

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

DO YOU NEED HELP BUYING HEALTHY FOOD?



The Supplemental Nutrition Assistance Program (SNAP) helps income-eligible households buy the food they need for good health. This benefit is meant to supplement an applicant's food budget.



HOW IS ELIGIBILITY DETERMINED?

- Applicants must meet certain requirements in order to be approved
 - » Financial: primarily relates to income
 - » Technical: primarily relates to identity and residency
- Assets are not considered in most cases
 - » Case managers will request verification of assets if needed

all financial and technical eligibility factors prior to getting assistance. Eligibility decisions are made within 30 days.



WHAT SHOULD I BRING TO THE INTERVIEW?

- Proof of identity (driver's license, Maryland identification card, or employment identification)
- Social Security Numbers for everyone in the household
- Proof of address (lease, utility, water, or phone bill, rent or mortgage statement)
- Proof of income (most recent pay stubs or benefit letter for government checks: Social Security–Supplemental Security Income, Supplemental Security Disability Income, Veterans Benefit, Social Security, or any others)
- Proof of household expenses (most recent utility: gas, electric bill or other that shows the company's name, address, and telephone number; receipt or written statement of child care costs; real estate tax bill; recent doctor or hospital bills.)



HOW DO I APPLY?

An application can be filed online, by mail, fax or by visiting a local Department of Social Services. Visit <https://dhs.maryland.gov/supplemental-nutrition-assistance-program/>

For more information, call
(800) 332-6347 | TTY (800) 735-2258



WHAT HAPPENS AFTER I APPLY?

Once the application has been received and reviewed, you may have a telephone interview or a face-to-face interview scheduled at a social services office near you. You must meet

IF YOU NEED US, WE ARE HERE FOR YOU; SO PLEASE, GET IN TOUCH:



Online

Visit <https://mydmthink.maryland.gov/> to apply for benefits, upload documents, and view and update the status of your application. Log in to create an account today!



By Phone

Call our Department's Customer Call Center at **1-800-332-6347 (TTY 1-800-735-2258)**, available from 8:30 a.m. to 5:00 p.m. Monday - Friday. Did you know? Generally, the days with the shortest call wait times are Thursdays and Fridays.



In Person

Visit your local Department of Social Services, where staff will assist you. Visit <https://dhs.maryland.gov/local-offices/> for a location near you.

