



Food and Nutrition Resources for Parenting Students and Families

SUNY Early Care and Education Conference
June 3, 2022

Hunger Solutions New York is a statewide anti-hunger organization.

We work to increase participation in federal nutrition assistance programs for all who are eligible, including:

- Supplemental Nutrition Assistance Program (SNAP)
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- In-school, afterschool and summer meals for children



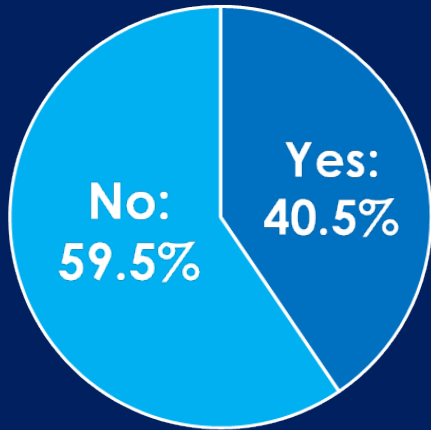
Agenda

- Introduction and Overview
- Student Hunger and SUNY Initiatives
- SNAP Overview
- Finding Local Help
- Resources

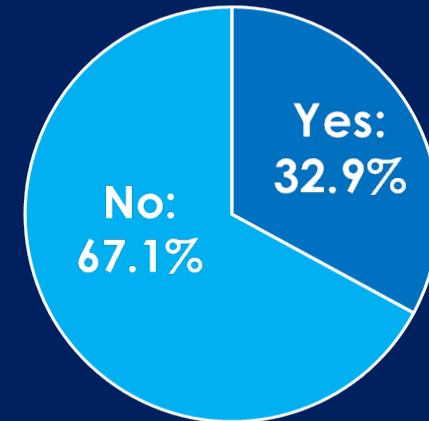


2019 SUNY Food Insecurity Task Force Report-State Operated Campuses

Were you ever hungry but didn't eat because you didn't have enough money for food?



Have you ever been unable to study or focus because you were hungry, and could not afford food?

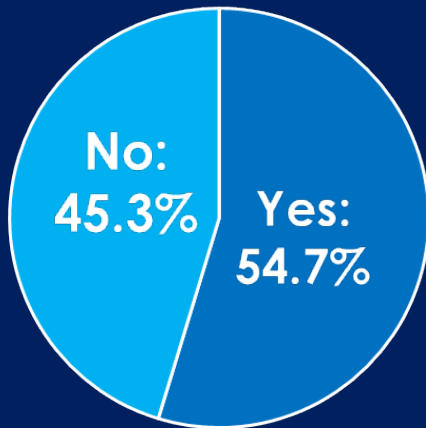


[2019 SUNY Food Insecurity Task Force Report](#)

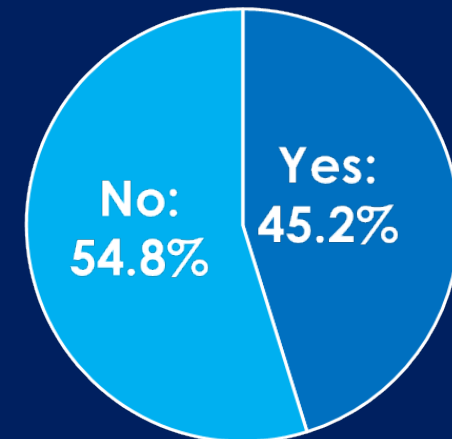


2019 SUNY Food Insecurity Task Force Report-Community Colleges

Were you ever hungry but didn't eat because you didn't have enough money for food?



Have you ever been unable to study or focus because you were hungry, and could not afford food?



[2019 SUNY Food Insecurity Task Force Report](#)



Student Hunger Facts

- 52% of parenting students surveyed in SUNY HOPE Center Survey experienced food insecurity
- 66% of students from State-Operated campuses and 61% of students from Community Colleges were unaware of where they can receive assistance on campus



Current Initiatives

- 1 Information Sessions/Events
- 2 Food Pantries
- 3 Childcare Centers
- 4 Outreach/Referrals



Child Care Center Nutrition Survey

- 21 centers provide SNAP information
- 24 centers provide WIC information
- 2 centers connected to NOEP

SNAP

The Supplemental Nutrition Assistance Program



USDA

**Supplemental
Nutrition
Assistance
Program**

Putting Healthy Food
Within Reach

What is SNAP?

Supplemental Nutrition Assistance Program

Our nation's primary nutrition assistance program, providing monthly benefits to purchase food for **all** who meet program guidelines.

