

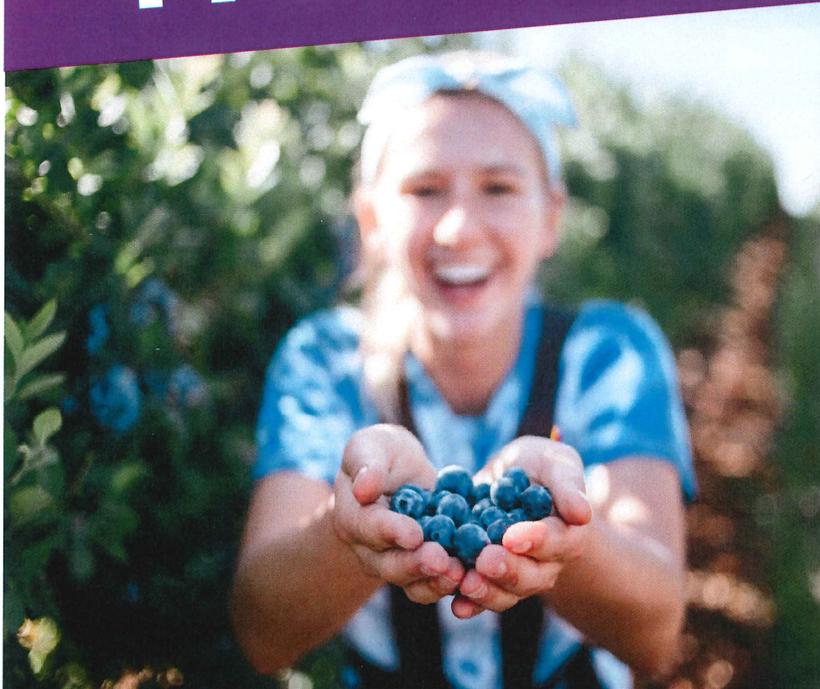
Is your grocery budget

TIGHT?

SNAP

(formerly known as food stamps)

may be able to help you!



Income Guidelines

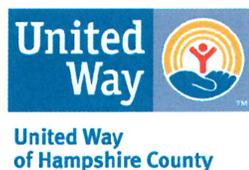
Household Size	Gross Monthly Income Limit (200% FPL)
1	\$2,127.
2	\$2,873.
3	\$3,620.
4	\$4,367.
5	\$5,113.
6	\$5,860.
7	\$6,607.
8	\$7,353.
Each additional member:	+\$747.

Call The Food Bank of Western Massachusetts at

413-247-9738

and ask to speak to a SNAP Coordinator to apply for SNAP or for more information.

Find us in your community: www.foodbankwma.org



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97 North Hatfield Road, Hatfield MA 413-247-9738

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This institution is an equal opportunity provider, and employer.



HIP



2020 SEASONAL DATES



- ✓ HIP is available through Feb 23, 2020
- ✗ HIP is not available Feb 24-May 14, 2020
- ✓ HIP will be available again May 15, 2020
- ✓  SNAP continues all year round!



Find more information at www.mass.gov/hip
Questions? Call Project Bread at 1-800-645-8333



Maximize Your SNAP Benefits

There are other ways to maximize your benefits.

Tell DTA About Your Expenses!

You may get credit for these expenses even if you are currently not paying for them in full. This may help to increase your SNAP benefits!



Utility Costs: Heating, Cooling, Electricity, Trash Collection, Water & Sewerage, Phone



DOR Child Support Payments: You may receive credit for paying court ordered child support



Shelter Costs: Rent, Mortgage (Principal, Interest, Taxes, & Insurance), Condo Fees, etc.



Dependent Care Costs: Tell us about childcare or adult dependent care costs



Medical Costs: Elderly or disabled clients may claim Co-pays, Prescriptions, Over-the-Counter Medications, Health Insurance, Transportation, etc.

More Resources



To find local food sources please call Project Bread's Food Source Hotline at 1-800-645-8333



To find essential health and human services programs in your area please call 2-1-1



To find nutritional advice please visit the Food & Nutrition Service website at www.choosemyplate.gov



To find local employment & training providers please visit www.snappathtowork.org



For more information on DTA programs
Please visit mass.gov/dta
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