

Stretch your food dollars with Supplemental Nutrition Assistance Program benefits



You can have more money for food by applying for Supplemental Nutrition Assistance Program (SNAP) benefits.

Answer these questions to see if you can get help.

■ Do you and everyone who lives with you get Supplemental Security Income, General Assistance or Minnesota Supplemental Aid?

Yes No

■ Do you get either Transition Year Child Care or Basic Sliding Fee Child Care assistance?

Yes No

■ Do you participate in the Diversionary Work Program?

Yes No

If you answered yes to ANY of the above questions, STOP! You may be able to get food benefits. To find out where to apply, contact your county human services office or call 888-711-1151.

If you answered no to ALL of the questions above, then answer the question below.

■ Is your monthly income below the income amounts listed?

Yes No

Number of people	Monthly income before taxes
1	\$2,265
2	\$3,052
3	\$3,838
4	\$4,625
5	\$5,412
6	\$6,198
7	\$6,985
8	\$7,772

(For each additional family member above 8 add \$787)

Note: Income guidelines are updated each year. These guidelines are for Oct. 1, 2022 through Sept. 30, 2023.