



# If you need help with buying groceries, NJ SNAP is here to help.



Visit [NJHelps.org](https://NJHelps.org) to apply.



NJ SNAP provides money directly to your household on an electronic benefits card each month and is accepted at most food retailers such as grocery stores and bodegas. You can also use your card to shop online at participating retailers.



Visit [NJHelps.org](https://NJHelps.org) to learn more about NJ SNAP food assistance and to apply. You can also apply by phone by calling your local board of social services or by downloading and mailing an application to your local board of social services.

## NJ SNAP has made some important changes to better serve you during the current COVID-19 public health emergency. Here is what you need to know:



You can apply online, by phone or mail at your local county board of social services. A list can be found at <https://www.nj.gov/humanservices/njsnap/home/cbss.shtml>.



A hard copy signature for your application and an interview are no longer required to apply for food assistance during this emergency.



State of New Jersey  
Phil Murphy, Governor | Sheila Oliver, Lt. Governor



Department of Human Services  
Sarah Adelman, Acting Commissioner