



GET HELP BUYING GROCERIES

*See what SNAP
can do for you!*

*NJ SNAP is New Jersey's food assistance program
that can help families buy groceries.*

YOU CAN APPLY FOR SNAP AT ANY TIME!

WHO CAN APPLY?

A SNAP household is anyone who lives and eats together.

- Any household member 18+ years old
- An authorized representative who can go food shopping and use SNAP benefits on your behalf (a friend, relative, neighbor)

HOW YOU CAN APPLY:

- Online at www.njsnap.gov
- In-person at the local board of social services
- Call **1-800-687-9512** for more information

HOW SOON ARE BENEFITS AVAILABLE?

- Within 30 days
- If you need help sooner, you may qualify to receive your benefits within 7 days



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



Department of Human Services
Carole Johnson, Commissioner

SNAP MONTHLY BENEFITS

- A single person household could receive up to \$194 in benefits
- A family of 4 could receive up to \$646 in benefits

NJ SNAP CHECKLIST

Proof Needed to Get Benefits

You will need the following for everyone in your household who is applying:

- A valid ID (i.e. driver's license, birth certificate, government ID)
- Know your Social Security Number
- Proof of where you live (i.e. lease, rental agreement, utility bill, mortgage statement)
**Unless you are experiencing homelessness*
- Proof of financial resources (i.e. bank statements, savings bonds)
- Proof of earned income (i.e. paystubs, employer letter, recent tax records)
 - If you are unable to work for medical reasons, you must provide a doctor's note
- Proof of any unearned income (i.e. benefits award letter for pension, disability, signed/dated letter from anyone who provides you money on a regular basis)

- Proof of immigration status (for non-citizens)
- Proof of student status (for college students)

You can get more benefits by providing:

- Housing costs (i.e. rent receipt, mortgage statement, property tax bills)
- Phone and utility costs
- Medical expenses for anyone in your household 60+ or disabled
- Child care costs
- Child support paid by a person in your household

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

