

Supplemental Nutrition Assistance Program (SNAP)

MA Fact Sheet 2023 (October 1, 2022 – September 30, 2023)

How can SNAP help me?

The Supplemental Nutrition Assistance Program (SNAP) (formerly known as Food Stamps) is administered through the Massachusetts (MA) Department of Transitional Assistance (DTA) for people to buy nutritious food. Eligibility for SNAP benefits depend on household income and size.

Who qualifies for SNAP benefits?

MA 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. To qualify for SNAP in MA, household income **must not exceed 200%** of the Federal Poverty Level (FPL), and must have gross (before taxes) household income below the following amounts:

Household Size	Max Monthly Income	Max Annual Income
1	\$2,265	\$27,180
2	\$3,052	\$36,624
3	\$3,838	\$46,068

Am I eligible for SNAP and how can I apply?

Visit the links below to learn if you qualify:

- [Massachusetts SNAP Calculators | Mass Legal Services](#)
- [Project Bread | Welcome to Getting SNAP](#)

For those who qualify, apply the following ways:

- your local DTA office [DTA Office Locator](#)
- your local Social Security field office when applying for Supplemental Security Income (SSI)
- online, if submitting a new application
- mail or fax

To learn more, visit: [SNAP benefits | Mass.gov](#)

What is the maximum SNAP monthly benefit?

SNAP benefit amounts are based on earned and unearned income, including Social Security cash

benefits and 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 be applied to the SNAP calculation to determine monthly benefits. The following chart shows the maximum monthly SNAP allotment based on household size:

Household Size	Max SNAP Allotment
1	\$281
2	\$516
3	\$740

Will work impact my SNAP benefits?

Yes. The SNAP benefit amount will be subject to a reduction since total household income is counted in the SNAP calculation.

Do I have to report my work income?

Yes. You must report any income changes without delay to DTA to avoid overpayments, which must be paid back to the state. Failure to report work activity within 30 days of the date you started work 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: [For Android](#) or [For iPhone](#). Once subscribed to the mobile app, log in using your Social Security Number and date of birth to access information about your SNAP benefits.

For more info on SNAP, call the DTA Assistance Toll-Free Line: 1-877-382-2363

For more information about
Work Without Limits Benefits Counseling
call toll-free

1-877-YES-WORK
(1-877-937-9675)

or visit

workwithoutlimits.org