



**How do I
apply for food
assistance?**



What is SNAP?

SNAP is a federal program that provides food-assistance based on household income. Those enrolled in SNAP receive a monthly stipend loaded onto a payment card—much like a credit card—and can use this money to buy food products from most food retailers.

.....

Formerly known as food stamps, SNAP stands for Supplemental Nutrition Assistance Program.

.....

Who qualifies?

SNAP eligibility is based on your monthly income, expenses and the size of your household family. Not sure if you qualify? Refer to the chart below.



You may qualify for SNAP if your household monthly income is this much or less (before taxes)*:

1 person	\$1,265	5 people	\$3,024
2 people	\$1,705	6 people	\$3,464
3 people	\$2,144	7 people	\$3,904
4 people	\$2,584	8 people	\$4,344

**through September 30, 2015*



How can SNAP help me?

- SNAP benefits allow you to spend less money on food, freeing up more of your income for other critical monthly expenses.
- The SNAP card can be used to buy food at most major grocery stores, select convenience stores, and even some farmers' markets.
- If used wisely, SNAP can help you improve the nutritional content of your meals.

SNAP provides **supplemental nutrition** for working families, seniors, and other Marylanders who qualify for the assistance. It is NOT intended to be a substitute for regular monthly income and cannot meet all of recipients' nutritional needs.



What is SNAP Outreach?

The SNAP Outreach Program is a Maryland Food Bank initiative that sends trained staff into local communities to help eligible Marylanders sign up for SNAP benefits.

While the Maryland Food Bank is not affiliated with the government's SNAP program, our SNAP Outreach workers can help individuals determine their eligibility, gather the necessary documentation, and navigate the SNAP application process.

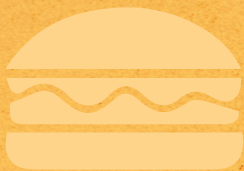
In short, the program acts as a bridge between applicants, the Department of Social Services, and the SNAP benefits that these applicants are entitled to.



MARYLAND
FOOD BANK
UNTIL HUNGER ENDS.

"The Maryland Food Bank's SNAP Outreach Program has helped us access food assistance that gets us through the month."

*— Residents at Liberty Village,
a senior housing unit*



What documents do I need to bring?

When attending a SNAP Outreach event, please bring as many of the below documents as possible:

- picture ID
- social security card
- social security benefits award letter
- birth certificate
- pension (if you receive one)
- most recent BGE bill (if you pay)
- water bill (if you pay)
- recent pay stubs
- mortgage statement (if you pay)
- property tax (if you pay)
- homeowners insurance bill (if you pay)
- pharmacy bills (\$35 or more)
- supplemental health insurance forms (if you pay)
- receipts of co-payments to doctors
- day care bills (if you pay)

Questions?

Contact one of our SNAP Outreach Coordinators for assistance in completing your application.

410-737-8282



**MARYLAND
FOOD BANK**

UNTIL HUNGER ENDS.

The Maryland Food Bank is a nonprofit hunger-relief organization, leading the movement to end hunger throughout Maryland. For more than 35 years, the Maryland Food Bank has partnered with communities across the state to distribute food to individuals and families in need. Currently distributing about 100,000 meals per day — a total of nearly 37 million meals annually — the Maryland Food Bank will continue to expand its efforts *until hunger ends*.

2200 Halethorpe Farms Road • Baltimore, Maryland 21227
T 410.737.8282 F 410.536.0438 www.mdfoodbank.org



MEMBER OF
**FEEDING
AMERICA**