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>$291</td>
<td>$535</td>
<td>$766</td>
<td>$973</td>
<td>$1,155</td>
<td>$1,386</td>
<td>$1,532</td>
<td>$1,751</td>
<td>Add $219</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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