



Supplemental
Nutrition
Assistance
Program

Need
help with
food?



What is SNAP?

SNAP (Supplemental Nutrition Assistance Program, also known as Food Stamps) is program created to supplement your family food dollar. A SNAP EBT credit card looks and works like a debit card, and may be used at grocery stores & your local farmer's markets, too.



Get Answers:

Call a NH Food Bank SNAP Outreach Coordinator for help with your application today at **(603) 669-9725 x124** or apply online at **nhfoodbank.org/nheasy**

Income Guidelines

Many deductions apply. Even if your income is slightly above these guidelines, you may be able to get help with food. **Families with children** have different guidelines; see below.

*Guidelines effective through September 30, 2017

People in Household	Gross Monthly Income	Gross Monthly Income for Families with Children	Net Monthly Income	Maximum Monthly Benefit
1	\$1,287	—	\$990	\$194
2	\$1,736	\$2,470	\$1,335	\$357
3	\$2,184	\$3,108	\$1,680	\$511
4	\$2,633	\$3,747	\$2,025	\$649
5	\$3,081	\$4,385	\$2,370	\$771

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