More than 28,000 Boulder County residents receive help from the SNAP program in 2016.

Why should you tell your clients about SNAP?

SNAP is the first line of defense against hunger. Support from the Supplemental Nutrition Assistance Program (SNAP) provides much-needed, temporary help with the grocery bill so that low-income individuals and families can buy more of the nutritious, healthy foods they need.

Nearly half of those who receive SNAP benefits are children.

Access to Nutritious Foods is Important
The benefits of a healthy diet are far-reaching, from combating diseases and improving longevity to boosting energy levels and improving one's mood. By increasing access to healthy and nutritious foods and helping to make sure no one in our community goes hungry, we can improve outcomes in a variety of areas. Almost immediately, SNAP can help stabilize families by helping to free up discretionary income for them to spend on other household needs.

In 2014, the average household spent 10% of its income on food. For lower-income families, that percentage can be much higher. In trying to stretch their budgets to make ends meet, many families may opt for cheaper foods; unfortunately, the cheaper options are often the less nutritious options (think refined grains, added sugars, and fats). Additionally, lower-income families and individuals - particularly the elderly and disabled - may have trouble accessing local stores with fresh and healthy food options. So while they may be getting enough to eat, they may be forced to make less healthy food choices.

The estimated monthly food costs for a family of 4 in Boulder County is $926.
Check out the U.S. Department of Agriculture's pre-screening tool to help determine eligibility and the amount of SNAP assistance applicants may receive. https://www.snap-step1.usda.gov/fns/

Applying for SNAP

We're working hard to make it easier to apply for SNAP. We offer free, confidential application assistance and are here to help every step of the way. Paper applications are available at any of our HHS offices, as well as several of our community partner offices located throughout the county. ColoradoPEAK.gov is the fast and easy way to apply for food, medical, cash, and child care assistance programs. Applicants can see if they may be eligible for supports by using the "Am I Eligible" tool. Once approved, PEAK can be used to report changes, submit verifications, and more.

Eligibility
Gross monthly income (see chart to the right), household size, citizenship status, and certain allowable expenses are reviewed to help determine food assistance eligibility. Applicants may be eligible if they:
» work for low wages
» are unemployed or work part-time
» receive Colorado Works/TANF supports
» are elderly or disabled and live on a small income
» are homeless

<table>
<thead>
<tr>
<th>Eligibility Income Limits</th>
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<tbody>
<tr>
<td><strong>Family Size</strong></td>
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<tr>
<td>1</td>
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<tr>
<td>3</td>
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<tr>
<td>4</td>
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<tr>
<td>5</td>
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<tr>
<td>6</td>
</tr>
<tr>
<td>Each Additional Family Member</td>
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</tbody>
</table>

Visit BoulderCountyFoodAssistance.org for the latest eligibility information.

SNAP for Students
Most able-bodied students ages 18 through 49 who are enrolled in college or other institutions of higher education at least half time are not eligible for SNAP benefits. However, students may be able to get SNAP benefits if otherwise eligible and they:
» are disabled
» under the age of 18
» enrolled in a state or federally financed work study program
» employed 20 or more hours a week
» attending school through Workforce Investment Act (WIA)
» a single parent with dependent children (under the age of 12) for whom adequate child care is unavailable
» receiving Colorado Works (TANF)
» attending post secondary education less than 1/2 time
» not attending an institute of higher education

Please consider sharing this PEAK video (click here to watch), produced by the Colorado Governor's Office of Information Technology, on your website and social media platforms.
SNAP applicants must complete an in-person interview before SNAP benefits will be approved. Applications are processed within 30 days of receipt, or within 7 days for expedited circumstances. In most instances, applicants will know if they will be approved during their in-person interview, however, if eligibility cannot be determined during the interview, applicants may be notified by mail.

**Documents and Verifications Needed to Process a SNAP Application:**
Please note: If an applicant doesn’t have one or more of these items, we may be able to help!

