

### Can I get SNAP benefits if I am not working?

Yes, but if you are able to work, you must look for work, take a job, or go to training.

### Can legal noncitizens get SNAP benefits?

Maybe. Ask the Division of Public Assistance. Even if you can't get benefits, household members born in this country can. Getting SNAP benefits won't hurt you if you want to become a citizen.

### If I am eligible, how much can I get?

Look at the table below to see the most you can get if you have no income. As your income goes up, your SNAP benefits go down. The amounts in this table are good from October 1, 2025 through September 30, 2026.

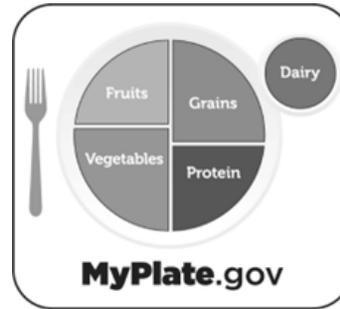
Alaska SNAP Maximum Allotments			
People in Household	Urban	Rural I	Rural II
1	\$385	\$491	\$598
2	\$707	\$901	\$1,097
3	\$1,015	\$1,295	\$1,576
4	\$1,285	\$1,639	\$1,995
5	\$1,529	\$1,950	\$2,374
6	\$1,838	\$2,344	\$2,853
7	\$2,031	\$2,590	\$3,152
8	\$2,314	\$2,950	\$3,591
Additional Member	\$282	\$360	\$438

### Where can I get more information?

Call the Division of Public Assistance at 800-478-7778 or visit your local office.

### How can my family eat better?

You want the best for your family. You want everyone to stay well and for your kids to grow and learn. Using SNAP benefits to purchase healthy foods for your family can help make this happen.



Try these tips to help your family eat better and stay healthy:

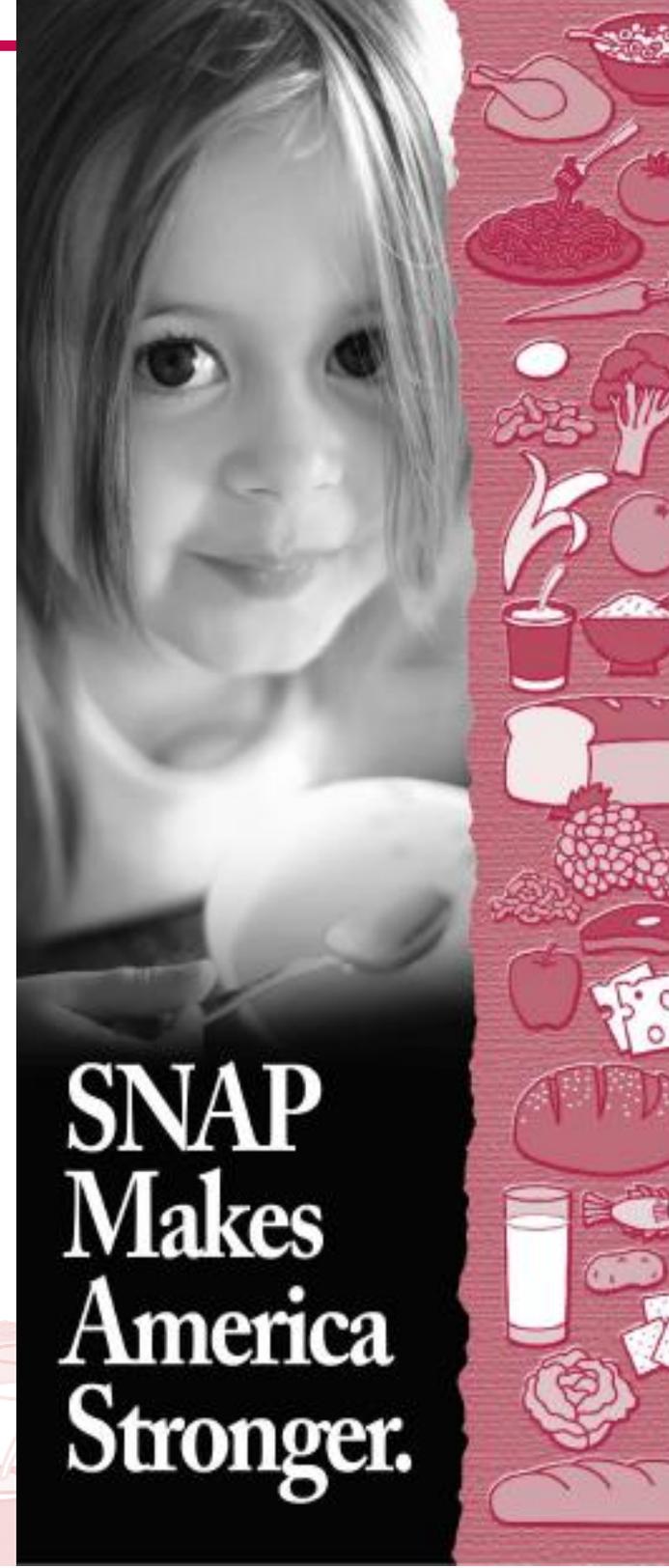
- Vary your vegetables... dark green, orange, peas, and beans.
- Focus on fruits. Choose fresh, frozen, canned, or dried fruit.
- Eat at least 3 ounces of whole-grain cereal, breads, crackers, rice, or pasta every day. Choose lean meats and milk products that are lower in fat.
- Make physical activity a regular part of your day.

