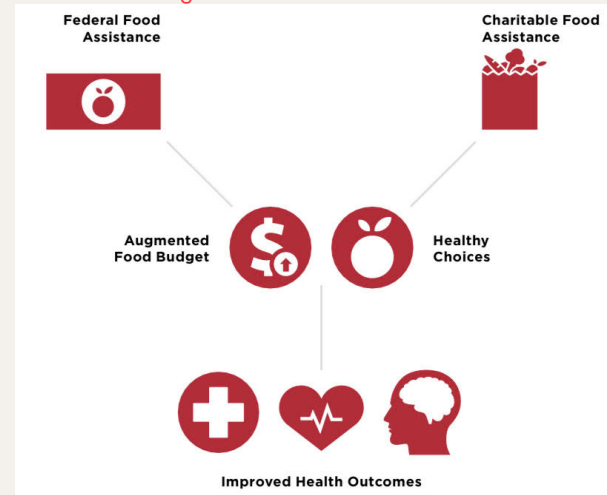
SNAP is literally good for the economy!

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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