



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.

## It's easy to apply!

Online: **[commonhelp.virginia.gov](https://commonhelp.virginia.gov)**

Call: **1-833-552-5582**

Visit: **your Local Department of Social Services**

- » SNAP can be used in grocery stores and online
- » Can also purchase fresh, nutritious food at farmers markets that accept EBT

### Am I eligible?



You may be eligible if your household income is below the amounts shown here:

Household Size	Gross Monthly Income (before taxes)	Maximum Monthly Benefit* (if eligible)
1	\$2,510	\$292
2	\$3,407	\$536
3	\$4,303	\$768
4	\$5,200	\$975
5	\$6,097	\$1,158
6	\$6,993	\$1,390
7	\$7,890	\$1,536
8	\$8,787	\$1,756
Each additional person	\$897	\$220

*\*Actual monthly benefit amount is based on income after allowable deductions.*

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