Formerly called “Food Stamps”, SNAP helps low-income families, seniors, people with disabilities and others with nutritional support.



SNAP Eligibility

- Household Composition
- Income Guidelines
- Exemptions for Parenting Students

SNAP “Household”

- All people living in a household together, purchasing and preparing food together.
- Some people may not be part of your “household” if they do not live with you, if they purchase and prepare food separately, or if they are not relatives (i.e. “roommates”).
- The composition of your household (# of eligible members, age, disability status, etc.) affect the estimated benefit for that household.
- Household composition is determined during the application process.

Determining Income Eligibility for SNAP

Family Size	200% FPL
1	\$2,147
2	\$2,903
3	\$3,660
4	\$4,417
5	\$5,173
6	\$5,930
7	\$6,687
8	\$7,443
Each Additional Person	+\$757

Monthly gross income by Federal Poverty Level (FPL)

- 200% FPL:** households containing elderly and/or disabled members or that have out-of-pocket dependent care costs
- 150% FPL:** households with earned income that do not meet 200% criteria
- 130% FPL:** households not meeting criteria for 200% or 150% can be categorically eligible at 130%



Households with Dependent Care Costs

- Eligible households with out of pocket dependent care costs can use 200% of the Federal Poverty Level when testing gross income
- Households can deduct out of pocket daycare expenses when members of the household:
 - Working or needing daycare to continue work;
 - Looking for work;
 - Attending employment training programs; or
 - Pursuing education that is preparatory to employment.



Parenting College Students and SNAP

To participate in SNAP, students enrolled at least half-time must meet the income eligibility for SNAP and one of the following criteria:

- Provide more than half the physical care for one or more dependent household members under the age of six or provide more than half the physical care of a dependent household member who has reached the age of six but is under the age of 12 where adequate child care is not available.
- Enrolled full-time in an institution of higher education and is a single parent with responsibility for the care of a dependent child under age 12.



Where can SNAP be used?

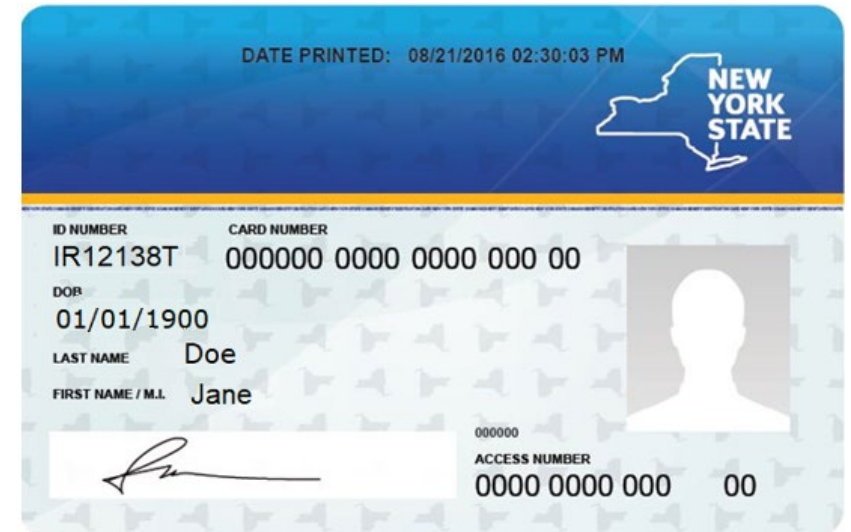
- SNAP can be used to buy groceries at food stores, farmers markets, and other participating locations
- Over 17,000 SNAP retailers in New York State
- You can also use your EBT card at participating retailers in any state.

Use SNAP to purchase groceries online



- ALDI
- Amazon
- BJ Wholesale Club
- Ferreira Foodtown
- Food Bazaar
- Foodtown-Freshtown
- Hannaford
- My Foodtown
- Price Chopper Supermarkets
- ShopRite
- Stop & Shop
- Tops Market
- Walmart

SNAP Benefits



Maximum Household Monthly Benefit

(Oct 1, 2021 to Sept 30, 2022)

Family Size	Maximum Benefit
1	\$250
2	\$459
3	\$658
4	\$835
5	\$992
6	\$1,190
7	\$1,316
8	\$1,504
Each Additional Person	+\$188

Additional Benefits

- Use SNAP to purchase more produce with coupons or incentives -
 - Fresh Connect
 - Health Bucks/Get The Good Stuff
 - Double Up Bucks
- Children on SNAP are certified for free school meals
- SNAP facilitates participation in HEAP, to help with heating and cooling bills; and emergency benefits for residential internet service
- Families on SNAP can participate in other nutrition programs like WIC, or receive emergency food from a local provider

