

SNAP - Food Stamps

Below you will find resources and information about SNAP - a federal food program run by state and local agencies to help people get the food necessary for a proper diet.

Legal Information:

[Tennessee Food Stamp Program](#)

This resource from the state of Tennessee provides important information about the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), including how to apply. SNAP helps supplement monthly food budgets of families with low-income to buy the food they need to maintain a healthy diet. DHS staff decides if applicants are eligible based on USDA guidelines.

[Food Stamps \(SNAP\)](#)

Booklets provided by the Legal Aid Society of Middle Tennessee and the Cumberlands can answer questions you have about SNAP.

[Basic Information about Supplemental Nutrition Assistance Program](#)

At the above resource from West Tennessee Legal Services, you can find additional information about SNAP.

Legal Advice:

[TN Free Legal Answers](#)

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.
- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

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