

SNAP IS FOR YOU!



- SNAP helps you keep healthy food on the table so you do not have to choose between things like medicine, rent or food.
- SNAP gives you options. You can choose where to shop and what to buy.

APPLYING FOR SNAP IS EASY! CALL 2-1-1 OR VISIT [OREGONHUNGER.ORG/APPLY-FOR-SNAP](https://oregonhunger.org/apply-for-snap)





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SNAP IS FOR YOU!



- SNAP works. Many Oregonians that work use SNAP to help afford healthy food when budgets are tight—you can too!
- SNAP is easy to use. SNAP benefits are loaded onto a card each month that works like a debit card. SNAP is accepted at grocery stores and many farmers' markets.

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SNAP IS FOR YOU!

- SNAP is there when you need help buying food. Similar to Social Security, you have already paid into the program with your tax dollars, so it is there for you if you come across hard times.
- Many Oregonians use SNAP. There is enough for all who are eligible.

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