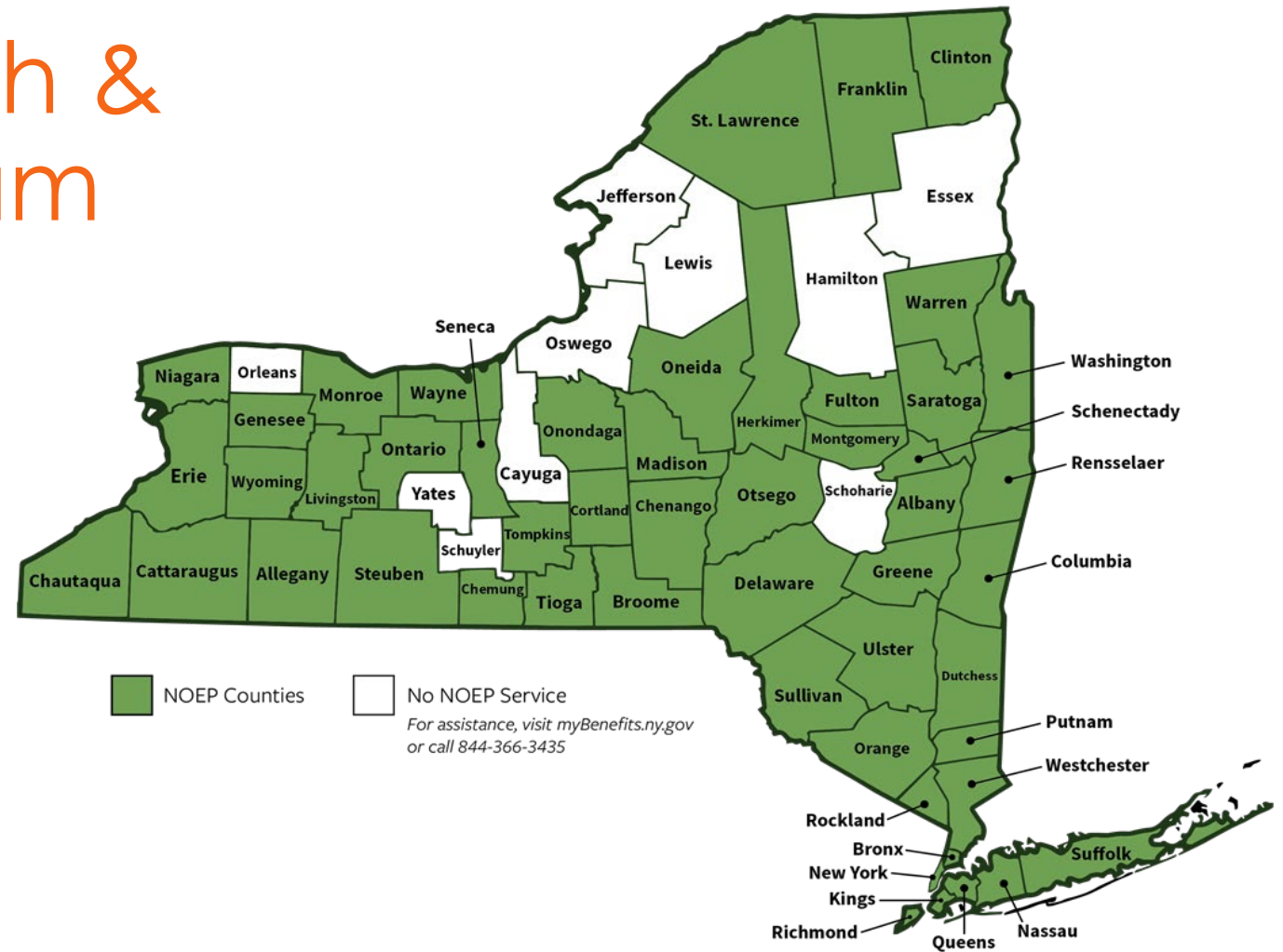
Help Applying for SNAP

Amber Podolec
NOEP Coordinator
Catholic Charities
Tompkins/Tioga

Nutrition Outreach & Education Program

The Nutrition Outreach and Education Program (NOEP) offers free and confidential services to connect New Yorkers with SNAP. NOEP also provides referrals to other nutrition assistance programs.

