

New Jersey Supplemental Nutrition Assistance Program

NJ SNAP

What is NJ SNAP?

NJ SNAP is the nutrition assistance program to help low-income individuals and families buy the groceries needed to eat healthy.

Sometimes people feel they shouldn't need help putting food on the table, but sometimes making ends meet is a struggle. If you are not sure how or if you can pay for your next meal or next week's groceries, NJ SNAP can help.



Who is Eligible?

- Low-income working families and individuals.
- Individuals that just lost their unemployment benefits.
- Unemployed or part-time workers.
- Seniors and people with disabilities who meet the income standards.

How Can I Apply?

Go to NJHelps.org to pre-screen or to apply online. This is a quick and easy way to find out if you might be able to get help. With the online application, you will spend less time in the office for your interview.* NJ SNAP benefits are issued through the easy-to-use "Families First" electronic benefits card.

**If you are unable to get to the county Board of Social Services due to illness or disability, you may send an authorized representative or request a telephone interview.*



Did You Know?

- You might be eligible for NJ SNAP even if you own your home or have money in the bank.
- To be eligible for NJ SNAP, a single person can have a gross monthly income of \$1,860. Two people can have a gross monthly income of \$2,504. (Figures as of October 2017)
- If you are eligible for NJ SNAP, you may also qualify for heating assistance through the Low Income Home Energy Assistance Program (LIHEAP).

