

How SNAP Works in Minnesota

A trusted, effective tool to fight hunger in Minnesota – supporting dignity, health and opportunity.



SNAP in Minnesota

The Supplemental Nutrition Assistance Program (SNAP) helps more than 440,000 Minnesotans each month — children, working families, older adults and people with disabilities — to afford the nutritious food they need to live healthy, full lives.¹

Administered by the Minnesota Department of Children, Youth, and Families, SNAP is our state's most effective tool for reducing hunger, supporting economic stability and building stronger, healthier communities. Each day, a Minnesotan on SNAP receives \$5.46. This is not a luxury, it is a lifeline that helps people meet their basic needs.



How SNAP Works

Who gets help: Benefits are based on household size, income and expenses — supporting Minnesotans across all ages and abilities, especially those with lower incomes.

Monthly benefits: SNAP benefits are loaded onto Electronic Benefit Transfer (EBT) cards, which function like debit cards.

Where it's used: EBT cards can be used at authorized grocery stores, convenience stores and farmers markets across Minnesota.

¹Minnesota Department of Human Services. (2023). 2024 supplemental budget book.



How Minnesotans can use SNAP

Benefits can be used to buy approved foods, such as fruits and vegetables, meat, poultry, fish, dairy and grains. **Benefits cannot be used for alcohol, tobacco, supplements or hot foods.**



Who qualifies for SNAP?

Support when it's needed. Accountability every step of the way.

SNAP in Minnesota provides critical support to households facing food insecurity, including Minnesotans across all ages and abilities, especially those with lower incomes. It also upholds strict safeguards to maintain program integrity and prevent misuse.

Eligibility is based on a household's size, income and expenses. **The application process includes documentation, interviews and regular updates to verify eligibility** — ensuring the program reaches those who truly need it.



How to apply for SNAP in Minnesota

Applying for nutrition assistance requires documentation, verification, and compliance with federal and state rules — not just a visit to an office.

Minnesotans can apply for SNAP online at mnbenefits.mn.gov, get help from a SNAP Outreach specialist at mnfoodhelper.org, call the Minnesota Food Helpline at 1-888-711-1151, or visit their local county or Tribal human services office, ensuring a secure, supportive and accessible process for those who need it.

SNAP helps Minnesotans.

Learn more at dcyf.mn.gov/speakup

