

Fruits and Vegetables Facts



Tomatoes are actually a fruit because they have seeds.

Carrots used to be red, purple, yellow or white. Orange carrots came from mixing yellow and red carrots.



Bananas are the most popular fruit in North America.

Green bell peppers have more vitamin C than oranges do!



Broccoli and cauliflower are actually edible flowers.



Household Size	Gross Monthly Income
1	\$1,307
2	\$1,760
3	\$2,213
4	\$2,665
5	\$3,118
6	\$3,571
7	\$4,024
8	\$4,477
Each Additional Member	+453

The eligibility criteria for benefits is also based on other qualifications.

Contact an Eligibility Worker to begin the **SNAP (Supplemental Nutrition Assistance Program)** application process or if you have any questions, we are here to help!

San Luis
(928) 627-3822

Yuma
(928) 819-8999

Somerton
(928) 627-2051

North Yuma
(928) 539-3140

Wellton
(928) 785-3256

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EAT RIGHT

Even when money is tight



www.sunsetcommunityhealthcenter.org





SNAP

(Supplemental Nutrition Assistance Program)

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities.

SNAP is the largest program in the domestic hunger safety net.

The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.



Am I eligible for SNAP?

Eligibility for SNAP depends on factors such as the number of people in your household, income, and resources (cash, bank accounts, etc.). Income includes money earned from work. It also includes benefits such as Social Security, unemployment, and SSI.

What are acceptable forms of ID?

Accepted ID's include a birth certificate, state-issued drivers license, voter ID card or passport. Your ID from your country is also acceptable (voter identification, passport, consular card, etc.)

Immigrant Eligibility

Certain non-citizens such as those admitted for humanitarian reasons and those admitted for permanent residency may also be eligible for the program. Eligible household members can get SNAP benefits even if there are other members of the household that are not eligible.

How much assistance do people receive?

In February 2014, the average benefit received per person in Arizona was \$114.98 a month.

How to increase your assistance

Make sure you claim all allowable expenses such as medical, child care, utilities, telephone and rent expenses. Your benefits may increase if you share all of your expenses with DES.

Eligible Food Items

- ⇒ Breads and cereals
- ⇒ Fruits and vegetables
- ⇒ Meats, fish and poultry
- ⇒ Dairy products
- ⇒ Seeds and plants which produce food for the household to eat

For more information visit:
<http://www.fns.usda.gov/snap>