



Supplemental Nutritional Assistance Program Resources

I. Know Your Rights



[SNAP Food Assistance: Know Your Rights](#)



Scan to
open the
website

1. Watch a recording of our recent online webinar about SNAP on April 21, 2026. (available in English)



[Online webinar](#)



Scan to
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webinar

2. Review the slides from the recent online webinar about SNAP on April 21, 2026. (available in English & Spanish)



[Review the slides](#)



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slides

II. SNAP Basics

How to get food assistance (available in English, Spanish, Vietnamese, & Chinese)



[How to get food assistance](#)



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III. Meeting SNAP Work Requirements

1. SNAP work requirements overview (available in English, Spanish, Vietnamese, & Chinese)



[Requirements overview](#)



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2. How to show you are exempt from SNAP work requirements (available in English)



[Link to website](#)



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3. Documenting you are meeting SNAP work requirements (available in English)



[Link to website](#)



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4. Proving you are exempt from SNAP work requirements due to disability (available in English)



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IV. Important SNAP Information for Immigrants

1. Food assistance for immigrants (available in English, Spanish, Vietnamese, & Chinese)



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2. SNAP changes for some immigrants (available in English, Spanish, Vietnamese, & Chinese)



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V. To apply



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