**Identification**
» Driver’s License or State issued ID card
» Social Security number of each applicant
» proof of immigration status for non-citizens (see page 7 for more information)

**Proof of Income (pre-tax)**
» pay stubs or wage statement from employer
» veteran's administration or pensions

**Proof of Child Support Payment** (if Child Support payments are made, these payments can be deducted from the household's gross income)
» child support order
» separation agreement
» child support records

**Proof of Out-of-Pocket Medical Expenses** (for applicants 60+ years old, or who receive federal disability benefits)
» doctor or hospital bills
» prescription receipts
» receipts for over-the-counter medication expenses if prescribed by a medical practitioner
» transportation costs to get to medical care

**Proof of Child Care Expenses** (for those who are working, looking for work, or are in training)

**How to Submit Verifications:**

**Online:**
Boulder County Connect: www.BoulderCountyConnect.org
PEAK: www.ColoradoPEAK.gov
Email: imaging@BoulderCounty.org

**In Person:**
3460 N. Broadway - Boulder (M-F 8:00 a.m. to 4:30 p.m.)
515 Coffman - Longmont (M-F 8:00 a.m. to 4:30 p.m.)

**Please Note:** Verifications must indicate participant’s name and case number. If case number is unknown, please include date of birth and the last four digits of the participant’s social security number.
Quest Electronic Benefit Transfer (EBT) Cards

An EBT card works like a debit card and can be used for purchasing groceries and withdrawing cash from ATM's with a pin number. Most stores will display the Quest EBT card logo in their window to indicate they accept SNAP.

SNAP participants will receive their EBT card (by mail/at issuance office?) after they are approved. Funds are loaded onto their EBT card on the same day each month depending on the last digit of their Social Security number.

<table>
<thead>
<tr>
<th>Social Security Number Ending In</th>
<th>SNAP Funds Loaded onto EBT Card:</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>1st day of each month</td>
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<tr>
<td>2</td>
<td>2nd day of each month</td>
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<td>3</td>
<td>3rd day of each month</td>
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<td>9</td>
<td>9th day of each month</td>
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<tr>
<td>0</td>
<td>10th day of each month</td>
</tr>
</tbody>
</table>

How to Check EBT Balance:
There are several ways participants can check the balance of their EBT card. They can:
» call 1-888-EBTCOLO (888-328-2656) *please note: only 10 calls are allowed each month
» visit ebtaccount.jpmorgan.com *participants can sign up to receive alerts when funds are added to their account
» check their receipts, the balance is listed
» come in to one of our HHS offices
  515 Coffman, Suite 100 · Longmont
  3460 Broadway · Boulder

Pin Numbers:
Pin numbers can be changed over the phone, online or in one of our offices.

Lost or Stolen EBT Cards:
If someone loses their EBT card, have them contact the HHS Issuance office where they first received their card and we can issue them a new one. Participant must show proper identification. Please note that our issuance offices are closed from noon to 1:00 p.m. for lunch.

What type of items can be purchased with SNAP?
• bread
• cereal
• fruit
• vegetables
• meat
• fish
• poultry
• grains
• beans
• juice
• dairy products
• frozen foods
• seeds/plants which produce food for the household to eat

Items which cannot be purchased with SNAP include:
• hot foods
• beer
• wine
• liquor
• cigarettes/tobacco/marijuana
• pet foods
• soaps, paper products
• household supplies
• vitamins and medicines

SNAP retailer locator:
To find a retailer that welcomes SNAP EBT customers, visit www.fns.usda.gov/snap/retailerlocator, click the “Select Location” button and enter a starting location. Click a map point to get details and directions. Click "En Español" above to view this page in Spanish.
Reporting Changes

Most households approved for SNAP benefit from something called "simplified reporting." Simplified reporting households are only required to report if the household’s gross income has exceeded the current income limits, and must be reported by the 10th of the following month. SNAP participants can report other changes, such as adding household members, the loss of income, or an increase in expenses - anything that might result in an increase in the amount of SNAP supports received each month. However, it is not required that households report these changes. Keep in mind, if your client has been approved for other programs in addition to SNAP, especially cash assistance, the reporting requirements may be different.

Though rare, there are some instances where SNAP participants are not eligible for simplified reporting. If this is the case, specific instructions will be provided to the participating household.

Please encourage your SNAP clients to let us know if they move or need to update their mailing address. This will help ensure participants receive their recertification packet, and other important mail, from us.

