Do You Need Help to Buy Food?

If you need help putting food on the table, SNAP food assistance is here to help.

- Want to see if you qualify for SNAP? Want to apply?
- Want to learn about more resources for people who get SNAP?
- SNAP provides monthly benefits for your household:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>Each add’l member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum monthly SNAP benefit</td>
<td>$250</td>
<td>$459</td>
<td>$658</td>
<td>$835</td>
<td>$992</td>
<td>$1,190</td>
<td>$1,316</td>
<td>$1,504</td>
<td>Add $188</td>
</tr>
</tbody>
</table>

Our SNAP Advocates Can Help!

Talk with a SNAP Advocate! Email us at SNAPhelp@jfcbsboston.org or call us at 781-693-1333.

This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider. The SNAP logo is a service mark of the U.S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises.