

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:

Household Size	1	2	3	4	5	6	7	8	Each add'l member
Maximum monthly SNAP benefit	\$291	\$535	\$766	\$973	\$1,155	\$1,386	\$1,532	\$1,751	Add \$219

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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