

How Do I Apply for Food Benefits?



OKLAHOMA DEPARTMENT OF HUMAN SERVICES



Effective Date: 10-01-09

How Do I Apply for Food Benefits?

You may request food benefits by completing a Request for Services form and turn it in to your local Oklahoma Department of Human Services office. A list of OKDHS Human Services Centers can be found at www.okdhs.org or you can call 1-866-411-1877.

A social services specialist will contact you to complete an application interview.

How Much Income Can I Have?

We will calculate your household's monthly income using your gross amounts. Gross means income before any deductions are held out. Following are the current monthly income limits by household size:

Household Size	Gross Income
1	\$1,174
2	\$1,579
3	\$1,984
4	\$2,389
5	\$2,794
6	\$3,200
7	\$3,605
8	\$4,010



How Do I Receive and Use Food Benefits?

When you are approved for food benefits, you will be issued an Access Oklahoma card. You will be asked to watch a video presentation that explains the proper use of your card. Each month your food benefits will be deposited into your card account. You can use this card to purchase food at most grocery stores.

What Can I Buy with Food Benefits?

You may use food benefits to buy any food or food product for human consumption, and seeds and plants to produce food.

Households may not use food benefits to buy:

- Alcoholic beverages and tobacco
- Lunch counter items or foods to be eaten in the store
- Vitamins and medicines
- Any non-food items (such as soaps, paper products, laundry products, grooming items, cosmetics)
- Hot foods

When Will I Know if I Qualify for Food Benefits?

You will be sent a letter within 30 days to let you know if your food benefits application was approved.

You may receive food benefits within 7 days if:

- Your household receives very little or no money
- Your shelter and utility expenses are more than your gross income
- You meet the special requirements for a migrant worker household

What kind of information will I have to supply and what will I need to bring to the interview?

- Proper identification (preferably a photo ID).
- Social Security numbers for each member of your household.
- Verification of all income received by your household for at least the last 30 days. This includes pay stubs from a job, self employment records or tax return, child support payment receipts, award letter from Social Security income, proof of unemployment benefits, money received from family or friends, and any other income received.

You will also be asked to provide information and verification of expenses paid by your household such as:

- Shelter and utility costs
- Child care expenses
- Child support payments
- Medical expenses (if your household has an elderly or disabled member)

By providing information about your expenses, you are helping us determine the amount of food benefits you are eligible to receive.

OKDHS is an equal opportunity provider and employer.



OK-SNAP



Supplemental Nutrition Assistance Program
**Formerly Food Stamps*

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