

Need Help Buying Food?

Find out if you qualify for SNAP Food Assistance!

**Times are tough.
But everyone deserves enough food to eat**

Supplemental Nutrition Assistance Program (SNAP) provides monthly financial assistance to people to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.

Who qualifies?

SNAP is for everyone who qualifies, including individuals, seniors, workers, and people with disabilities. Even if you have never needed food assistance before, it's easy to find out if you qualify now!



Gross Monthly Income Limit = Total Take Home Pay/Month

Net Monthly Income Limit = Total Take Home AFTER Deductions

- Deductions can include Rent/Mortgage payments, child care costs, medical expenses, and more

AS OF OCTOBER 1, 2026

Household Size	Gross Monthly Income Limit	Net Monthly Income Limit
	\$2,660	\$1,330
	\$3,607	\$1,804
	\$4,554	\$2,277
	\$5,500	\$2,750
Each Additional Household Member	+ \$947	+\$474

Let us navigate the state benefits application process for you, so you get the help you need!

Learn More!
Scan the QR code to get connected to FREE application assistance near you!



**Department of
Job & Family
Services**

Or, call the Ohio Department of Job and Family Services at 1-844-640-OHIO (6446), or visit benefits.ohio.gov to fill out an application, today!

Learn more about using SNAP

Frequently Asked Questions

Q: How will I access my SNAP benefits?

SNAP Benefits will be loaded onto an Electronic Benefit Transfer (EBT) card, similar to a typical debit card or credit card. In Ohio, this is called an Ohio Direction Card.



Q: Who can use my EBT card?

Everyone who lives with you and caregivers who shop for you can also use your EBT card to buy food, if you share your PIN with them. Your PIN protects your benefits, so only share it with people you trust who are shopping for your household.

Q: How do I check the balance of my EBT card?

- Looking at the balance printed on your most recent grocery store receipt.
- Calling EBT customer service at (866) 386-3071.
- Downloading the “Connect EBT” app or the “Propel” app on your smartphone



Q: How often will I receive SNAP benefits?

Each month, your benefit amount is deposited onto your EBT card. Since your EBT card is the only way to get your SNAP benefits, we recommend keeping it in a safe place

Q: Do SNAP benefits run out each month? And do they stay on your EBT card?

Your SNAP dollars do not expire if you don't spend them all in the same month. Any leftover SNAP dollars will be kept on your EBT card and will be there until you're ready to spend them. However, if you don't use them for a period of 9 months, the benefits will be removed from your EBT account.

- Even if you stop getting SNAP benefits, you can still spend any funds left on your EBT card after your SNAP case closes.

Q: What can I buy using my SNAP benefits?

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages; and
- Seeds and plants, which produce food for the household to eat.



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