



# Take the Next Step!

## WHAT IS SKILL UP TENNESSEE?

Skill Up Tennessee is UT Extension's SNAP Employment and Training Program. We help SNAP participants like you gain the skills, training, or work experience needed to get a good job. The goal of the program is to help you reach your employment potential and become self-sufficient.

You are capable of great things. Sometimes our direction in life changes. Sometimes we need a little help to get started. If you're ready to move forward with a job or career, we're here to help.

### To be eligible, participants must:

- Receive SNAP benefits (formerly known as Food Stamps)
- Not receive TANF (Families First) cash assistance
- Be willing and able to work upon completion

## BENEFITS OF PARTICIPATION

### We help clear your path to a career.

Things like training, testing, and even uniforms cost money and we can help. Not only that, but we pair you with a highly skilled Career Navigator who will help you on your journey and help make sure you are able to meet your goals.

### Let us help you discover the right course to success.

SNAP E&T participants will receive supportive services for all approved program activities which could include:

- Gas Cards for Transportation
- Uniforms
- Equipment, Tools and Supplies Needed for Training & Work
- Testing Fees
- Books



## Take the next step to independence today!

Follow this link to see if you are eligible and preregister:

[tiny.utk.edu/SkillUpTN](https://tiny.utk.edu/SkillUpTN)



## SERVICES AVAILABLE AT NO COST TO YOU

- Individual assessment to help you set and achieve employment goals
- Work Readiness Training to help you gain knowledge and skills to prepare you for work
- Career navigation to help you find the job that's right for you and provide the support you need
- Support services to help pay for your training and participation costs
- Access to services such as adult education and vocational training to prepare you for success
- Job Retention to help you get started in your new job

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FAMILY & CONSUMER SCIENCES  
**UT EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

Contact your local county  
Extension Agent:

[skillup.tennessee.edu](https://skillup.tennessee.edu)

[skillup@tennessee.edu](mailto:skillup@tennessee.edu)

@SkillUpTN



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# SKILL UP

# TENNESSEE

Skills and  
Training for a  
Better Future

Helping you reach your  
career goals and become  
self-sufficient.

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