Need help buying groceries? SNAP can help!

USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

Department of Transitional Assistance

SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a "public charge" test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount*
1	$2,660	$306
2	$3,607	$562
3	$4,553	$808
4	$5,500	$1,023
5	$6,447	$1,217
8+	+ $947	+$225
	*Effective 2/1/2026	*Effective 10/1/2026

For more information or to apply for SNAP:

Scan code with phone camera to apply online

DTAConnect.com

877-382-2363 Mon – Fri 8:15 am-4:45 pm

Mail or Fax a paper application
Get a paper application: Mass.gov/SNAP

In the community: local kiosk, SNAP outreach partner, DTA office
Find a location near you: Mass.gov/ContactDTA