

# Need help buying groceries? SNAP can help!



## 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	\$298
2	\$3,607	\$546
3	\$4,553	\$785
4	\$5,500	\$994
5	\$6,447	\$1,183
8+	+\$947	+\$218

\*Effective 2/1/2026

\*Effective 10/1/2025

## For more information or to apply for SNAP:



Scan code with phone camera to apply online



[DTAConnect.com](https://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](https://Mass.gov/SNAP)



In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: [Mass.gov/ContactDTA](https://Mass.gov/ContactDTA)