



SNAP for Students in Maryland

A Resource from mRelief

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SNAP, or the Supplemental Nutrition Assistance Program, (formerly known as food stamps), is a federally funded program that provides funds which people are entitled to, based on income, that they can use to purchase food.

What SNAP Can Buy	What SNAP Cannot Buy
Any non-prepared foods, such as: • Fruits and vegetables • Meat and poultry • Fish • Dairy products • Breads • Cereals and snack foods • Non-alcoholic beverages • Seeds and plants, which produce food	• Foods that are hot at the point of sale • Vitamins, medicines, and supplements • Live animals (except shellfish, fish removed from water, and animals slaughtered prior to pick-up from the store) • Beer, wine, liquor, cigarettes, or tobacco • Any nonfood items such as: pet foods, cleaning supplies, paper products, household supplies, hygiene items, cosmetics

General Eligibility Criteria

- Gross income is below 130% Federal Poverty Line (FPL); net income is below 100% FPL
- Is a US Citizen, 5 5-year permanent resident, or other qualified immigration status
- Meets work requirements if they are an Able-Bodied Adults Without Disabilities (ABAWD)

SNAP is assessed by households. A household is:

- Individuals who live together, and purchase and prepare meals together (e.g. roommates only count if food is purchased and prepared together).
- Spouses and any children under age 22 living with their parents are required to be counted as household members, regardless of whether they purchase and prepare meals together.

Generally, students attending an institution of higher education (i.e., college, university, trade/technical school) **more than half-time are not eligible for SNAP unless they meet an exemption.** The institution of higher ed determines what is considered 'half-time' enrollment.

59% of SNAP-eligible food insecure students are not enrolled in SNAP. By advocating for SNAP on college campuses, we can reduce food insecurity for the 23% of college students (that report instability in finding their next meal.

There are many exemptions that can help a student qualify for SNAP, including if they:

- Get cash assistance benefits under a TCA program;
- Take part in a State or federally financed work study program;
- Work at least 20 hours a week (no averaging);
- Are taking care of a dependent household member:
 - 5 years or younger;
 - Between 6 to 12 years and do not have adequate child care to enable them to attend school and work a minimum of 20 hours, or to take part in a State or federally financed work study program; or
 - Under 12 and are a single parent in school full-time with a child
- Are assigned to or placed in a college or certain other schools through specific government programs
- Are receiving disability and receiving SSI, SSA or VA disability payments, or
- Have a disability verified by a doctor or licensed psychologist.

The easiest way to know if a student is likely eligible for SNAP is by checking using [mRelief's eligibility screener](#).

Additional Resources

- [SNAP Eligibility Screener](#)
 - [Eligibility Requirements for SNAP in Maryland](#)
 - [Maryland Benefits Application Portal](#)
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About mRelief

\$13 billion in food stamp benefits go unclaimed every year. mRelief exists to change that.

Powered by digital marketing and partnering community organizations, we help people find out if they're eligible for SNAP benefits, and we make it easier for them to apply. Our products change the status quo of benefits enrollment to ensure that anyone can access the safety net, without it contributing to the already stressful circumstances of poverty.