

SNAP Food Assistance For Rideshare and Delivery Drivers



Know Your Rights

The Supplemental Nutrition Assistance Program (SNAP) can help you and your family buy food at grocery stores and farmers markets. If you are a **rideshare or delivery driver** – or another type of “gig” worker – and you need help buying food, here’s what you need to know.

How do I apply for SNAP benefits?

Apply through the Department of Transitional Assistance (DTA):

- Online: DTAConnect.com
- By phone: 877-382-2363, press 7
- In person at any local DTA Office
- Fax or mail: Get a paper application at Mass.gov/SNAP

After you apply, you need to talk to DTA for the application interview and send any proof documents they need. DTA has 30 days to approve or deny your application, unless you qualify for emergency SNAP. If you are approved, SNAP benefits are put on an EBT card (like a debit card).

How much SNAP will I get?

The monthly SNAP benefit amount is based on how many people you get SNAP with, countable income, and living expenses, such as rent or child care. To see the current maximum benefit amounts, visit Mass.gov/how-to/apply-for-snap-benefits-food-stamps

What counts as income for SNAP?

Most delivery and rideshare drivers are “independent contractors,” not employees. This includes drivers with: Uber, Lyft, UberEats, GrubHub, DoorDash, InstaCart, and many other app-based platforms. As an independent contractor, you get a tax form called a 1099 (such as a 1099-K, 1099- MISC, or 1099-NEC) instead of a W2.

- **Independent contractors are considered self-employed for public benefits like SNAP.** The online SNAP application asks for your “type” of income. For rideshare/delivery work, check off “self-employment.” Then list your estimated **pre-tax net income** in the field that asks for your “gross income.”

Pre-tax net income is what you make after taking out the costs of doing your work (business expenses), but before your income taxes and other pay deductions. You will need to prove your income and business expenses with DTA – it is ok to list an estimate on the application if you need time to collect proofs! See below for more information.

What expenses can I claim as a driver?

You can claim **all work-related expenses** you are not reimbursed for. This is important because DTA should not count business expenses when figuring out your eligibility. Expenses include:

- Car mileage or vehicle costs (**see below).
- Tolls and parking (you can claim this in addition to mileage).
- Platform/App related fees and commissions.
- The portion of your cell phone and phone plan used for business (ex. a percent of your total bill). You can get an itemized phone bill from your provider to help you figure out which portion went towards your job.
- Supplies such as food and drinks for passengers, phone chargers and mounts, and mileage tracking software.

You have two options for how to claim your vehicle expenses:

1. Claim miles you drive for work at the **federal mileage rate** (eg. \$0.67/mile for 2024). The federal mileage rate covers your gas, car payments or leasing fees, car insurance, repairs, maintenance, and all other car related costs. OR,
2. Claim **actual car expenses**. Be sure to track miles you drive for work vs. personal use to figure out what portion of your car expenses were for your job.

How do I prove my business expenses for SNAP?

Send DTA any of the following:

- A detailed and signed statement of your most recent monthly or quarterly income and itemized expenses, also known as a **"Profit/Loss Statement."** (See example next page);
 - A copy of your **"Schedule C" tax record**. Your Schedule C is usually from last year's tax return. Submit the Schedule C only if your current income/expenses are similar to last year's;
- OR**
- A statement from an accountant or any other proof of your current income.

You can send DTA proofs through DTACONNECT after you apply. Or, you can fax, mail, or bring them to a DTA office. DTA will mail you a notice if they think you need to send in more proofs.

What are my rights if I am denied SNAP?

- Download the DTA Connect mobile app to send DTA proofs, look at your case information, and see DTA notices.
- Call the DTA Assistance Line at 1-877-382-2363 to talk with a SNAP worker and about why you were denied. If you disagree with what the SNAP worker says, you can also ask to speak to a Supervisor or the Office Director.
- Call the DTA Ombudsman's office at 617-348-5354 and ask them to review the case.
- Request a hearing if you disagree with DTA's decision. There is an appeal form on the back of the DTA denial notice. Fill this out and fax or mail it back to DTA You can have the hearing by phone or in person.
- Contact your local Legal Services office for more information: [MassLegalHelp.org](https://www.masslegalhelp.org)

Sample Profit/Loss Statement

If you do not have a recent Schedule C – or if your Schedule C is out of date – you can create a “Profit/Loss” statement. Below is a sample Profit/Loss statement for a 3 month period. You can write this by hand, use an online spreadsheet, or fill out a free template (such as this).

Include as much detail as you can about your income and expenses. Sign and date the statement and send it to DTA. You are not required to submit additional proof of your income or expenses unless DTA has questions about the information you provided.

Profit/Loss Statement, UberEats Driver First Quarter: 1/1/24 – 3/31/24

Name:

Income

\$12,400

Services

\$12,400

Gross Income

Itemized Expenses

Mileage (Standard deduction of \$.56/mi, 10,500 mi/3 months)	\$5880
Tolls and Parking	\$100
Car Supplies	\$150
Portion of Phone Plan	\$150

\$6,140

Total Expenses

\$6,140

Pre-Tax Net Income (payment for
services minus business expenses)

\$ 6,260/3 months = \$2,087/mo

The statement above is a true and accurate statement of my income and expenses.

Signed: _____ Date: _____