

## Food and Nutrition

# Puerto Rico Nutrition Assistance Program (PAN)

The Puerto Rico Nutrition Assistance Program (PAN) (formerly called the 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. This debit 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 two 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

You can use the card at most grocery stores. 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 debit card on a monthly basis.

## How do I apply?

To apply for the Nutrition Assistance Program (PAN), please visit your local Social Services Office, or call the Central Office of the Administration for the Socio-Economic Development of the Family (ADSEF) at: **(787) 289-7651**.

## Frequently Asked Questions

### Am I eligible?

You can get help from this program if you have limited income and resources. Some resources may not be counted when determining whether you meet the program guidelines.

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

### **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
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