

## Fruits & 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.



[www.SunsetCommunityHealthCenter.org](http://www.SunsetCommunityHealthCenter.org)



### Somerton

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### San Luis

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### Yuma

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(928) 819-8951

### North Yuma

675 S. Avenue B  
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### Wellton

10425 Williams Street  
(928) 782-8100

# EAT RIGHT



*Even when money is tight!*



Supplemental  
Nutrition  
Assistance  
Program



**SUNSET COMMUNITY**  
HEALTH CENTER

# SNAP

SNAP (Supplemental Nutrition Assistance Program), 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.

## 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>

## 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.

## 2019 Income Table

Household Size	Gross Monthly Income
1	\$1,316
2	\$1,784
3	\$2,252
4	\$2,720
5	\$3,188
6	\$3,656
7	\$4,124
8	\$4,592
Each Additional Member	+468

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

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