



## USDA Supplemental Nutrition Assistance Program

### 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](http://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)	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.*

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view of policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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