



VIRGINIA DEPARTMENT OF  
SOCIAL SERVICES



# Can't afford to buy groceries? **SNAP can help!**

**What is the Supplemental Nutrition Assistance Program (SNAP)?** SNAP provides nutrition benefits to supplement the food budget of families so they can purchase healthy food.

## It's easy to apply!

Online: [commonhelp.virginia.gov](https://commonhelp.virginia.gov)

Call: 1-833-522-5582

Visit: **your Local Department of Social Services**

- » SNAP can be used in grocery stores and online
- » Can also purchase fresh, nutritious food at farmers markets that accept EBT

## Am I eligible?



You may be eligible if your household income is below the amounts shown here:

| Household Size         | Gross Monthly Income (before taxes) | Maximum Monthly Benefit* (if eligible) |
|------------------------|-------------------------------------|--|
| 1                      | \$2,265                             | \$281                                  |
| 2                      | \$3,052                             | \$516                                  |
| 3                      | \$3,839                             | \$740                                  |
| 4                      | \$4,625                             | \$939                                  |
| 5                      | \$5,412                             | \$1,116                                |
| 6                      | \$6,199                             | \$1,339                                |
| 7                      | \$6,985                             | \$1,480                                |
| 8                      | \$7,772                             | \$1,691                                |
| Each additional person | \$787                               | \$211                                  |

*\*Actual monthly benefit amount is based on income after allowable deductions.*

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