



Get Support with SNAP!

What is SNAP? The Supplemental Nutrition Assistance Program (SNAP) provides monthly benefits to help individuals and families buy groceries and access nutritious food. SNAP benefits are loaded onto a card that works like a debit card at participating stores.



Minimum Benefits of \$95!

Eligible households receive at least \$95 per month, and many receive more based on their needs.

Who is Eligible?

Households must meet certain requirements to be eligible for SNAP and receive benefits, including meeting the maximum allowable income listed below. A SNAP household is anyone who lives and eats together.

How to Apply?

1. **Scan the QR Code:** To access the application or visit <https://www.mynjhelps.gov>
2. Time to complete is approx. 20-45 minutes

Find out if you are likely eligible:

- Visit mRelief at <https://www.mrelief.com>
- You can also text "Food" to 74544 to complete the screener over text message.

Need Help? To learn more about resources for you and your family visit: www.FHECessex.org

Household Size	Max. Allowable Income
1	\$2,322
2	\$3,152
3	\$3,981
4	\$4,810
5	\$5,640
6	\$6,469
7	\$7,299
8	\$8,128
Each Add'l Member	+ \$830

