

# NOEP can help you apply for SNAP.

Nutrition Outreach and Education Program (NOEP) Coordinators offer one-on-one help with SNAP.

We can help you:

- Learn if you may be eligible
- Identify the documents you need
- Apply for SNAP and help with issues that may occur when applying
- Complete the recertification process to remain eligible for SNAP
- Access programs for food support

NOEP is free and confidential. Contact us today!

**Catholic Charities  
Tompkins County  
(607) 272-5062 Ext. 21**



## SNAP Income Guidelines

10/1/2024 through 9/30/2025

Household Size	200% FPL	150% FPL	130% FPL
1	\$2,510	\$1,883	\$1,632
2	\$3,407	\$2,555	\$2,215
3	\$4,303	\$3,228	\$2,798
4	\$5,200	\$3,900	\$3,380
5	\$6,097	\$4,573	\$3,963
6	\$6,993	\$5,245	\$4,546
Each Additional Person	+\$897	+\$673	+\$583

**200% FPL:** Households with elderly / disabled members or out-of-pocket dependent care costs

**150% FPL:** Households with earned income that do not meet 200% FPL criteria

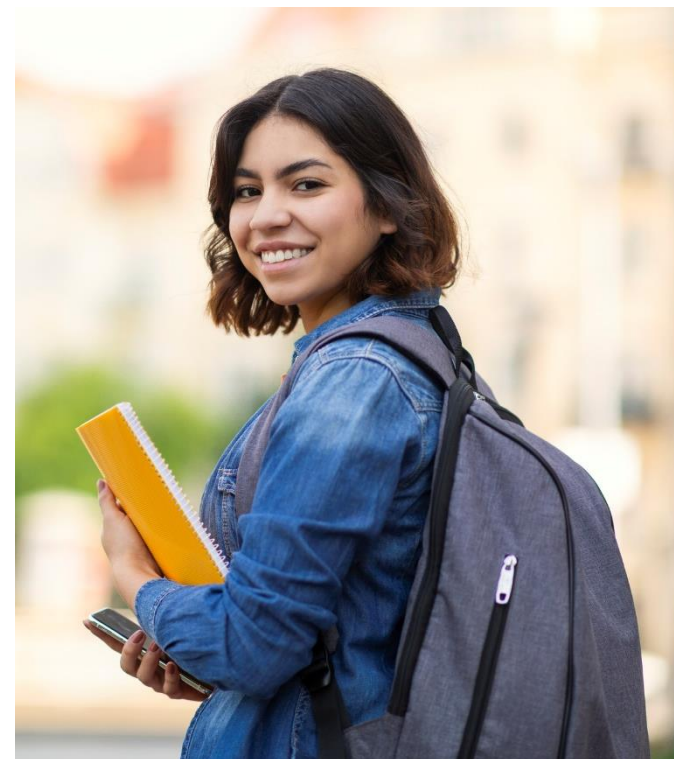
**130% FPL:** Households not meeting criteria for 200% or 150% FPL

\*FPL = Federal Poverty Level

*Prepared by a project of Hunger Solutions New York; funded by NYSOTDA and USDA/FNS. This Institution is an equal opportunity provider.*

Go to school *without* going hungry.

# Get SNAP.



## What is SNAP?

SNAP helps more than 2.8 million New Yorkers get the food they need to stay healthy. SNAP provides monthly benefits that you can use to buy food at grocery stores, farmers markets, and some online retailers. If you are eligible, you'll have more to spend on food each month.

You can use SNAP to buy food that meets your dietary needs, allergy restrictions, and cultural preferences.

## Are Students Eligible?

Students may be eligible for SNAP!

Under SNAP rules, you are considered a student if you are:

- Ages 18 – 49
- Physically and mentally fit
- Enrolled at least half time in an institution of higher education (including college, trade schools, online courses, etc.)

Students are potentially eligible for SNAP if they meet one of the **“Student Exemptions.”**



## Student Exemptions

For a student to be potentially eligible for SNAP, they must be receiving *less than 50% of their meals through a meal plan* **and** meet a student exemption.

Exemptions include:

- Participating in a state or federal work-study program
- Working an average of 20 hours a week
- Caring for a child or incapacitated adult
- Attending a SUNY/CUNY school and are enrolled in a qualified certificate program (Career Technical Education, or CTE, program)
- Attending an EOC and are enrolled in a qualified CTE, remedial courses, or English as a second language
- Receiving unemployment benefits, temporary assistance (TANF), or are in school through a government employment and training program