

SNAP

SNAP (Supplemental Nutrition Assistance Program) provides monthly funds to help low-income individuals buy food using an EBT (Lone Star) card accepted at most grocery stores and markets.

Eligibility at a Glance:

- **Adults 18–49 without kids** can receive benefits for **3 months every 3 years**, unless they work **20+ hours/week**.
- You may be exempt if you're pregnant, have a disability, are houseless, a veteran, over 42, or a former foster youth.

How to Apply:

1. Check Eligibility

👉 [Use this screener](#)

2. Gather Documents

- ID (Driver's license, state ID, or passport)
- Social Security numbers (for those applying)
- Proof of U.S. citizenship or immigration status
- Bank/benefit statements

3. Apply

- [Online here](#) → scroll & click "Start Tool"
- **OR** download and mail a paper form to:
PO Box 149024, Austin, TX 78714-9024
- **OR** find a local office: [Find Services](#)

4. After Applying

- Expect a **phone/in-person interview**

- Submit any **requested documents ASAP**
- You'll get a decision within **6–9 weeks**
- If approved, you'll receive a **Lone Star Card** to use at approved stores:
[Find SNAP Stores](#)

Need Help or Have Questions?

- Call **855-366-3401, 211 (press 1), or 877-541-7905 (press 2)**
- Book a **free SNAP Advising Session with UT staff** [here](#)

WIC

WIC (Women, Infants, and Children) provides free food, nutrition education, breastfeeding support, and health referrals to eligible low-income individuals.

Who Can Get WIC?

You may qualify if you:

- Are **pregnant, postpartum, or breastfeeding**
- Have a **baby or child under 5**
- Meet **income guidelines** (students often qualify!)
- Live in **Texas**

👉 U.S. citizenship is **not required** to apply.

What You Get:

- Monthly benefits for healthy food (fruits, veggies, eggs, milk, cereal, etc.)
- Support from **nutritionists and lactation consultants**
- Access to **breast pumps and infant formula**
- Health screenings and **referrals to clinics**

How to Apply:

1. **Check Eligibility**
👉 [WIC Prescreening Tool](#)
2. [Schedule an Appointment](#)
 - Call **800-942-3678**
 - Or [find a WIC clinic near you](#)
3. **Bring These Documents to Your Appointment**

- ID (license, student ID, passport, etc.)
- Proof of income (pay stub, financial aid, etc.)
- Proof of residence (lease, utility bill)
- If applying for a child: bring them with you!

Using WIC Benefits

- WIC benefits are loaded onto a WIC EBT card
- Use at approved grocery stores and WIC-only stores
👉 [Find locations near you](#)

Need Help or Have Questions?

- Call 800-942-3678
- Visit [Texas WIC](#)

Fresh for Less Farmers Markets

Description:

Fresh for Less Mobile Markets bring affordable, locally-grown produce directly to Austin neighborhoods. These pop-up markets, operated by Farmshare Austin, offer a variety of Texas-grown fruits, vegetables, eggs, and other healthy grocery items at reduced prices.

Key features:

- Weekly markets at consistent locations throughout Austin and Travis County
- Accept SNAP benefits, cash, credit, and debit cards
- Participate in Double Up Food Bucks program, doubling SNAP benefits and reducing the price of produce by 1/2
- Provide recipe ideas and nutrition education
- Offer seasonal, locally-sourced products

Current Programs:

- **Mobile Markets:** Farmshare Austin operates multiple weekly mobile markets throughout Austin and Travis County.
- **Home Delivery:** Available in zip codes 78610, 78612, 78617, 78701, 78702, 78704, 78719, 78721, 78723, 78724, 78725, 78727, 78741, 78742, 78744, 78745, 78747, 78748, 78752, 78753, 78754, 78757, 78759. Visit this website for more information: <https://www.austintexas.gov/department/fresh-less>
- **Friday Farm Pick-up:** An option for those outside the delivery area, available at Farmshare Austin's farm in Cedar Creek, Texas

Fresh for Less Mobile Markets make nutritious food accessible to all, supporting both local farmers and community health. Visit farmshareaustin.org for current locations, schedules, and product lists.

More about Double Up Food Bucks:

With more than 50 participating locations, Double Up Food Bucks Texas matches your SNAP benefits dollar for dollar, helping you bring home more fresh produce while supporting small Texas farmers and strengthening local economies. Enjoy fresh food at farmers' markets, farm stands, mobile markets, and grocery stores throughout Texas for **half the price**. Visit this website for hours and locations: