



For more NJ SNAP information  
visit [www.njsnap.org](http://www.njsnap.org)

Call your County Board of Social Services:

Atlantic	609-348-3001	Middlesex	732-745-3500
Bergen	201-368-4200	Monmouth	732-431-6000
Burlington	609-261-1000	Morris	973-326-7800
Camden	856-225-8800	Ocean	732-349-1500
Cape May	609-886-6200	Passaic	973-881-0100
Cumberland	856-691-4600	Salem	856-299-7200
Essex	973-733-3000	Somerset	908-526-8800
Gloucester	856-582-9200	Sussex	973-383-3600
Hudson	201-420-3000	Union	908-965-2700
Hunterdon	908-788-1300	Warren	908-475-6301
Mercer	609-989-4320		

**Chris Christie, Governor**  
**Kim Guadagno, Lt. Governor**

New Jersey Department of Human Services  
Division of Family Development

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# NJ SNAP

*(formerly Food Stamps)*

## New Jersey's Supplemental Nutrition Assistance Program



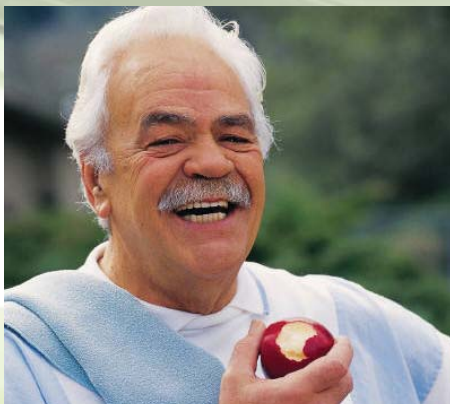
# New Jersey Supplemental Nutrition Assistance Program

## NJ SNAP

### What is *NJ SNAP*?

*NJ SNAP*, formerly Food Stamps, is the new name for the nutrition assistance program to help low-income individuals and families buy the groceries needed to eat healthy. The new name reflects program changes.

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.



### How Can I Apply?

Go to [NJHelps.com](http://NJHelps.com) 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.*



### 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 and/or living on low or fixed incomes



### Did You Know?

- You might be eligible for *NJ SNAP* even if you own your home, have money in the bank, have a job, or own a car.
- If you are eligible for *NJ SNAP*, you may also qualify for heating assistance through the Low Income Home Energy Assistance Program (LIHEAP).

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