Recertifications

Once approved for SNAP, participants will be approved or “certified” for a certain period of time, typically 6 months. Sixty days before the certification period ends, a recertification packet will be sent to the participant’s mailing address. A copy of the recertification packet can also be found in the participant’s Boulder County Connect account, if they’ve created one. The SNAP participant will need to report all changes that have occurred since the last approval. A technician will review the information provided to determine the amount of SNAP that will be issued for the next period of time. The signed recertification packet should be submitted by the 5th day of the month in which the current certification ends to ensure that benefits for the next period can be determined by the end of the month.

Recertification packets that are submitted after the 15th of the month are considered untimely and will be processed within 30 days of receipt. Participants who return their recertification after the 15th may have to wait longer to receive their next month’s SNAP support. If the packet is not submitted until the next month, the first month’s SNAP supports will be prorated based on when the recertification was turned in. Please see the example below.

For this example, the Smith family’s SNAP recertification is due in June. Several things can happen based on when the recertification is received.

1. The head of household completes the recertification and turns it in prior to June 15th. The recertification is processed and benefits are continuous.

2. We do not receive the Smith family’s recertification until July 5th. The Smith family will not receive SNAP supports for the 1st through the 4th of July.

3. The Smith family doesn’t turn in their recertification until August. The recertification is treated as a new application and SNAP supports will start over (if approved).

4. The Smith family doesn’t return their recertification at all, causing their SNAP account to close. At this point, the Smith family would need to complete a new application.
Transferring SNAP accounts to other counties

The Change Report form can be found online at Colorado.gov/PEAK. Once a Change Report form is submitted, the originating county should transfer benefits to the new county. Typically, changes are worked within 10 days, however, the process may take longer. Simplified reporting households are not required to notify us that they’ve moved out of the county until their recertification is due.

Sanctions

A sanction results when a household member who is mandatory for the Employment First program fails to participate with the program. A sanction stops SNAP benefits from being issued for the person who failed to participate, reducing the household size, however that individual’s income etc. will continue to count. This usually results in SNAP benefit amount reduction, and can also lead to the entire SNAP case being closed (if there was only one household member), or if reducing the removal of a member’s eligibility causes the household to be over income for the smaller household size.

If a household is sanctioned, it can result in a reduction of SNAP benefits for one to three months. The household must comply with the Employment First (EF) program in order to have benefits reinstated after their sanction period ends, or verify that they are exempt from the EF program. Sometimes, first level (one month) and second level (two month) sanctions can be removed if the household meets expedited criteria in the event of a new SNAP application. Third level (three month) sanctions, cannot be cured in this way. Able bodied adults without dependent children (called ABAWDS) can only receive 3 months of SNAP without complying with work requirements during a 36 month period. If a case is ongoing, the only way to lift a sanction is to comply with EF or to verify exemption. EF may also lift sanctions entirely if the customer provides proof of good cause. Please contact us with any questions regarding sanctions.
DID YOU KNOW?

Eligibility determination for the Supplemental Nutrition Assistance Program (SNAP) only requires immigration status and citizenship checks for household members who are applying for SNAP benefits. Undocumented, non-citizen parents may apply for SNAP benefits on behalf of their eligible children. In this case, only the children’s immigration status and citizenship will be checked. Eligibility workers are not required to check immigration status for members of the household who are not seeking benefits.

SNAP for Immigrants

Quick Facts:
» Participating in SNAP will not cause someone to be denied or lose his/her permanent residence status.
» Applying for SNAP benefits will not affect someone’s legal immigration status.
» U.S. citizenship will not be denied because of SNAP participation.
» All children born in the U.S. can receive SNAP (if they qualify) regardless of their parents legal status.
» Qualified legal permanent resident children under the age of 18 are eligible for SNAP benefits regardless of when they came to the U.S.

What is a Public Charge?
A public charge is a person who depends on long-term government support. If an immigrant is a public charge, he/she may not get legal status in the U.S. Public Charge rules do not apply to the SNAP program, and SNAP participants will not become a public charge because they are receiving SNAP.

Check out our SNAP for Immigrants flyer! If you’d like to order printed copies, please contact HKOutreach@BoulderCounty.org

Federal regulations are uncertain at this time, for the most current non-citizen eligibility information, please visit the United States Department of Agriculture’s Food and Nutrition Service website.
Double Up Food Bucks

BUY $1 >> GET $1 up to $20
FRUITS & VEGGIES

SNAP participants can use their EBT card at the Boulder, Lafayette, and Longmont farmers markets to get SNAP bucks to purchase SNAP-eligible foods anywhere in the market. And for every dollar withdrawn from their SNAP account, he or she will receive an equal amount of Double Up Bucks, which can be used to buy fresh fruits and vegetables. Did you know WIC participants can receive farmers market coupons to buy fruits, vegetables, meat, eggs, and cheese? Have your client ask their WIC educator for coupons at their next appointment.

