Am I eligible?

You must be...

- Qualify under state income restrictions
- Between ages 18 and 49
- Enrolled at least half-time at an institute of higher education

& meet ONE of the following criteria:

- Receiving benefits from Family Assistance (FA) or Safety Net Assistance (SNA)
- Participating in a state or federal work study program
- Working an average of 20 paid hours per week
- Caring for a dependent child under the age of 6
- Caring for a dependent child between ages 5 and 12 and do not have adequate child care that would enable you to attend school while working 20 hours per week or participating in a work study program
- A single parent, enrolled full time with a dependent child under the age of 12
- Are assigned to or placed in a college or certain other schools through:
  - a program under the Work Force Investment Act,
  - a program under Section 236 of the Trade Act of 1974,
  - an employment and training program under the Food Stamp Act, or
  - an employment and training program operated by a State or local government.
- Receiving unemployment benefits (UIB)

How do I apply?

So, you meet the eligibility requirements. Woohoo! How do you get your benefits? You don’t need to go to an office! You can apply online and receive your EBT card in the mail.

1. Submit Application
   - Online at myBenefits.ny.gov. New York City residents should apply through the ACCESS HRA portal.

2. Have an Interview
   - Complete the application process by attending an interview and submitting verification documents.

3. Submit Verifications
   - If you are approved, you should receive your EBT card within 30 days of submitting your application.

How do I use my benefits?

- You can use your EBT Card to buy groceries and seeds or plants that produce food.
- You can use your EBT Card to purchase food at any grocery store or farmers market that accepts SNAP. Use the map on the FreshEBT app to find grocery stores and farmers’ markets near you.