

# HELP4TN



Find legal and social service resources in Tennessee

[www.help4tn.org](http://www.help4tn.org)

---

## SNAP - Food Stamps

*Below you will find resources and information about SNAP - a federal food program run by state and local agencies to help people get the food necessary for a proper diet.*

### **Legal Information:**

#### Tennessee Food Stamp Program

This resource from the state of Tennessee provides important information about the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), including how to apply. SNAP helps supplement monthly food budgets of families with low-income to buy the food they need to maintain a healthy diet. DHS staff decides if applicants are eligible based on USDA guidelines.

#### Food Stamps (SNAP)

Booklets provided by the Legal Aid Society of Middle Tennessee and the Cumberlandns can answer questions you have about SNAP.

#### Basic Information about Supplemental Nutrition Assistance Program

At the above resource from West Tennessee Legal Services, you can find additional information about SNAP.

#### SNAP Benefits in Memphis

This resource from Memphis Area Legal Services provides helpful information about the SNAP program in Memphis.

### **Legal Advice:**

#### TN Free Legal Answers

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.
- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

## **Find Representation:**

### Statewide Directory

The Statewide Directory provides information regarding Legal Aid Attorneys and other agencies by county in Tennessee.

## **Forms**

### Standard Court Forms for all of Tennessee

This resource contains standard court forms that are approved for all counties of Tennessee. If you need help filing one of these forms, you can ask a lawyer in your area.

---

Printed: February 27, 2021

<http://www.help4tn.org/node/155/snap-food-stamps>

©HELP4TN