

What is SNAP?

The Supplemental Nutrition Assistance Program helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. You may be eligible for SNAP - read below to learn more!

Who Can Get SNAP Benefits?

If you or someone in your household is a U.S. citizen or legal non-citizen, and makes below a certain income, you may be able to get SNAP benefits.

Who is Part of My Household?

In most cases, a household includes all people who buy, cook and eat meals together.

What If I Have Little or No Money At All?

In an emergency, some people can get SNAP benefits faster. For example:

- If your income is less than \$150.00 a month and you have less than \$100.00 in other resources, such as your bank account.
- Your income and the resources of your household are less than your combined monthly rent or mortgage and utility expenses.

If either of these describe you, you may be able to get SNAP benefits within seven days. As part of the SNAP application process you will be assigned a case manager. Ask your SNAP case manager for details.



What Proofs Will I Need?

- Something showing your name and address - If you have no address, you must say where you are staying.
- Proof of Income - If you are working, submit your last four pay stubs, or proof of income from your employer. Submit an award letter or direct deposit statements of unearned income amounts and frequency of payments.
- Social Security Numbers for all Members Applying - If you do not have Social Security numbers for applicants, your SNAP case manager will help you get them. Your SNAP application will be reviewed while you are waiting for your Social Security numbers.
- If you are not a citizen, bring proof of legal non-citizen status.

Optional proofs you may claim to maximize SNAP benefit amount are:

- Dependent care expenses for child or adult care.
- Housing costs for rent, mortgage, taxes, insurance, heat and utilities.
- Medical bills - if you are age 60 or older or if you are disabled.

How Do I Find a DTA Office?

DTA has more than 20 offices across Massachusetts. To find the office nearest you, visit www.mass.gov/dta and click on the DTA Office Locations link or call the **SNAP Hotline** at 1-866-950-FOOD, Monday through Friday from 8:45 A.M. - 5:00 P.M.

How Can I Get More Information?

For more information about how you can get SNAP benefits, contact the **SNAP Hotline** at 1-866-950-FOOD or visit www.mass.gov/dta.



DEPARTMENT OF TRANSITIONAL ASSISTANCE



Putting Healthy Food
Within Reach

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HOW TO GET SNAP BENEFITS



Putting healthy food within reach.



SNAP Income Standards (effective January 20, 2011)

Household Size	Gross Income Limit for Families with Children under 19 or Pregnant Woman	Gross Income for Adult Only (Age 19-59) Households	Gross Income for Elder and/or Disabled Only Households	All Households Are Subject to a Net Income Limit After Expenses
1	\$1,815	\$1,174	None	\$903
2	\$2,452	\$1,579	None	\$1,215
3	\$3,089	\$1,984	None	\$1,526
4	\$3,725	\$2,389	None	\$1,838
5	\$4,362	\$2,794	None	\$2,150
6	\$4,999	\$3,200	None	\$2,461
7	\$5,635	\$3,605	None	\$2,773
8	\$6,272	\$4,010	None	\$3,085
For each extra person	+\$637	+\$406	N/A	+\$312

Can I Have Income and Still Get SNAP Benefits?

Households with children under 19 and pregnant women living alone must have a total (gross) income below 200% of the poverty level to qualify for SNAP.

Adult-only households (age 19-59) must have a total (gross) income below 130% of the poverty level to qualify for SNAP.

Households made up of all elders (age 60 or over) or disabled individuals have no (gross) income limit.

All households must have income below the net standard (see *All Households Are Subject to a Net Income Limit After Expenses* column of the chart above) after deductions to be eligible for a SNAP benefit.



Can I Own Property and Still Apply for SNAP?

You can own a home, personal belongings, car and have money in the bank.

Certain households with disqualified members will have to provide information and proof of money in the bank and other resources, such as stocks, bonds and CDs. These households will have a \$2,000 limit on the resources they can own.

Most low-income seniors will not be asked for proofs of money in the bank or other resources.



How do I Apply for SNAP Benefits?

- To apply:
 - Call the **SNAP Hotline** at 1-866-950-FOOD to have an application mailed to you. Remember to ask for the Elder SNAP application if you are a Senior (age 60 or older) - it is easier to fill out!
 - Visit www.mass.gov/dta and click on the *Apply for SNAP/Food Stamps Online* link to download an application form.
 - You may also apply online by visiting www.mass.gov/vg/selfservice or
 - You can visit your local Department of Transitional Assistance (DTA) office.
- Fill out the application as much as you can. Be sure to write your name and address and sign it.
- Submit your online application or return the application to your local office by mail, fax, or dropping it off in person.

Can Someone Help Me Apply for SNAP Benefits?

You can ask someone you trust to apply for you or go food shopping for you. That person is called your Authorized Representative.

What Happens After I Put in my SNAP Application?

- You must have an interview with a case manager to talk about your application. You can have the interview at a local office or over the phone, depending on your situation.
- You will need to show proofs (see reverse side), as part of the application process. You will receive information about what proofs you need to show your case manager when your application is reviewed.
- You will get a decision on your application within 30 days.
- If you are eligible, you will receive SNAP benefits through the Electronic Benefit Transfer (EBT) system. You will receive a Personal Identification Number (PIN) and an EBT card that can be used just like a debit card to shop for food in supermarkets, convenience stores and pharmacies. You may get the EBT card before we decide if you are eligible for benefits. You won't be able to use the EBT card unless we notify you that your application is approved.



Debit card makes purchases easy!

SNAP Hotline

1-866-950-FOOD

Monday through Friday

8:45 A.M. - 5:00 P.M.

www.mass.gov/dta

