

Need help buying groceries? SNAP can help!



SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a “public charge” test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount*
1	\$2,430	\$291
2	\$3,287	\$535
3	\$4,143	\$766
4	\$5,000	\$973
5	\$5,857	\$1,155
8+	+\$857	+\$219

*Effective 2/1/2023

*Effective 10/1/2023

For more information or to apply for SNAP:



Scan code with phone camera to apply online



DTAConnect.com



877-382-2363 Mon – Fri 8:15 am-4:45 pm



Mail or Fax a paper application

Get a paper application: Mass.gov/SNAP



In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: Mass.gov/ContactDTA