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SNAP Benefits

SNAP benefits have provided thousands of households with resources due to their income limitations and needs. Statistics demonstrate that in 2021, 1.69 million New York City residents received SNAP benefits to help purchase food (Thrasher et al., 2023). Due to the triggered unemployment rates by COVID 19 pandemic recession. Those struggling to meet basic food and nutrition are required to follow SNAP guidelines to help them supplement their monthly food budget. There are requirements for individuals to be eligible to obtain eligibility for SNAP and receive benefits. As a student with a full time position, I investigated whether I would qualify for the Food Stamp Program in the State of New York.

The Supplemental Nutrition Assistance Program provides monthly food budgets to help low income families. Those eligible are allowed to buy different varieties of foods such as fruits, vegetables, meat, poultry, fish, dairy products, breads, cereals, snack foods, non-alcoholic beverages, seeds and plants (Food Assistance, 2014). For the State of New York, people can apply for SNAP online and in person at the State or Local office. While searching for information, New York State applications can be found in several languages such as English, Spanish, Blind/Visually impaired, and eight other languages. If an individual becomes eligible, the State will provide benefits in an electronic transfer card,

which can be used in authorized SNAP grocery stores and participating farmers markets (Food Assistance, 2014). Such benefits are taken into account even for college students.

While investigating SNAP qualification, I encountered college students' ability to apply. As a part time student enrolled in college, I felt the need to understand whether I could receive SNAP benefits. There are a set of qualifications to be met, such as income eligibility and household size. I have to be employed for an average of 20 hours per week and receive weekly earnings at least equal to the Federal minimum wage (Food Assistance, 2014). Working in a full time position earning more than the minimum wage of New York, I am not eligible. On the other hand, I have to participate in State or Federal financed work study programs through college (Food Assistance, 2014). Students who are parents, are to demonstrate that they have dependent household members under the age of twelve. In my personal case, I don't have children of my own. Besides not being a single parent, I have failed to be enrolled as a full time student, due to my work obligations. Due to work responsibilities and working full time, I am not able to qualify for such benefits.

Through my search I have understood the importance and help of the SNAP program provided to low income families in the State of New York. Even though as a part time student not eligible for SNAP due to not applying to requirements, I understand its importance within our community. As well, I do understand that if I am challenged with a life changing event such as unemployment or earning low income I could possibly qualify. Adults and children are greatly helped by such benefits in providing the basic needs to their loved ones. As it provides a higher level of nutrition to income eligibility and families to purchase food.

Reference:

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