Locally Grown Produce is Healthier
Freshly picked, in-season produce is at its peak in flavor and nutrition. As soon as fruits and vegetables are picked they start to lose some of their vitamins. The fruits and vegetables from the farmers market ripen on the plant rather than in the store, so they keep their healthy vitamins longer.

Locally Grown Produce Supports Local Families
Buying from the local farmers market helps to support small family farmers. Buying directly from farmers reduces costs to them and helps them to continue growing healthy, nutritious food for our community. And supporting local farmers supports our local economy and environment.

**Boulder County Farmers Markets**
**Boulder**
Located on 13th Street, between Arapahoe Ave. and Canyon Blvd.
Saturdays from 8 a.m. to 2 p.m.
First Saturday in April through the third Saturday in November.
Parking is free in all public garages.
Wednesdays from 4 p.m. to 8 p.m.
First Wednesday in May through the first Wednesday in October.

**Lafayette**
Located in the Lafayette Florist parking lot at 600 South Public Rd.
Thursdays from 4 p.m. to 8 p.m.
Second Thursday in June through the fourth Thursday in September.
Plenty of free parking.

**Longmont**
Located at the Boulder County Fairgrounds, 9595 Nelson Rd.
Saturdays from 8 a.m. to 1 p.m.
First Saturday in April through the third Saturday in November.
Plenty of free parking.

To learn more about Double Up Food Bucks and SNAP at the Farmers Market, call 303.441.1564 or visit [BoulderCountyDoubleUp.org](http://BoulderCountyDoubleUp.org). Double Up Food Bucks is a LiveWell Colorado collaboration.

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**It's Healthy to Eat in Season!**
Here is a list of locally grown fruits and veggies.
Additional Food Assistance Resources in Boulder County

BOULDER

Boulder Meals on Wheels
909 Arapahoe Ave, Ste 121, Boulder, CO
Phone: 303-441-3908
mowboulder.org
Hot, nutritious meals 5 days a week with options for weekend meals; no age or income restrictions

Boulder Shelter for the Homeless
4869 North Broadway
Boulder, CO 80304
Phone: 303-442-4666
bouldershelter.org
Daily breakfast & 6pm evening meal for overnight shelter guests (October - April)

Community Table (Boulder)
M/W/Th: 1st United Methodist Church
14th & Spruce Street
Tue: Mountain View United Methodist
355 Foncia Place
Fri: St. John’s Episcopal Church
1419 Pine Street
Wed/Th: meals served from 4:30-6pm

Sunday Soup Program (Boulder)
1st Sunday: St. John’s Episcopal Church
1419 Pine St.
2nd Sunday: Trinity Lutheran Church
1900 Broadway
3rd Sunday: First United Methodist Church
1421 Spruce St.
4th Sunday: First Congregational Church
1128 Pine St.
5th Sunday: First Presbyterian Church
1820 15th St.
Sunday lunch - all 12:30-1:30pm: St. John’s 12:00-1:30pm

Emergency Family Assistance Association
1575 Yarmouth Avenue
Boulder, CO 80304
Phone: 303-442-3042
efaav.org
Food bank for residents of Boulder & mountain towns; open M-F

Harvest of Hope
2960 Valmont Road
Boulder, CO 80301
Phone: 720-382-1971
hopepantry.org
Food pantry for those with or without kitchens; open M-F with evening hours on Thursdays

LAFAYETTE

Coal Creek Meals on Wheels
Lafayette, CO
Phone: 303-665-0566
coealcreekmow.org
Hot, nutritious meals 5 days a week; available to residents of Lafayette, Louisville, Superior and Erie; no age or income restrictions; meals priced on sliding scale ($6.50 max)

Lafayette Nutrition Lunch Program @ Josephine Commons
455 Burlington Avenue
Lafayette, CO 80026
Phone: 303-665-0566
coealcreekmow.org
Lunch served M-F at 12pm; call for reservation 1 day ahead; for those 60+, suggested donation of $3.50 - all others pay $6

