For more NJ SNAP information
visit www.njsnap.gov

Call 1-800-687-9512 or 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

Philip D. Murphy, Governor
Sheila Y. Oliver, Lt. Governor

New Jersey Department of Human Services
Division of Family Development

Produced by NJ DHS Office of Publications 9/21

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov

This institution is an equal opportunity provider.
What is NJ SNAP?
NJ SNAP is the nutrition assistance program to help low-income individuals and families buy the groceries needed to eat healthy.

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.

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 who meet the income standards.

How Can I Apply?
Go to NJHelps.org 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.

Did You Know?
- You might be eligible for NJ SNAP even if you own your home or have money in the bank.
- To be eligible for NJ SNAP, a single person can have a gross monthly income of $1,986. A household size of three can have a gross monthly income of $3,386 (figures valid October 2021-September 2022).
- If you are eligible for NJ SNAP, you may also qualify for heating assistance through the Low Income Home Energy Assistance Program (LIHEAP).