
SNAP BENEFITS AND CASH ASSISTANCE

1

Expanded SNAP Benefits

- SNAP (food stamp) benefits have been expanded during the COVID-19 pandemic.
- All individuals receiving SNAP benefits will receive the maximum amount for April and May.
- The Department of Human Services (DHS) has temporarily suspended the “able-bodied adults without dependent” (ABAWD) rules.
- If you are in the three-month period under the ABAWD rules, your benefits will not be terminated at the end of the three months.
- If you were previously terminated because you exhausted your benefits under the ABAWD rules, you can reapply for benefits.
- DHS offices are currently closed to the public, so applications must be made online at www.tn.gov/humanservices.
- If you are turned down for benefits that you think you should be able to receive, you need to appeal by following the appeal instructions in your denial letter. Make sure you pay careful attention to the appeal deadlines.

Emergency Cash Assistance for Families

2

You may be eligible for cash assistance if you meet **all** of the following requirements:

- You have minor children in your household or you are currently pregnant;
- You were employed on March 11, 2020;
- You lost your job or your income has been reduced due to COVID-19; and,
- Your family income is below 85% of Tennessee’s median income.
 - Gross Monthly Income of \$2,696 for a household of one.
 - Gross Monthly income of \$3,526 for a household of two
 - .Gross Monthly Income of \$4,356 for a household of three.
 - Gross Monthly income of \$5,185 for a household of four.
 - Gross Monthly Income of \$6,015 for a household of five.

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How Do I Apply for Emergency Cash Assistance and How Much Will I Receive

- You can apply at www.tn.gov/humanservices. Click on “Read More” on the green “Emergency Cash Assistance” banner.
- If approved, you will receive:
 - \$500.00 for a family of 1
 - \$750.00 for a family of 3 or
 - \$1000.00 for families of 5 or more.
- You will receive the benefits for two months.

Contact Legal Aid of East Tennessee if you need legal help

- Johnson City Office: (423) 928-8311
- Morristown Office: (423) 587-4850
- Knoxville Office: (865) 637-0484
- Maryville Office: (865) 981-1818
- Cleveland Office: (423) 303-2266
- Chattanooga Office: (423) 756-4013
- Family Justice Center, Blountville: (423) 574-7233
- Family Justice Center, Johnson City: (423) 722-3720
- Family Justice Center, Knoxville: (865) 215-6835
- Family Justice Center, Chattanooga: (423) 643-7604
- Erlanger, Chattanooga: (423) 778-7807
- Tennessee Senior Law Alliance: (866) 333-1505