

Supplemental Nutrition Assistance Program (SNAP)

Fact Sheet 2019

How can SNAP help me?

SNAP (formerly known as Food Stamps) is administered through the Department of Transitional Assistance (DTA) for people to buy and eat nutritious food. Eligibility for SNAP benefits depends on household income and size.

Who qualifies for SNAP benefits?

Massachusetts residents who have a bank balance under \$2,001, or under \$3,001, if they live with a person who is age 60 or above, or is disabled. They must also have an annual household income (before taxes) below the following amounts*:

Household Size	Max Annual Income
1	\$19,908
2	\$26,796
3	\$33,696

* www.fns.usda.gov/snap/eligibility#Income

Am I eligible for SNAP and how can I apply?

Visit the links below to find out if you will qualify:

- www.masslegalservices.org/SNAPCalculator
- www.gettingsnap.org/snapcalculator.php

If you qualify, then you can apply in person at your local DTA office, or when applying for Supplemental Security Income (SSI) at your local Social Security office, or online, if you are submitting a new application, or by mail, or fax. To learn more, visit: www.mass.gov/eohhs/gov/departments/dta/food-assistance.html.

What is the max SNAP monthly benefit?

SNAP allotments are based on earned and unearned income including Social Security cash benefits, child support, as well as household size and expenses e.g. medical, childcare and utilities. There are several deductions, such as the homeless and standard deductions, that can

also be applied to the SNAP calculation to determine monthly benefits. The following is a chart* that shows the maximum monthly SNAP allotment based on household size:

Household Size	Max SNAP Allotment
1	\$192
2	\$352
3	\$504

* www.fns.usda.gov/snap/fact-sheet-resources-income-and-benefits

Will work impact my SNAP benefits?

Yes. Your SNAP allotment will be impacted, since total household income is considered in the SNAP calculation, and would be subject to a reduction in benefits.

Do I have to report my work income?

Yes. Report any income changes immediately to DTA to avoid overpayments, which you must pay back to the state. Failure to report work activity within 30 days of your start date could result in suspension of benefits for 6 months.

How can I verify my SNAP benefits?

Contact your local DTA office or download the free DTA Connect mobile app. Once subscribed, simply log in with your Social Security Number and date of birth to see information about your SNAP benefits.

For more info on SNAP, visit or call:

- www.mass.gov/snap
- DTA Assistance Line 1-877-382-2363

A Community Work Incentives Coordinator can help you understand SNAP and how work can impact these benefits.

For more information about **Work Without Limits Benefits Counseling** contact

1-877-YES-WORK (1-877-937-9675) or visit <http://www.workwithoutlimits.org/benefits-counseling/>