

For more NJ SNAP information  
visit [www.njsnap.gov](http://www.njsnap.gov)

Call 1-800-687-9512 or  
your County Board of Social Services:

Atlantic	609-348-3001	Middlesex	732-745-3500
Bergen	201-368-4200	Monmouth	732-431-6000
Burlington	609-261-1000	Morris	973-326-7800
Camden	856-225-8800	Ocean	732-349-1500
Cape May	609-886-6200	Passaic	973-881-0100
Cumberland	856-691-4600	Salem	856-299-7200
Essex	973-395-8000	Somerset	908-526-8800
Gloucester	856-582-9200	Sussex	973-383-3600
Hudson	201-420-3000	Union	908-965-2700
Hunterdon	908-788-1300	Warren	908-475-6301
Mercer	609-989-4320		

**Philip D. Murphy, Governor**  
**Sheila Y. Oliver, Lt. Governor**

NJ Department of Human Services | Division of Family Development  
*Produced by NJ DHS Office of Publications 9/22*

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to:

(1) mail: Food and Nutrition Service, USDA (2) fax: (833) 256-1665 or (3) email: [fnscivilrightscomplaints@usda.gov](mailto:fnscivilrightscomplaints@usda.gov)  
1320 Braddock Place, Room 334 (202) 690-7442  
Alexandria, VA 22314

This institution is an equal opportunity provider.



# New Jersey Supplemental Nutrition Assistance Program

## NJ SNAP

### What is NJ SNAP?

NJ SNAP is the nutrition assistance program to help low-income individuals and families buy the groceries needed to eat healthy.

Sometimes people feel they shouldn't need help putting food on the table, but sometimes making ends meet is a struggle. If you are not sure how or if you can pay for your next meal or next week's groceries, NJ SNAP can help.



### Who is Eligible?

- Low-income working families and individuals.
- Individuals that just lost their unemployment benefits.
- Unemployed or part-time workers.
- Seniors and people with disabilities who meet the income standards.

### How Can I Apply?

Go to [NJHelps.gov](http://NJHelps.gov) to pre-screen or to apply online. This is a quick and easy way to find out if you might be able to get help. With the online application, you will spend less time in the office for your interview.\* NJ SNAP benefits are issued through the easy-to-use "Families First" electronic benefits card.

*\*If you are unable to get to the county Board of Social Services due to illness or disability, you may send an authorized representative or request a telephone interview.*



### Did You Know?

- You might be eligible for NJ SNAP even if you own your home or have money in the bank.
- To be eligible for NJ SNAP, a single person can have a gross monthly income of \$2,096. A household size of three can have a gross monthly income of \$3,551 (figures valid October 2022-September 2023).
- If you are eligible for NJ SNAP, you may also qualify for heating assistance through the Low Income Home Energy Assistance Program (LIHEAP).

