

# CONTACT WTLS

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1. Mail: USDA Food and Nutrition Service, 1320 Braddock Place, Room 334 Alexandria, VA 22314; or
2. Email: [FNCSIVILRIGHTSCOMPLAINTS@usda.gov](mailto:FNCSIVILRIGHTSCOMPLAINTS@usda.gov)

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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

## West Tennessee Legal Services

**800-372-8346**

**731-423-0616**

**901-471-8006**

### Jackson

210 W Main St  
Jackson, TN 38301

### Memphis

1407 Union Ave, Suite 1100  
Memphis, TN 38104

### Dyersburg

208 S Church Ave  
Dyersburg, TN 38024

### Huntingdon

113 W Paris St  
Huntingdon, TN 38344

### Selmer

141 N Third St  
Selmer, TN 38375

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Jackson, TN 38301

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LEGAL SERVICES CORPORATION

## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM FACTSHEET



## WEST TENNESSEE LEGAL SERVICES

## WTLS.ORG

# FREE CIVIL LEGAL HELP FOR WEST TENNESSEE

## What is SNAP?

SNAP stands for Supplemental Nutrition Assistance Program. SNAP helps low-income families buy healthy food. This program allows families to spend less money on groceries, so they can use their income for other important needs while still getting good meals.

## Can I get SNAP benefits?

If your income is low enough, you may be able to get SNAP benefits. To see if you qualify, fill out an application. You can get the application at your local DHS office and remember to make an appointment for an interview with a SNAP worker. You may also apply online or check your case status by using the OneDHS Customer Portal link:  
<https://onedhs.tn.gov/csp>.

## What if I don't have food now?

If you have less than \$150 in monthly gross income and not more than \$100 in liquid resources such as cash, you may be eligible to receive expedited benefits within 7 days.



## What do I bring to the interview?

You should bring papers that prove:

- Your identity (driver's license, passport, photo student I.D., birth certificate, permanent resident card, voter's registration card)
- Where you live (such as lease agreement or mortgage statement, utility or phone bill with your name on it). NOTE: if you don't have a fixed address, you may still qualify for SNAP
- Income (such as proof of income for the most recent 30 days of earnings, employer statement, a court order for child support, or an award letter for SSI, Social Security, Unemployment, or other benefits)
- Shelter Costs (rent receipts, lease agreements, mortgage payments, homeowners insurance, property tax)
- Medical Costs for household members age 60 and older, or disabled of \$35 or more (such as billing statements, itemized Rx receipts, repayment agreement with medical provider)
- Cost of utilities (such as water/electric/gas bill)

Your SNAP worker will help you if you are having problems getting this proof and may ask for other information.

## What happens next?

Once you have completed your interview you will be notified if you are approved or denied for SNAP benefits. Your benefits will come on a plastic card similar to a credit card that looks similar to a credit card.



## What can I buy with SNAP?

Use your card to buy healthy food at stores that accept EBT cards.

You can also use SNAP Benefits to purchase seeds to grow your own food.

Look for the sign "EBT accepted."

*This fact sheet is not meant to take the place of legal advice. If you have a legal problem, consult a private attorney or call your local legal services office.*