

Do you need help buying healthy food?

The Food Supplement Program (FSP) helps low-income households buy the food they need for good health. This benefit is meant to supplement an applicant's food budget.



Food Supplement Program



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

How do I apply?

You may file an application online at www.marylandsail.org, by mail, fax, or other electronic means; someone may drop an application off for you; or you may apply in person at a local social services office. Once the application has been processed, a face-to-face interview may be scheduled at a social services office or you may have a telephone interview. You must meet all financial and technical eligibility factors prior to getting assistance. Eligibility decisions are made within 30 days.

Call 1-800-332-6347 for more information.

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.)