Mid-South Food Bank offers assistance in applying for SNAP benefits (formerly called food stamps). One in five eligible people are not receiving benefits because they don’t realize they are eligible; they have misunderstandings about the benefits; or they simply don’t take the time to apply. We are here to help! Visit one of our Partner Agency sites in Shelby County to see if you are eligible for SNAP benefits.

You can apply on: __________________________

Mid-South Food Bank
239 South Dudley St.
Memphis, TN 38104

For questions or concerns contact
Taylor LaPorte
Phone: 901-373-0408
Fax: 901-528-1172
E-mail:
To apply for SNAP, bring these NEEDED documents and we will help you with the rest.

A PROOF OF IDENTITY
- Driver’s License
- State Non-Driver ID Card
- Passport*
- Birth Certificate*
- Naturalization Certificate*
- Insurance Policy
- Baptismal/Other Religious Certificate*
- Official School Record
- Adoption Record*
- Official Hospital/Doctor Birth Records
- Marriage Records

A PROOF OF RESIDENCY
- Postmarked Envelope, Post Card, or Magazine (with name and date)
- Driver’s License or IDEA Card (issued within past 6 months)
- Utility Bill, Bank Statement, or Letter from Government Agency
- Letter/Lease/Rent Receipts (from Landlord with address)
- Property Tax Records or Mortgage Statement

A PROOF OF SSN
- Social Security Card
- Application for SSN (Form SS-5)
- Letter from Social Security Office
- Tax Returns (W-2s, 1044s, 1099s)

NOTE: If you share meals with family members or roommates, please have him or her write a letter stating the amount spent on food and provide a signature.

PROOF OF CITIZENSHIP/IMMIGRATION
(If there is any need to prove citizenship or immigration status)
- US Birth Certificate*
- US Baptismal Record* (recorded within 3 months of birth)
- Naturalization Certificate*
- INS Form 1-551 (Green Card)
- US or other Passport*
- 1-220B 124 (Order of Supervision)
- INS Form 1-210 Letter (Voluntary Departure)
- INS 1-181 (Memorandum of Color of Law)
- INS Form 1-94 (Arrival/Departure Card)

PROOF OF HOUSEHOLD RESOURCES
(If there is a need to prove household resources)
- Bank Statements (must be most recent)
- Life Insurance Policy
- Deed of Appraisal for Real Estate
- Motor Vehicles (estimate from dealer)
- Burial Agreement
- Deferred Compensation
- Annuity or Trust Statements
- Copies of Stocks, Bonds, or Securities

PROOF OF HOUSEHOLD INCOME
(If there is a need to prove household income)
- Earned Income
  - Recent Paycheck Stubs (must be most recent)
  - Income Tax Return
  - Business Record
  - Letter from Employer
  - Letter from State Department of Labor
- Private Pensions/Annuities
  - Statement from Annuity
  - Statement from Pension
- Interest/Dividends/Royalties
  - Statement from Bank, Credit Union
  - Letter from Broker
  - Letter from Agent
- Military Pay
  - Award Letter
  - Check Stub
- Social Security Benefits
  - Award Letter/Certificate
  - Benefit Check
  - Letter from SSA
- Child Support Alimony
  - Letter from Person Providing Support
  - Letter from Court
- Workers Compensation
  - Award Letter
  - Check Stub
- Veterans’ Benefits
  - Award Letter
  - Benefit Check Stub
  - Correspondence from Veterans Administration

PROOF OF HOUSEHOLD EXPENSES
(If there is a need to prove household expenses)
- Child and Dependent Care Expenses
  - Cancelled Checks of Payments Made to the Provider
  - Receipts from Childcare Provider
  - Letter from Provider Stating Fees Charged for Services and Frequency of Services
- Heating, Phone, and Electricity Costs
  - Bills or Statements from Utility or Phone Companies
- Rent or Mortgage Payments
  - Cancelled Checks or Receipts for Paid Rent
  - Mortgage Statement
- Medical Expenses
  - Bill or Invoice from Doctor, Hospital, or Clinic

* May be used to document both identity and citizenship or immigration status.