



Need a *boost* to your food budget? You may be eligible for SNAP!

The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as the **Food Stamp Program**, not only helps you stretch your food dollar and buy nutritious foods, but also brings money into your local economy.

Want to find out if you're eligible? Want to apply?

Call The Food Bank of Western Massachusetts (se habla Español)
at **413-992-6204** for more information!

Income Guidelines

Income is just one of the eligibility factors considered in your application. If you meet these income requirements, it does not mean you are definitely eligible for SNAP benefits.

(Updated 02/01/23)

Assistance Unit Size	Maximum gross monthly income
1	\$2,430
2	\$3,287
3	\$4,143
4	\$5,000
5	\$5,857
Each additional member	+ \$857

This institution is an equal opportunity provider and employer.

The Food Bank of Western Massachusetts

97 North Hatfield Road / PO Box 160, Hatfield, MA 01038 | p: 413.247.9738 f: 413.247.9577 | www.foodbankwma.org

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Frequently Asked Questions



What is SNAP? Is this a new program?

The program has been around for many years, but the name is new. SNAP stands for **Supplemental Nutrition Assistance Program** and was formerly known as the **Food Stamp Program**. It is a federal nutrition program that helps people purchase more of the nutritious food they need and enjoy.

In Massachusetts, more than just the name has changed. Changes to the way applications are processed and renewed have made more people eligible and increased benefits for many people.

Who is eligible for SNAP?

Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses.

What is the maximum monthly benefit I can receive for my household size?

See below:

(Effective October 2022)

People in Household	Maximum Monthly Benefit
1	\$281
2	\$516
3	\$740
4	\$939
5	\$1,116

What can I deduct from my monthly income?

- **Earnings** from wages (for those who are working)
- **Shelter Costs** [rent or mortgage (principal and interest), property taxes, and homeowner's insurance]
- **Utilities**
- **Medical Expenses** (for age 60+ adults & disabled individuals – you must be spending \$35. or more per month to claim this deduction)
- **Dependent Care Costs** (for those caring for children or disabled adults)
- **Court-ordered Child Support Obligations**
- **Homeless Deduction** (for homeless individuals and families only)
- **Standard Deduction** (based on household size)

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