



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach



Can't afford to buy groceries?

SNAP can help!

What is the Supplemental Nutrition Assistance Program (SNAP)? SNAP provides nutrition benefits to supplement the food budget of families so they can purchase healthy food.

- » SNAP benefits are calculated based on household size, income, expenses and other nonfinancial criteria.
- » You may be eligible even if you are working.
- » SNAP does not make you a public charge and will not be considered in a public charge determination.

It's easy to apply!

Online: commonhelp.virginia.gov

Call: 833-522-5582

Visit: **Your local department of social services**

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Am I eligible?



Scan the QR code below to go to CommonHelp.virginia.gov to check your eligibility, apply online and, if you are a current customer, manage your account - all in one place!



From the CommonHelp homepage:

1. Click "Get Started"
2. Click "Check eligibility"
3. Answer short questions to check your eligibility.

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