



Did you know...

- You are not taking benefits away from someone else by applying.
- You do not have to pay back SNAP.
- You've paid into the program with your tax dollars. By getting SNAP, you're getting some of those dollars back to help you buy food.
- SNAP does not affect your immigration status. SNAP is not a public charge.
- SNAP can make you eligible for other benefits like free school meals, WIC, utility discounts, and the Healthy Incentive Program (HIP).
- You can get help with the application process!

What is SNAP?





The Supplemental Nutrition Assistance Program (SNAP) is a nutrition program that gives you money for food. SNAP benefits are put on an electronic card that you can use to buy food at supermarkets, convenience stores, farmers' markets, and even some online retailers.

What can I buy with SNAP?

SNAP is for buying food. You can buy fruit, vegetables, meat, protein, cereal, dairy, and more. You choose the food that you want to buy. SNAP cannot be used to buy hot food or food at restaurants.

Who can get SNAP?

Eligibility is based on income and household size. If you are within the income limits below, you may be eligible. To get SNAP, you need to fill out an application, talk to a SNAP worker, and give proof of your information.

Household Size	Gross Monthly Income Limit <small>(before taxes or healthcare is taken out)</small>
	\$2,265
	\$3,052
	\$3,838
	\$4,625
Each additional member	+\$787

updated 1/2022



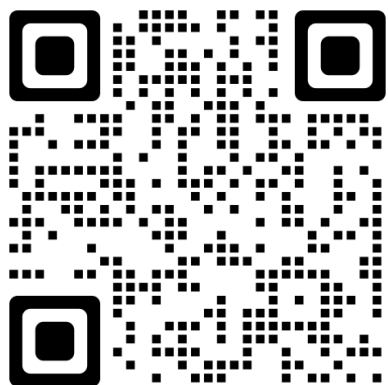


The Greater Boston Food Bank can help you apply for SNAP. Contact us today!

Call 617-598-5022

or visit

GBFB.org/SNAP



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SNAP GUIDE

