Do You Need Help to Buy Food?

If you need help putting food on the table, you may be eligible for SNAP food assistance.

• Want to see if you qualify for SNAP? Want to apply?
• Is your SNAP benefit low? Want to see if you qualify for more?
• Want to learn about more resources for people who get SNAP?
• SNAP provides monthly benefits for your household:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>Each add’l member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum monthly SNAP benefit</td>
<td>$281</td>
<td>$516</td>
<td>$740</td>
<td>$939</td>
<td>$1,116</td>
<td>$1,339</td>
<td>$1,480</td>
<td>$1,691</td>
<td>Add $211</td>
</tr>
</tbody>
</table>

Our SNAP Advocates Can Help!

Talk with a SNAP Advocate! Email us at SNAPhelp@jfcsboston.org or call us at 781-693-5000.

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