SNAP Assistance

Bet Tzedek Legal Services

JF&CS
Jewish Family & Children's Service

Do You Need Help to Buy Food?

If you need help putting food on the table, you may be eligible for SNAP food assistance.



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

Household Size	1	2	3	4	5	6	7	8	Each addt'l member
Maximum monthly SNAP benefit	$306	$562	$808	$1,023	$1,217	$1,463	$1,616	$1,841	Add $225

Our SNAP Advocates Can Help!

Talk with a SNAP Advocate! Email us at SNAPhelp@jfcsboston.org or call us at 781-693-5000.

SNAP Supplemental Nutrition Assistance Program

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