

## The Food Stamp Program

The Food Stamp Program helps people in need buy food required for good health. If you are eligible, you will receive an **Electronic Benefits Transfer** (EBT) card, or Quest card, as it is more commonly known. The Quest card is used in card scanners at the grocery store.

The amount of assistance you receive each month is based on many factors, including your income, housing costs, and the size of your family.

Now that you have your Quest card, learn what you can purchase with your benefits and how to keep your benefits coming.

For information on nutrition and stretching your food stamp budget, visit our Nutrition Education page at [www.NutritionEd.dhw.idaho.gov](http://www.NutritionEd.dhw.idaho.gov).

## What You Can Buy with Your Food Stamp Benefits

You may use your Food Stamp benefits to purchase food for your household to eat, such as:

- Breads and cereals;
- Fruits and vegetables;
- Meats, fish, and poultry;
- Dairy products; and
- Seeds and plants which produce food for the household to eat.

Households may not use Food Stamp benefits to purchase beer, wine, liquor, cigarettes or tobacco, or any nonfood items, such as:

- Pet foods;
- Soaps, paper products;
- Household supplies; and
- Vitamins and medicines.

Additionally, Food Stamp benefits may not be used for:

- Food that will be eaten in the store; and
- Hot foods.

## What Must I Report?

You must report by the 10th of the next month when your monthly household income exceeds the allowable limit for your household size.

House Hold Size	Monthly Gross Income	House Hold Size	Monthly Gross Income
1	1,265	5	3,024
2	1,705	6	3,464
3	2,144	7	3,904
4	2,584	8	4,344
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You are not required to report the following changes, but may want to do so as these changes may cause your Food Stamp benefit to increase.

Report when:

- You receive less income than initially reported.
- Your income ends.

You may not receive benefits while incarcerated. If you or someone in your household is incarcerated for at least 30 days, report the change.

For self-employed individuals we allow 50% of your total business income as a deduction for self-employment expenses. If your actual expenses exceed 50% at the time of your application or recertification you may request that we use your actual allowable business expenses.



## Rights and Responsibilities

You can be sanctioned and required to return any benefits you receive if your information is not true. Sanctions may include administrative, civil, or criminal actions against you, including prosecution.

You will be notified of the right to appeal Department decisions and you can contact the Department for information on the appeal process.

## How Do I Report?

Phone (toll free): 1-877-456-1233

Email: [mybenefits@dhw.idaho.gov](mailto:mybenefits@dhw.idaho.gov)

Fax (toll free): 1-866-434-8278

## When Will I Receive My Food Stamp Benefits?

Upon approval, you will receive your benefits on your Quest card the following day. Your ongoing benefits will be posted to your Quest card on the first day of each month.

You can receive automatic alerts when your Food Stamp benefits post to your EBT card. Sign up at [www.ebtaccount.jpmorgan.com](http://www.ebtaccount.jpmorgan.com) or call 1-888-432-4328 to receive email, text message, or automated voice mail alerts.



If you lose your Quest card, please call JP Morgan at 1-888-432-4328 to order a replacement. The Department does not issue replacement Quest cards in local offices.

## Keep Your Benefits Coming

To continue receiving or to prevent a decrease in your Food Stamp benefits:

- Cooperate with state or federal reviewers who determine if your benefits are correct.
- Cooperate with Child Support Services when applicable.
- Look for work or take part in a work program, if required.
- Complete re-evaluations of your eligibility for Food Stamp benefits every six or twelve months. The Department will notify you when it is time for your re-evaluation.
- Notify us of any address changes so that we are always able to reach you.

## How We Use the Information You Provide

Collecting information from Food Stamp applicants (including the Social Security Number of each household member) is authorized under the Food Stamp Act of 1977, as amended, 7 U.S.C. 2011-2036.

The information is used to determine whether or not your household is eligible or continues to be eligible to participate in the Food Stamp Program. We verify this information through computer matching programs. This information is used to monitor compliance with program regulations and for program management. This information may be disclosed to other federal and state agencies for official examination, and to law enforcement officials for the purpose of apprehending persons fleeing to avoid the law.

By accepting Food Stamp benefits, you consent to the gathering, use, and disclosure of your information by the Department as is necessary for providing benefits or services, obtaining payment for benefits or services, and for normal business operations.

You have the right to revoke this consent, in writing, at any time except to the extent the Department has already used and disclosed your information in reliance on this consent. If you revoke your consent, the Department may not provide further benefits or services.

## Income Eligibility Verification System

Information available through the Income Eligibility Verification System (IEVS) is requested, used, and may be verified through a third-party contact when differences are discovered between the system and what you report. This information may affect your eligibility and level of benefits.

## Penalties for Misusing Food Stamp Benefits

If you are convicted of the following offenses, you are ineligible for Food Stamp benefits for life:

- Trading Food Stamp benefits for controlled substances a second time. (The first offense makes you ineligible for benefits for 24 months.)
- Trading Food Stamp benefits for firearms, ammunition, or explosives.

It is illegal to buy, sell, trade, give away, or transfer Food Stamp benefits.

By knowingly providing false or incorrect information, you may be sanctioned and required to return any benefits received. Sanctions may include administrative, civil, or criminal actions, including prosecution.

## Your Privacy

We are dedicated to protecting your confidential information. If you would like to learn more about how your privacy is protected, stop by your local DHW office, visit our website listed below, or call the Idaho CareLine.

**Questions?**  
Contact the Idaho CareLine  
or  
Visit our website:  
[www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

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# Using Your Idaho Food Stamp Benefits



What you need to know now that you receive Food Stamp Benefits.



IDAHO DEPARTMENT OF  
HEALTH & WELFARE