For more information on healthy eating go to [MyPlate.gov](http://MyPlate.gov)



Governor Mike Dunleavy  
Commissioner Heidi Hedberg

State of Alaska  
Department of Health  
Division of Public Assistance  
<http://health.alaska.gov/dpa/>



# SNAP Makes America Stronger.



## What is the Supplemental Nutrition Assistance Program (SNAP)?

SNAP helps people with little or no income buy nutritious food. SNAP benefits are not cash. They come on an electronic card that you use like a bank card to buy food. Most grocery stores take SNAP benefits.

## Can I get SNAP benefits?

To get SNAP benefits, your income and your other resources have to be under certain limits.

- **Income:** Your total income, before taxes or any other subtractions, is called *gross income*. However, the program allows certain subtractions from your gross income, called *deductions*. These can be for things you pay for like housing costs, child support payments, medical expenses over \$35 a month for elderly or disabled people, or childcare costs. The amount left over after these deductions is called *net income*.
- There are two income limits: gross income and net income. If your household has a person who is 60 or older or who is disabled, you only need to meet the net income limit. If everyone in your household receives Supplemental Security Income (SSI) or Temporary Assistance for Needy Families (TANF), you do not need to meet any of the income limits. Most households must meet both gross and net income limits.
- Look at the income table to find out what the gross and net income limits are for SNAP benefits. The amounts in this table are good from October 1, 2025 through September 30, 2026.

Alaska SNAP Income Limits		
People in Household	Gross Monthly Income*	Net Monthly Income*
1	\$3,260	\$1,630
2	\$4,406	\$2,203
3	\$5,552	\$2,776
4	\$6,700	\$3,350
5	\$7,846	\$3,923
6	\$8,992	\$4,496
7	\$10,140	\$5,070
8	\$11,286	\$5,643
<b>Additional Member</b>	<b>+ \$1,148</b>	<b>+ \$574</b>

\* Larger households can have more income. The gross monthly income is based on 200% federal poverty level, known as Broad Based Categorical Eligibility (BBCE) in Alaska.

• **Resources:** Your resources are things like bank accounts. To qualify for SNAP benefits, your household may have up to \$3,000 in resources. If your household has a person who is 60 or older or who is disabled, you may have up to \$4,500 in resources. The resources of people who receive Supplemental Security Income (SSI) or Temporary Assistance for Needy Families (TANF), do not count. The home you live in does not count as a resource and most vehicles do not count. Contact the Division of Public Assistance for more information.

## Do I need a Social Security number?

Yes, you must get a Social Security number if you want SNAP benefits. Not all people in the household have to join the program. People in the household who do not want SNAP benefits do not have to give a Social Security number. But they do have to give their financial information.

## How do I apply for SNAP benefits?

If you think you might be eligible for SNAP benefits and want to apply, you need to:

- Call or go to the local Public Assistance office for an application. You can ask them to mail you the application or you can get the application online at <https://health.alaska.gov/dpa/Pages/features/org/applications.aspx>. Fill out the application as much as you can. Put your name and address on the form and sign it. Return the application to the Division of Public Assistance by mail or fax, or take it back to the local office.
- Have an interview. You can do your interview over the phone. You can also have an authorized representative go to the interview in your place.
- Give the Division of Public Assistance proof like pay stubs, rent or mortgage payments, utility bills, child or elder care bills, and child support court orders. The Division of Public Assistance can tell you exactly what proof you will need to support your income and expenses.

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To file a program complaint of discrimination for USDA funded programs (SNAP, FDIPIR, and others), complete the Program Discrimination Complaint Form, (AD-3027) (found online at: How to File a Complaint, and at any USDA office) or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: Food and Nutrition Service, USDA 1320 Braddock Place, Room 334, Alexandria, VA 22314; or
  2. fax: (833) 256-1665 or (202) 690-7442; or
  3. phone: (833) 620-1071; or
  4. email: [FNCSIVILRIGHTSCOMPLAINTS@usda.gov](mailto:FNCSIVILRIGHTSCOMPLAINTS@usda.gov).
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