

## Call your county:

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		

## Or visit [NJSNAP.gov](https://www.njsnap.gov)

State of New Jersey | Department of Human Services



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### USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

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, audiotope, 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 v 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   | 2. Fax                          | 3. Email                          |
| Food and Nutrition Service, USDA<br>1320 Braddock Place, Room 334<br>Alexandria, VA 22314 | 833-256-1665 or<br>202-690-7442 | FNSCIVILRIGHTSCOMPLAINTS@usda.gov |

**This institution is an equal opportunity provider.**

# Need Help Paying for Groceries?



**New Jersey's Supplemental Nutrition Assistance Program (SNAP) provides food assistance to individuals and families with low incomes. You can use your SNAP benefits to buy groceries in most food retail stores and some farmer's markets — stretching your food budget!**

**If you are eligible, you will receive at least \$95 a month for food shopping.**



## How do I know if I'm eligible?

Your household (anyone who lives and eats together in your home) must meet certain requirements to be eligible for SNAP, including meeting the maximum allowable income.

Household Size	Maximum Allowable Income*
1	\$2,322
2	\$3,152
3	\$3,981
4	\$4,810
Each Additional	+ \$830

\*Figures valid October 2024 - September 2025

Meeting the maximum allowable income for your household size does not guarantee you are eligible for SNAP.

## How do I apply?

You can apply online at [MyNJHelps.gov](https://www.MyNJHelps.gov) or at your County Social Service Agency (CSSA). When you apply for SNAP, you also can indicate if you want to apply for WFNJ and child care.

SNAP has partnered with several agencies called Navigators who can answer questions and help you apply. Visit [NJSNAPNavigators.gov](https://www.NJSNAPNavigators.gov).

## If I am eligible, how much would I receive?

The amount you receive depends on your situation, such as the number of people in your household, your income and the number of deductions that apply to you.

New Jersey has a minimum monthly SNAP benefit amount of \$95. If you apply for SNAP and are approved to receive the federal minimum payment or any amount less than \$95, New Jersey will make up the difference.

## How do I receive my benefits?

Benefits are issued on a Families First Electronic Benefits Transfer (EBT) card that works like a debit card. This card can be used in most grocery stores, some farmer's markets and online.



## A word about fraud

Be aware that there are other agencies that might claim to be "SNAP consultants," asking you for personal information to complete a pre-approved SNAP application or telling you that an application was initiated on your behalf. If you think a letter or text is a scam, do not reply. If you do not know if a request for personal information is real, contact your CSSA.

**You should never be asked to pay to fill out an application. There is no charge.**

## Additional resources are available

If you are approved for SNAP, you would likely be eligible for the Low Income Home Energy Assistance Program (LIHEAP), Supplemental Nutrition Program for Women, Infants and Children (WIC), and free or reduced-price school meals.

You can find information on these programs and other support services on the [NJSNAP.gov](https://www.NJSNAP.gov) "Resources" page.

