



# Need Help Buying Groceries?

NJ SNAP (Supplemental Nutrition Assistance Program) is New Jersey's food assistance program that can help you buy groceries.

Learn more about NJ SNAP at [www.NJSNAP.gov](http://www.NJSNAP.gov)  
 You can apply for NJ SNAP at any time by visiting [www.NJHelps.org](http://www.NJHelps.org)



## What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) issues electronic benefits that can be used like cash to purchase food. SNAP helps low-income working people, senior citizens, the disabled and others feed their families.

## Who can apply?

- Any household member who is 18+ years old and has at least 5 years of residency in the United States.
- If you are undocumented with children who are American citizens, you can still apply for SNAP benefits on their behalf.
- An authorized representative who can go food shopping and use NJ SNAP benefits on behalf of your household (a friend, relative, neighbor). A SNAP household is anyone who lives and eats together.
- Must meet the qualifying income levels

(Rates valid as of September 2020)

Household Size	Maximum Monthly Income
1	\$1, 926
2	\$2, 607
3	\$3, 289
4	\$3, 970
5	\$4, 652
6	\$5, 333
7	\$6, 015
8	\$6, 696
Each Additional Member	+ \$682

## What do I need to apply?

- A valid ID (i.e. driver's license, birth certificate, government ID)
- Proof of where you live (i.e. lease, rental agreement, utility bill) \*Unless you are experiencing homelessness
- Proof of earned income (i.e. paystubs, employer letter, recent tax records)
- Proof of unearned income (benefits award letter)
- Proof of resources (i.e. bank statements)
- Social Security Number
- Proof of immigration status (for non-citizens)
- Proof of student status (for college students)

## How can I apply?

- Online at [www.NJHelps.org](http://www.NJHelps.org)
- By phone with your local board of social services. Bergen County Board of Social Services at 201-368-4200 or go online to <https://bcbss.com/>
- By mail - Call your local board of social services or contact the agency listed below for an application. Or you can download an application at [www.NJSNAP.gov](http://www.NJSNAP.gov)
- You should never be asked to pay for assistance to fill out an application. There is no charge.

## Need help with your online application?

Contact the BERGEN COUNTY BOARD OF SOCIAL SERVICES

Call Main Line 201-368-4200 / Hotline: 201-368-4273

For assistance in other languages, please call: 1-800-701-0710 (TTY): 1-800-701-0720

Location: 218 Route 17 North Rochelle Park, NJ 07662

Email: [customerservice@bcbss.com](mailto:customerservice@bcbss.com) OR you can go to [snapoutreach@cfbnj.org](mailto:snapoutreach@cfbnj.org) and call 908-838-4831

## For immediate food assistance, find your local food provider at:

<https://www.co.bergen.nj.us/foodsecurity>

For any additional information or questions, please contact:  
 Bergen County Food Security Task Force  
[BCFoodTaskForce2020@gmail.com](mailto:BCFoodTaskForce2020@gmail.com)  
 @BCFoodTaskForce2020 on Facebook



Bergen County  
**Food Security  
 Task Force**

