

Useful Resources

	Program	Program Description	Am I Eligible? How do I Apply?
Food	SNAP	<p>The Supplemental Nutrition Assistance Program (SNAP) helps Pennsylvanians buy food. People in eligible low-income households can obtain more nutritious diets with SNAP increasing their food purchasing power at grocery stores and supermarkets. Those who are eligible receive an Electronic Benefits Transfer (EBT) ACCESS Card to make food purchases.</p> <p>Pennsylvanians who receive SNAP now have the option to purchase groceries online with their benefits. Participating online retailers may be found at: https://bit.ly/3B80H3s.</p>	<p>Almost anyone who meets the income limit.</p> <p>Apply in person at a County Assistance Office (CAO), online at www.compass.state.pa.us, or by calling 1 (866) 550-4355.</p>
	WIC	<p>The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) improves the nutrition and health of families in Pennsylvania by providing nutrition services, breastfeeding support, health care and social service referrals, and healthy foods. Through WIC, pregnant women, mothers, and caregivers of infants and young children learn about good nutrition to keep themselves and their families healthy.</p> <p>WIC participants receive an eWIC card to purchase specific foods each month that are designed to supplement their diets with specific nutrients that benefit WIC's target population. Eligible foods can be found at https://bit.ly/3RQqERG.</p>	<p>Pregnant, postpartum, and breastfeeding women, infants, and children up to age five, including foster children. Families must meet income limits and other criteria to qualify.</p> <p>Apply online at www.pawic.com or by calling 1 (800) WIC-WINS.</p>
	NSLP	<p>The National School Lunch Program (NSLP) serves nutritious meals to millions of children nationwide each school day. Some schools also operate a School Breakfast Program (SBP) for students who are eligible for NSLP.</p> <p>Eligible kids receive meals for free or at a reduced cost (\$0.40 for lunch; \$0.30 for breakfast).</p> <p>All students enrolled at schools that participate in the Community Eligibility Provision (CEP) receive NSLP without having to individually qualify based on income. A list of CEP schools may be found at https://bit.ly/3ohXfvK.</p>	<p>School-age children who meet NSLP income limits or who are already receiving SNAP or TANF. Additionally, all children who attend a CEP school automatically qualify.</p> <p>Apply online at www.compass.state.pa.us or by contacting local school district.</p>
Medical	MA	<p>Medical Assistance (MA), also known as Medicaid, pays for health care services, including physical and behavioral health, for eligible individuals.</p> <p>The Special Needs Unit (SNU) is designed to assist MA recipients to navigate the Managed Care Organization and receive timely and effective services. For more information, visit https://bit.ly/3PYyRuX.</p>	<p>Almost anyone who meets the income limit.</p> <p>Apply in person at a County Assistance Office, online at www.compass.state.pa.us, or by calling 1 (866) 550-4355.</p>
	Pennie	<p>Pennie™ is Pennsylvania's official health insurance marketplace where individuals and families can apply for, shop, and enroll in health coverage that best fits their needs. For individuals not eligible for MA or affordable insurance through their job, Pennie™ can also provide financial assistance that reduces the cost of monthly premiums and/or out-of-pocket costs.</p>	<p>Anyone, although there are income limits and other eligibility requirements to receive financial assistance.</p> <p>Apply online at www.pennie.com</p>
E&T	SPALs	<p>Special Allowances for Supportive Services (SPALs) help SNAP and TANF recipients to pay for transportation, clothing, books, supplies, childcare, and more when needed in order to participate in an employment and training (E&T) program, such as SNAP 50/50.</p>	<p>E&T participants who demonstrate need.</p> <p>Talk to E&T program staff or your DHS caseworker to request a SPAL.</p>

Utilities	LIHEAP	The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program administered by DHS that helps with home heating bills so low-income Pennsylvanians can stay warm and safe in their homes.	Almost anyone who meets the income limit. Apply in person at a County Assistance Office or online at www.compass.state.pa.us
	LIHWAP	The Low-Income Household Water Assistance Program (LIHWAP) helps families who have past due water bills, had their service terminated, or received a notice indicating that their service will be terminated in the next 60 days. Households can receive LIHWAP grants for both drinking water and wastewater service.	Almost anyone who meets the income limit. Apply in person at a County Assistance Office or online at www.compass.state.pa.us
	Lifeline	Lifeline is a federal program dedicated to making phone and internet service more affordable for low-income households. This benefit provides eligible consumers with a monthly discount of up to \$9.25. After qualifying, recipients must choose a phone or internet company near them that offers the Lifeline benefit to sign up for service or ask their current company to apply the Lifeline benefit to their service.	Almost anyone who meets the income limit <u>or</u> already receives SNAP, MA, TANF, or SSI. Apply online at www.lifelinesupport.org
	ACP	The Affordable Connectivity Program (ACP) is an FCC benefit program that ensures households can afford the broadband they need for work, school, healthcare, and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households. Through the Get Internet initiative, the White House has negotiated with 20 Internet Service Providers to offer high-speed internet plans to low-income families for \$30 per month or less. If you apply your ACP benefit to one of these plans, you will have no out-of-pocket cost for internet.	Almost anyone who meets the income limit <u>or</u> who is already receiving SNAP, MA, TANF, SSI, NSLP, or Lifeline. Apply online at www.getinternet.gov
Miscellaneous	Diversion	Diversion is a way for families to choose short-term help rather than long-term ongoing cash assistance through the Temporary Assistance for Needy Families (TANF) program. Diversion is a one-time lump sum payment that can help families who expect to be out of work a short time to meet their short-term needs. To receive Diversion, a family must meet the eligibility requirements for ongoing TANF, as well as Diversion-specific requirements. Families may only receive a Diversion payment once in a 12-month period.	Pregnant women and families with children who meet income, resource, and other requirements. Apply in person at a County Assistance Office, or online at www.compass.state.pa.us .
	PLAN	The PA Legal Aid Network (PLAN) is a statewide consortium of independent legal aid programs that provides civil legal assistance to low-income individuals and families. PLAN is comprised of nine regional legal aid programs, providing legal assistance to eligible clients in every county in Pennsylvania, and six specialized legal aid programs, providing legal services in specialized areas of the law or to special groups of eligible clients.	To learn more, visit www.palegalaid.net
	988	The new National Mental Health Crisis Line is available 24 hours a day, seven days a week at no cost to the caller. The existing Lifeline phone number (1-800-273-8255) will also remain available, as well as 911 in the event the individual is experiencing a life-threatening emergency.	Anyone Dial 9-8-8 or to chat, visit www.988lifeline.org/chat/ .
	Amazon Prime	Amazon Prime is available for \$6.99/month (half price) for anyone receiving SNAP, MA, TANF, WIC, NSLP, SSI, or certain other benefit programs.	To learn more, visit www.amazon.com/qualify
	Museums For All	At participating museums, individuals who receive SNAP and show their EBT card are eligible for free or reduced-price (\$3.00 or less) admission for themselves and up to three family members. About 60 museums across Pennsylvania participate in Museums for All.	To learn more, visit www.museums4all.org/ .

Customers with questions about their DHS benefits (SNAP, MA, LIHEAP, LIHWAP, Diversion, SPALs) may call the Customer Service Center at 1 (877) 395-8930, or (215) 560-7226 for customers who live in Philadelphia.