

Sample SNAP Benefit Amounts: Part and Full-Time Working Families

March 2022

Note: During the COVID-19 public health emergency, all SNAP households get at least the maximum benefit for their household size. Households with regular SNAP close to or at the maximum amount get a \$95 plus up. These extra payments are called “Emergency Allotments.”

Hourly Wage ▼	Sample Monthly SNAP Benefits (\$)						
	Hours worked per week ►	Homeless deduction, no child care deduction		Max shelter deduction of \$597/month		Max shelter & sample child care* deductions	
		20 hrs	40 hrs	20 hrs	40 hrs	20 hrs *\$300/mo	40 hrs *\$600/mo
\$14.25 (MA minimum wage as of 1/1/22)	Household Size ▼	Monthly SNAP Benefit Amount (see <i>Emergency Allotment note above</i>)					
	2	264	20	395	98	459	278
	3	463	166	594	297	658	477
	4	642	345	773	477	835	657
\$16.00	2	227	20	358	26	448	206
	3	426	94	557	225	647	405
	4	605	273	737	404	826	584
	2	186	#	317	#	407	#
\$18.00	3	385	10	516	141	606	321
	4	564	189	695	321	785	501
	2	144	#	275	#	365	#
	\$20.00	3	343	0	474	58	564
4		522	106	653	237	743	417
2		103	#	234	#	324	#
\$22.00		3	302	0	433	0	523
	4	481	23	612	154	702	334

= Ineligible because gross income is at or above 200% of the federal poverty level (FPL) for household's size.

0 = a household of 3 or more with income below 200% FPL. These households are approved for \$0 and can adjust SNAP if income goes down/expenses go up without having to re-apply.

*Sample monthly child care costs. Household should claim actual childcare costs.

The SNAP figures above assume: (1) all household members are eligible for SNAP; (2) all of the household income is *earned* income; (3) there are no household members who are 60+ or disabled.

To learn more about the SNAP benefit calculation and estimate individual case benefits, visit [Masslegalservices.org/SNAPcalculator](https://www.masslegalservices.org/SNAPcalculator)