

A Guide to Applying for SNAP Benefits

Eligibility Requirements

Income Limits: Your household's gross monthly income must be at or below 130% of the federal poverty level. Net income must be at or below 100% of the poverty level. For 2025, this means a household of four can have a gross monthly income up to approximately \$3,250.

Asset Limits: Most households must have \$2,750 or less in countable assets. Households with elderly or disabled members can have up to \$4,250.

Work Requirements: Able-bodied adults aged 18-49 without dependents must work or participate in training for at least 20 hours per week, or they're limited to 3 months of benefits in a 36-month period.

How to Apply

Online Application: Visit www.dcf.la.gov/cafe and create an account. This is the fastest method and available 24/7.

By Phone: Call the Louisiana Application Line at 1-888-524-3578 to apply over the phone.

In Person: Visit your local Department of Children and Family Services (DCFS) office. Find locations at www.dcf.louisiana.gov.

By Mail: Download and print the application from the DCFS website, complete it, and mail to your local office.

Required Documents:

You'll need to provide proof of:

- Identity (driver's license, state ID, passport)
- Social Security numbers for all household members
- Income (pay stubs, unemployment benefits, Social Security statements)
- Housing costs (rent receipt, mortgage statement, utility bills)
- Medical expenses if you're elderly or disabled
- Bank statements and asset information
- Immigration status if applicable

Application Process Timeline

Interview: You'll be scheduled for a phone or in-person interview within 30 days of applying. This typically takes 15-30 minutes.

Processing Time: Applications are usually processed within 30 days. Expedited processing (within 7 days) is available for households with very low income or high expenses relative to income.

EBT Card: If approved, you'll receive a Louisiana Purchase EBT card by mail within 7-10 days.

After Approval

Recertification: You must recertify your eligibility every 6-12 months depending on your household situation.

Reporting Changes: Report changes in income, household size, or address within 10 days.

Using Benefits: SNAP benefits can be used to buy eligible food items at authorized retailers, farmers markets, and some online stores.

Getting Help

Customer Service: Call 1-888-524-3578 for questions about your application or benefits.

Advocate Hotline: The Louisiana Budget Project operates a SNAP hotline at 225-929-6970 for application assistance.

Campus Assistance Program (CAP) at LSUHSC – New Orleans: Contact Ms. Aleyda Diaz at adiaz3@lsuhsc.edu or (504) 568-8888 for help with the application process within our institution.

Louisiana SNAP References

- Main SNAP Information: <https://dcfs.louisiana.gov/page/snap> [Supplemental Nutrition Assistance Program \(SNAP\) | Louisiana Department of Children & Family Services](#)
- SNAP FAQs: <https://www.dcf.louisiana.gov/page/snap-faqs>
- Online Application: www.dcf.la.gov/cafe (CAFÉ portal) [SNAP - How To Apply - DCFS - Louisiana.gov](#)

Current Program Updates (2025):

- Beginning October 1, more than 400,000 Louisiana households will see a modest increase in monthly SNAP benefits thanks to the U.S. Department of Agriculture's annual cost-of-living adjustment for Federal Fiscal Year 2025 [Louisiana Department of Children & Family Services](#)
- Work requirements now apply statewide as of October 1, 2024, affecting more than 20,000 people, with the age limit for ABAWDs increased from 52 to 54 <https://www.wafb.com/KATC> [News](#)