

Are you a non-citizen seeking SNAP benefits?



Here's what to know



Some people who are not U.S. citizens can get SNAP food benefits in Oregon. The Supplemental Nutrition Assistance Program (SNAP) provides monthly food benefits to help you buy healthy food. Use the **checklist below** to see if you are eligible for SNAP benefits:

1

Do you live in Oregon?

- ☐ **Yes** → **Go to Step 2**
- ☐ **No** → **You are likely not eligible for SNAP in Oregon**

2

Do you meet SNAP's income and non-income rules?

Visit oregon.gov/snap to see if you meet the income guidelines.

- ☐ **Yes** → **Go to Step 3**
- ☐ **No** → **You are likely not eligible for SNAP in Oregon**

3

Does one of the following statuses describe you?

Check the box that describes you:

- ☐ I am a **Cuban or Haitian Entrant** → **You may be eligible for SNAP**
- ☐ I am a **citizen of the Federated States of Micronesia, the Marshall Islands, or Palau (COFA)** → **You may be eligible for SNAP**
- ☐ I was **admitted to the U.S. as an Amerasian immigrant** → **You may be eligible for SNAP**
- ☐ I am a **citizen of Iraq or Afghanistan and have been granted a Special Immigrant Visa status** → **You may be eligible for SNAP**
- ☐ I am a **lawful permanent resident** → **Go to Step 4**
- ☐ **None of the above apply to me** → **Go to Step 5**

4

What kind of Green Card holder are you?

Check the box that describes you:

☐ I am a **Green Card holder and at least ONE** of these is true:

- | | |
|--|--|
| ☐ I have lived in the U.S. for 5 years | ☐ I am a Hmong or Highland Laotian tribal member |
| ☐ I am under age 18 | ☐ I am a refugee |
| ☐ I have worked in the U.S. for 10+ years | ☐ I was granted asylum |
| ☐ I am blind or have a disability | ☐ I had a deportation withheld |
| ☐ I was 65 or older and living legally in the U.S. on Aug. 22, 1996 | ☐ I am an Afghan parolee from between July 31, 2021 – Sep. 30, 2023 |
| ☐ A family member or I served in the U.S. military | ☐ I am a Ukrainian parolee from between Feb. 24, 2022 – Sep. 30, 2024 |
| ☐ I am an American Indian born abroad | ☐ I am a victim of severe trafficking |



Is your status listed above? You may be eligible for SNAP benefits.



If your status is not listed above, go to Step 5.

5

If none of the statuses on this flyer describe you, you can still apply for SNAP benefits. We will review your situation.



Apply for SNAP

Online: benefits.oregon.gov

By Phone: 800-699-9075

In Person: Local ODHS Benefits Office (visit odhsoffices.oregon.gov)

Learn more

Scan the QR code or go to oregon.gov/snap to learn more.



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