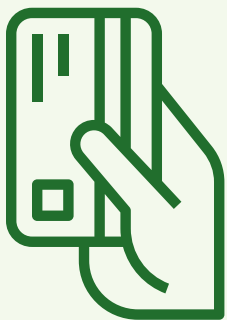




# If you need help with buying groceries, NJ SNAP is here to help.



Visit [NJHelps.org](https://NJHelps.org) to apply.



NJ SNAP provides money directly to your household on an electronic benefits card each month and is accepted at most food retailers.



Visit [NJHelps.org](https://NJHelps.org) to learn more about NJ SNAP food assistance and to apply.



State of New Jersey  
Phil Murphy, Governor | Sheila Oliver, Lt. Governor



Department of Human Services  
Sarah Adelman, Commissioner