8 Things to Know About the Supplemental Nutrition Assistance Program (SNAP)

- SNAP is a program that will help you put food on the table.
- You may be eligible to get SNAP benefits within seven days:
  o if your gross monthly income is less than $150 and liquid resources are $100 or less; or
  o your monthly shelter bills are higher than your household’s gross monthly income plus your liquid resources; or
  o your household is a migrant or seasonal farm worker household with little or no income and resources
- SNAP interviews will take place over the phone instead of in-person.
- The three-month time limit for able-bodied adults without dependents is waived through the duration of this crisis plus one month.
- Households will receive the maximum SNAP benefit amount for their household size in April. They will receive their normal benefit amount on the usual date. The additional amount will be loaded on April 16th.
- If your benefits were to expire in March, April, or May, they have been automatically extended 6 months to September, October, and November.
- If you had a periodic report due in March, April, or May, that submission has been extended as well.
- Apply for SNAP online at commonhelp.virginia.gov or call 1-855-635-4370.

8 Things to Know About Temporary Assistance for Needy Families (TANF)

- TANF is a cash payment program that helps families meet their basic needs.
- You can apply for TANF even if you don’t have all of your required documents.
- One-time emergency payments are available. When you apply or if you already receive TANF, let the case worker know you would like to apply for emergency help.
- Interviews will be done over the phone.
- Initial assessments for work requirements will not be conducted
- Workforce participants will not be assigned additional in-person activities and sanctions will not be imposed.
- Students missing school will not be considered truant.
- Apply for TANF online at commonhelp.virginia.gov or call 1-855-635-4370.