Sister Carmen Community Center
655 Aspen Ridge Drive
Lafayette, CO 80026
Phone: 303-665-4342
sistercarmen.org
Family Resource Center serving residents of Lafayette, Louisville, Superior & Broomfield; free; food bank can be accessed twice per month; open M-F

NOTE: Project Homemaking provides 5 free meals if you’ve just been released from the hospital (call local Meals on Wheels)

LONGMONT

Longmont Meals on Wheels
910 Longs Peak Ave, Longmont, CO
Phone: 303-772-0540
longmontmows.org
Hot, nutritious meals 5 days a week; available to any Longmont resident who is homeless as a result of age, disability, or illness; meals priced on sliding scale ($4.50 max)

Senior Community Lunch Program
910 Longs Peak Avenue
Longmont, CO 80501
Phone: 303-772-0540
lunchprogram@longmontmows.org
Weekly lunches for Longmont residents age 55 and older 11:30am - 12:00pm; meals priced on sliding scale

OUR Center
220 Calhoun Street
Longmont, CO 80501
Phone: 303-772-5529
ourcenter.org
Free breakfast (M-F) and hot lunches (7 days/week); Food pantry for St. Vrain Valley residents; open M-F

St. John the Baptist Food Bank
804 S. Lincoln Street
Longmont, CO 80501
Phone: 303-776-1469
stjohnthebaptist.org
Call for appointment; open Thursdays through Thursdays

Round Pantry
Westview Presbyterian Church
1500 Hover Street
Longmont, CO 80501
Phone: 303-776-3242
westviewpres.org
2nd and 4th Tuesday of each month; 11:30am - 1:30pm

Wellspring Food Bank
2755 Lookout Road
Longmont, CO 80503
Phone: 303-449-3330
wellspringfoodbank.org
Food and clothing bank open Sundays 11:45am - 12:45pm

LOUISVILLE

Community Food Share
165 S. Taylor Avenue
Louisville, CO 80227
Phone: 303-652-3663
communityfoodshare.org
Grocery programs for low-income families and seniors; Emergency Food Boxes available M-F on request

Louisville Community Food Bank
United Methodist Church of Louisville
741 Jefferson Avenue
Louisville, CO 80027
Phone: 303-665-8812
Food pantry for residents with 80027 zip code; open Tuesday and Wednesday mornings

WESTERN BOULDER COUNTY

Lyons Golden Gang
Lyons, CO
Phone: 303-823-6771
lyonsgoldenangang.wegby.com
Hot, nutritious meals Tuesday through Friday; for seniors and disabled individuals in the greater Lyons area

Lyons Community Church Food Pantry
350 Main Street
Lyons, CO 80540
Phone: 303-823-6245
lyonscommunitychurch.org
Food bank for residents of greater Lyons; open Wednesday afternoons 3:30-5:00pm

Community Cupboard Food Bank
14663 Highway 7 (next to fire station)
Allenspark, CO 80510
Phone: 303-747-9172
theoldgallery.org
1st & 3rd Wed of the month 2-4pm; delivery services available

Nederland Food Pantry
Nederland Community Center
750 West 7th Street
Nederland, CO 80466
Phone: 720-418-0892
nederlandfoodpantry.org
Food pantry for Western Boulder County residents; open every Saturday and 2 Thursdays per month (10am-12pm)

Note: The information is subject to change. Please contact the organizations directly for the most up-to-date information.
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(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers (click the link for a listing of hotline numbers by State); found online at: http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

To file a complaint of discrimination regarding a program receiving Federal financial assistance through the U.S. Department of Health and Human Services (HHS), write: HHS Director, Office for Civil Rights, Room 515-F, 200 Independence Avenue, S.W., Washington, D.C. 20201 or call (202) 619-0403 (voice) or (800) 537-7697 (TTY). This institution is an equal opportunity provider.

Want to learn more about Boulder County Housing & Human Services and the work we do? Check out our Building a Community of Hope Report at www.BoulderCountyHHS.org

Contact us:
Email: hhsfrontdesk@bouldercounty.org
Phone: 303-441-1000
Benefits: 3460 Broadway, Boulder 515 Coffman, Longmont

www.BoulderCountyHHS.org

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