

## How to apply for SNAP (Supplemental Nutrition Assistance Program)

SNAP (Supplemental Nutrition Assistance Program) formerly known as the “Food Stamp Program” is a food-purchasing assistance program for low-income or no-income individuals and families living in the United States. This program is a supplement to a household's nutritional needs for the month. To receive benefits, you must apply in Colorado and certain requirements must be met, such as income and resources.

Benefits are loaded on an Electronic Benefit Transfer card (EBT), like a bank debit card, which can be used in grocery stores to purchase food. Based on income and household size, approved households are entitled to purchase food using their EBT card. Benefits are generally available in an EBT account within 30 days from the date an application was filed. Emergency SNAP benefits are available within 7 days for people whose income and spendable resources for that month are within specific income and resources guidelines.

### Documentation that may be required:

- Photo ID for the head of household
- Social Security number for all household members
- Proof of monthly income

Visit the Colorado PEAK website <https://coloradopeak.secure.force.com> or walk in to a local Department of Human Services for an application. Applications can be submitted online, in person, over the phone or by mail.

Individuals can also visit our website <https://unitedwaydenver.org/2-1-1/> and click on “Search for Services,” click on “Food Assistance,” then “Food Stamps/SNAP.” From here enter a zip code to get the information for the local Department of Human Services.

### Related Resources in Mile High United Way's 2-1-1 Database:

[Food Stamps/SNAP](#)

Sources: USDA (Food and Nutrition Service) website (<https://www.usda.gov/topics/food-and-nutrition>)

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‡Standard message and data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898-211, go to [preventionpaystext.com/policies](https://preventionpaystext.com/policies).

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