

SNAP (Supplemental Nutrition Assistance Program)





How can I get SNAP benefits?

To receive SNAP benefits, you must:

- apply at your local DCBS Office (Food Stamp Office)
- be a resident of Kentucky
- be a U.S. Citizen or legal resident
- have resources (such as cash or money in a bank account) less than \$2,250 if single or \$3,500 if married, elderly or disabled
- meet monthly income limits (based on the number of household members)
- meet work requirements if "able bodied" and between 18-50

You may qualify for SNAP even if you work.

If you receive SNAP benefits, you should make certain to:

- not allow others to use your card or trade your card or benefits for cash or other items
- report any change in household income or the number of family members to DCBS
- report any change in address to DCBS
- report a stolen or lost card
- read and keep a copy of all documents you sign or receive from DCBS

KNOW YOUR RIGHTS on back of this card



eligible

- You receive SNAP benefits and receive a notice that your benefit amount will change, will be terminated, or that you were overpaid
- You receive SNAP benefits and receive a notice of termination for an Intentional Program Violation (IPV)

Common reasons you may be "charged" with an IPV:

1. Failure to report a change in income
2. Failure to report changes in household members
3. Claiming benefits for someone no longer in your home or custody
4. Trafficking (selling/trading benefits for cash or non-eligible items)

WORK REQUIREMENT

If you are between the ages of 18-50, and not disabled, you will be required to meet a work requirement to continue to receive SNAP; however, there are exceptions to this rule for which you may qualify. You should seek legal advice if you have been terminated for failure to meet the work requirement, or have received written notice that you must comply with the work requirement and you do not believe you can.

IMPORTANT:

- *If you receive a notice of a change in your benefits, DO NOT sign any documents waiving your right to a hearing. Seek legal advice!*
- *DCBS is required to provide you with a WRITTEN notice that you have a right to request a hearing.*
- *DCBS must notify you that you have a right to have legal counsel or a representative assist you with the hearing/appeal.*
- *You can request that your benefits continue during the appeal - you must do this within ten (10) days of the notice of disqualification or termination.*



For legal help call
AppalReD Legal Aid
at **1-866-277-5733**

or complete
an online application at
www.ardfky.org

[Download our SNAP handout here!](#)

Click here if you would like to do an [online application](#) with us for legal assistance.

Last updated on January 10, 2020.

[Food Stamps](#)

Print

Table of Contents

NEWS

News & publications

The news about recent activities for needed peoples.

[More News](#)

4 Jun 2025

From the Goodwill Insider: Cassandra and Casey of Project Renew

We love it when good news spreads—and recently, Goodwill Insider shined a...

[Continue Reading](#)

2 Jun 2025

White House Budget Proposes Elimination of Legal Services Corporation, Stripping Support from Kentucky Families Facing Natural Disasters, Domestic Violence, and More

Prestonsburg, Kentucky—The White House’s proposed federal budget for Fiscal...

[Continue Reading](#)