

Food and Nutrition

New Hampshire Food Stamp Program

The New Hampshire Food Stamp Program helps you and your family buy food needed for good health. You can buy food from most grocery stores and other retailers that sell food. If you meet the program guidelines, you will get a special debit card (called an EBT Card). The EBT card comes with a certain amount of money already on it to pay for food. The amount of money you get on the card may depend on three things:

- household income from all sources (earned and unearned) such as money you get from a job, Social Security, SSI, or interest
- how many people live in your household
- where you live

You can use the card at most grocery stores, certain senior centers, and some meal delivery services such as Meals on Wheels. It works just like a regular debit card. You buy your groceries using the card and the cost is taken out of the total amount on the card. More money is put on your EBT card on a monthly basis.

How do I apply?

To apply for the Food Stamp Program, you can print and fill out the application form and mail it to your local office. You can also apply by using the online application. Call your **State Hotline at (800) 852-3345 (ext. 9700) or (603) 271-9700** to see if you can apply by phone.

Frequently Asked Questions

Am I eligible?

You can get help from this program if you have limited income and resources. Some resources such as your home, car, and certain retirement accounts may not be counted when determining whether you meet the program guidelines.

In some cases, you may be able to take part in this program without having to do anything. You will automatically get the program or have more generous rules if you and/or members of your household already get cash benefits from other programs such as:

- Public or General Assistance
- Temporary Assistance for Needy Families (TANF)
- Supplemental Security Income (SSI)

Additionally, if you get non-cash benefits (including TANF-funded informational pamphlet or counseling services), you may have higher income and/or resource limits.

Please note: In certain situations, there may be other program rules that you may need to meet such as taking part in Employment & Training programs and other work requirements.

What are the citizenship guidelines?

If you are a U.S. citizen and meet the other program guidelines, you may get help from this program. If you live in the United States but are not a U.S. citizen, you may still apply if you and/or members of your household meet at least one of following [guidelines for legal immigrants](#):

- lived legally in the United States for at least 5 years or more
- get disability related assistance or benefits, no matter when you entered the United States
- children under the age of 18, no matter when the child entered the United States

What will I need?

- Documents Showing Number of People Living in Household
- Documents Showing Household Address
- Documents Showing Household Expenses
- Documents Showing Medical Costs
- Social Security Receipts
- Proof of Age
- Proof of Income and Resources

Can I use my SNAP benefits to buy groceries online?

In New Hampshire, you can use your SNAP EBT card to buy groceries online from certain retailers. SNAP can only be used to pay for groceries. SNAP cannot be used to pay for other services such as delivery, service, or convenience fees. Visit [this site](#) for more information about how and where to use your SNAP benefits online.