To find a local NOEP Coordinator, visit [FoodHelpNY.org](https://www.foodhelpny.org)



Find SNAP help near you

[New York State](#) [New York City/Long Island](#)

Search by Zip code:

Search within County:
Select County ▼

Submit **Reset**

Map Satellite

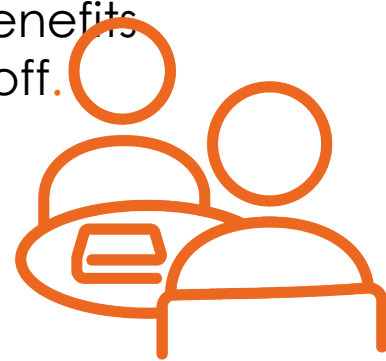
VERMONT
NEW HAMPSHIRE
MASSACHUSETTS
CONNECTICUT
RHODE ISLAND
PENNSYLVANIA

Lake Ontario
Lake Erie
Allegheny National Forest
Green Mountain National Forest

NOEP Coordinators

- Pre-screen for eligibility and provide estimated SNAP benefit
- Help gather documents, fill out, and submit a SNAP application
- Offer translation services, home visits, and in-person, e-mail, or over-the-phone assistance
- Help navigate DSS and any barriers in signing up for SNAP
- Assist with recertifications
- Help learning how to use EBT card
- Education and referrals about other nutrition assistance programs (summer meals, school meals) and other resources
- Assist you if you need replacement benefits due to a power outage or utility shut off.

ALL NOEP Services are FREE and CONFIDENTIAL.



Resources to Help

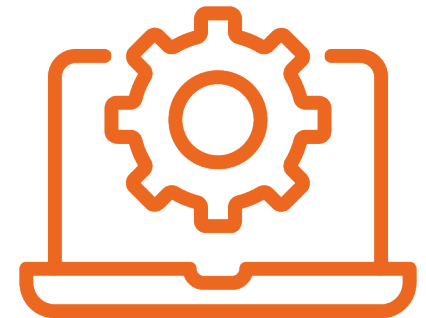
Links to tools and resources:

NYS SNAP Benefit application: <https://mybenefits.ny.gov/mybenefits/begin>

NYC Access HRA: <https://a069-access.nyc.gov/accesshra/>

Find a Local NOEP Coordinator: <https://hungersolutionsny.org/find-food-help/snap/>

See if you may be eligible: <https://hungersolutionsny.org/snap-benefits-estimator/>





Nutrition Survey Results Continued

- Technology for parents
- Updated information/written materials
- Coordinator
- Links to forward to families



Information for Parenting Students

- SNAP Prescreening
- Where to find local NOEP
- WIC Postcard
- SUNY Food Pantry Information



Resources Continued



DON'T LET HUNGER GET IN THE WAY OF YOUR GOALS.



IF YOU ARE HAVING TROUBLE AFFORDING THE FOOD YOU NEED TO FEED YOURSELF OR YOUR FAMILY, SNAP MAY BE ABLE TO HELP.

SNAP provides money on an EBT card that you can use to buy groceries at local stores. **Going to school should never mean having to go hungry.** Find out if you are eligible for SNAP.

WAYS TO GET HELP:

1. Apply online at [MyBenefits.NY.gov](https://www.MyBenefits.NY.gov)
2. The Nutrition Outreach and Education Program (NOEP) can help you learn if you may be eligible for SNAP. NOEP can also help you complete and submit your application. Find your local NOEP coordinator at [FoodHelpNY.org](https://www.FoodHelpNY.org)

Funded by Share Our Strength.



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SNAP PUEDE AYUDAR, GRACIAS A LAS NUEVAS REGLAS. MUCHOS MÁS ESTUDIANTES AHORA PUEDEN SER ELEGIBLES.

Estudiantes de bajos ingresos entre las edades de 18 y 49 que están matriculados medio tiempo en una institución educativa pueden ser elegibles si cumplen con alguno de los siguientes criterios:

- Calificar para participar en un trabajo de estudio
- Tener una contribución familiar (EFC) de \$0
- Atender a un colegio comunitario de SUNY o una universidad técnica y están inscritos en una carrera y programa de educación técnica (CTE)
- Inscritos en un programa de educación técnica (CTE), cursos de educación básico para adultos, o cursos de inglés como segundo idioma
- Puede cumplir con otras reglas de SNAP

Aplique para SNAP por Internet: [MyBenefits.NY.gov](https://www.MyBenefits.NY.gov)

Contacto para estudiantes de SUNY: **Reemplazar con el coordinador de SNAP de SU campus**
Obtenga ayuda para solicitar SNAP. Comuníquese con el Coordinador del Programa de Educación y Nutrición (NOEP): [FoodHelpNY.org](https://www.FoodHelpNY.org).

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Questions/Discussion



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