

BOOST YOUR FOOD BUDGET.

Start with SNAP and get help paying for food—for you, and anyone you're responsible for.

StartWithSnap.org

WITH SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM) BENEFITS, YOU CAN:

- **Boost your grocery budget with monthly funds** you can use at locations of your choice, statewide.
- **Automatically qualify your kids for free school meals**, no application needed.
- **Automatically qualify to participate in the Healthy Incentive Program (HIP)**, which lets you earn additional money to spend on groceries when you purchase fruits and vegetables from your local participating HIP vendors.
- **Shop for the food you like**, that meets your dietary needs, allergy restrictions, and cultural preferences.

If you're having trouble paying for groceries—whether or not you're working—you could be eligible for SNAP. Visit **StartWithSNAP.org** or call **1-800-645-8333** for help.



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WE'RE HERE FOR YOU.

Call our **FoodSource Hotline** at **1-800-645-8333** to find out if you qualify for SNAP with help from our trained counselors.

SNAP FACTS

SNAP is the Supplemental Nutrition Assistance Program, or, in other words, money for food. If you apply and are eligible, you are guaranteed to receive the benefits—in the form of a monthly cash stipend on an EBT card, that can be used just like a debit card for food shopping.

AM I ELIGIBLE?

If you could use help affording food, you could be! SNAP can help whether you're working or currently unemployed. All types of people, from single adults to families to seniors, receive SNAP benefits—it's a benefit meant to supplement your grocery budget. Call our FoodSource Hotline or visit StartWithSnap.org to find out more.

WHAT IF I'M NOT A U.S. CITIZEN?

Go on and reach out to us via our FoodSource Hotline (1-800-645-8333). Many non-citizens are eligible for SNAP.

YOU'VE CONVINCED ME. SO HOW DO I APPLY?

Be prepped with your personal information, such as your Social Security number (if you have one), your birthdate, mailing address, phone number, income, and expenses. Then, you can:

- Call our FoodSource Hotline at 1-800-645-8333
- Apply on your on at dtaconnect.eohhs.mass.gov/apply
- Or download a paper application from mass.gov/SNAP, or call our FoodSource Hotline to request one to be sent in the mail

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