



## Program information for cash, food and child care programs

### How do you apply for help?

If you do not have enough money to meet your basic needs, you can apply to find out if you are eligible for, cash assistance, for funds to buy food or to pay for child care. Ask your county human services agency for an application or apply online at [www.applymn.dhs.mn.gov](http://www.applymn.dhs.mn.gov).

Mail or bring your completed application to your county human services agency or submit it online. How much help you can receive the first month will depend on the date the county agency receives your application.

Food and cash programs require an interview with a worker. For the Supplemental Nutrition Assistance Program (SNAP), this can be a phone interview.

You will need to bring proof of:

- Who you are
- Where you live
- What family members live with you
- What your income is
- What you own.

You must contact your agency for a new appointment if you miss your interview.

**Whether or not you can receive help and how much you receive may depend on:**

- How long you have lived in Minnesota
- How many people live with you
- How much income you and these people receive each month.

Each program has different rules.

### What are cash benefit programs?

**Cash assistance is provided to help you meet your basic needs, if you are eligible.** Cash programs include:

- Diversionary Work Program
- Minnesota Family Investment Program
- General Assistance
- Minnesota Supplemental Aid
- Group Residential Housing
- Refugee Cash Assistance.

Some of the programs have time limits.

**Cash on an Electronic Benefit Transfer (EBT) card is provided to help families and individuals meet their basic needs.** These basic needs include food, shelter, clothing, utilities and transportation. These funds are given until families and individuals can support themselves. It is illegal for an EBT user to buy or attempt to buy tobacco products or alcoholic beverages with the EBT card. If you do, it is fraud and you will be removed from the program. Do not use an EBT card at a gambling establishment or retail establishment, which provides adult-oriented entertainment in which performers disrobe or perform in an unclothed state for entertainment. If you need more information on how to use your EBT card please ask your county to send you the How to Use Your Minnesota EBT Card. This brochure can also be found on the DHS Public Web site at <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3315A-ENG>

**Diversionsary Work Program (DWP)** is a **short-term** work program that provides employment services and basic living costs to eligible families. DWP is for families who are working or looking for work, but need help with basic living expenses and who have not received cash assistance in the last 12 months.

**Minnesota Family Investment Program (MFIP)** is a **monthly** cash assistance program for families with low incomes and pregnant women. The program is for:

- Families who have one or more children under age 19
- Women who are pregnant.

**General Assistance (GA)** is a **monthly** cash payment for adults who are unable to work who:

- Have little or no income, and
- Will soon return to work, or
- Are waiting to get help from other state or federal programs.

**Minnesota Supplemental Aid (MSA)** is a small extra **monthly** cash payment. It helps adults who are eligible for federal Supplemental Security Income (SSI).

**Group Residential Housing (GRH)** is a **monthly** payment that helps pay room and board costs for people who live in authorized settings and are:

- Age 65 or older
- Disabled and age 18 or older, or
- Have blindness.

**Refugee Cash Assistance (RCA)** is a **monthly** cash payment for refugees and asylees. RCA is for people who:

- Have been in the United States eight months or less, and
- Have refugee or asylee status.



## What is child care assistance?

Minnesota's Child Care Assistance Program makes quality child care affordable for families with low incomes. Help is available from the following programs:

- **MFIP Child Care:** Families who receive assistance from the Diversionsary Work Program or Minnesota Family Investment Program are eligible for child care if the parents are in work related activities.
- **Transition Year Child Care:** Available to families for up to 12 consecutive months after their Diversionsary Work Program or Minnesota Family Investment Program case closes.
- **Basic Sliding Fee Child Care:** Available for other families with low incomes.

## What is the Supplemental Nutrition Assistance Program?

**Supplemental Nutrition Assistance Program (SNAP)** is a federal program that helps Minnesotans with low income buy food. Benefits are available through EBT cards that can be used like money. Benefits are for:

- Single people
- Families with or without children.

Your income, the size of your household, and your housing costs determines how much you can receive.



Agency

## Civil Rights Notice

**Discrimination is against the law.** The Minnesota Department of Human Services (DHS) does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- marital status
- age
- disability
- sex
- political beliefs

## Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by a human services agency.

Contact **DHS** directly only if you have a discrimination complaint:

Civil Rights Coordinator  
Minnesota Department of Human Services  
Equal Opportunity and Access Division  
P.O. Box 64997  
St. Paul, MN 55164-0997  
651-431-3040 (voice) or use your preferred relay service

### Minnesota Department of Human Rights (MDHR)

In Minnesota, you have the right to file a complaint with the MDHR if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the **MDHR** directly to file a complaint:

Minnesota Department of Human Rights  
Freeman Building, 625 North Robert Street  
St. Paul, MN 55155  
651-539-1100 (voice)  
800-657-3704 (toll free)  
711 or 800-627-3529 (MN Relay)  
651-296-9042 (fax)  
Info.MDHR@state.mn.us (email)

### U.S. Department of Health and Human Services' Office for Civil Rights (OCR)

You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
- religion

Contact the **OCR** directly to file a complaint:

Director, U.S. Department of Health and Human Services' Office for Civil Rights  
200 Independence Avenue SW, Room 509F  
HHH Building  
Washington, DC 20201  
800-368-1019 (voice) 800-537-7697 (TDD)  
Complaint Portal: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

In accordance with Federal civil rights law and **U.S. Department of Agriculture (USDA)** civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1-800-358-0377.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ သင့်လူမှုရေးအလုပ်သမား အားမေးမြန်း ခြင်းသို့ မဟုတ် 1-844-217-3563 ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿង របស់អ្នក ឬហៅទូរស័ព្ទមកលេខ 1-888-468-3787 ។

請注意，如果您需要免費協助傳譯這份文件，請告訴您的工作人員或撥打1-844-217-3564。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, demandez à votre agent chargé du traitement de cas ou appelez le 1-844-217-3548.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu rau 1-888-486-8377.

ဟ်သုတ်ဟ်သးဘဉ်တက့ၢ်. ဝဲန့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လိာ် တီလိာ်မိတခါအံၤန့ၣ်,သံကွၢ်ဘဉ်ပုၤဂ့ၢ်ဝိအပုၤမၤစၢၤတၢ်လၢန့ၢ်မ့ၢ်တ မ့ၢ်ကိးဘဉ် 1-844-217-3549 တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 담당자에게 문의하시거나 1-844-217-3565으로 연락하십시오.

ໂປຣຕຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງຖາມພະນັກງານກຳກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທໂປຣໂທ 1-888-487-8251.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1-888-562-5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalkaan, hawlwadeenkaaga weydiiso ama wac lambarka 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1-888-428-3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1-888-554-8759.

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