

Public Assistance Quick Reference

Primary assistance programs for low-income families

FOOD

SNAP (Supplemental Nutrition Assistance Program)

www.yourtexasbenefits.com

Application Process: apply online

Program: Provides food benefits for low-income adults and families

WIC (Special Supplemental Nutrition Program for Women, Infants, and Children)

800-942-3678

www.yourtexasbenefits.com

Application Process: apply online

Program: Nutrition program for pregnant, breastfeeding women and families with children younger than 5.

HEALTHCARE

Medicaid

www.yourtexasbenefits.com

Application Process: apply online

Program: Helps cover medical expenses for children, some adults, and people with disabilities who meet income requirements.

CHIP (Children's Health Insurance Program)

www.yourtexasbenefits.com

Application Process: apply online

Program: low-cost or free health coverage for children without health insurance

FINANCIAL

TANF (Temporary Assistance for Needy Families)

www.yourtexasbenefits.com

Application Process: apply online

Program: Helps families with children age 18 and younger pay for basic needs

SSDI (Social Security Disability Insurance)

www.ssa.gov/benefits/disability/

Application Process: apply online

Program: provide assistance to people who meet requirements for disability.

SSI (Supplemental Security Income)

800-325-0778

www.ssa.gov/ssi

Application Process: apply online

Program: Provides monthly payments to people with disabilities and older adults who have little to no income or resources.

HOUSING

Section 8 (The Housing Choice Voucher Program)

www.tdhca.state.tx.us/section-8/

Application Process: apply online

Program: Provides rental assistance payments on behalf of low income individuals and families, including the elderly and persons with disabilities.

CHILDCARE

Childcare Subsidy

(888) 548-9675

www.child-care/parents/guidelines-apply-child-care-services

Application Process: apply online

Program: provides scholarships for childcare for low-income families, promoting long-term self-sufficiency by enabling parents to work or attend workforce training or education activities.