



VIRGINIA DEPARTMENT OF  
SOCIAL SERVICES



# Can't afford to buy groceries?

# SNAP can help!

**What is the Supplemental Nutrition Assistance Program (SNAP)?** SNAP provides nutrition benefits to supplement the food budget of families so they can purchase healthy food.

## It's easy to apply!

Online: [commonhelp.virginia.gov](http://commonhelp.virginia.gov)

Call: 1-833-522-5582

Visit: **your Local Department of Social Services**

- » SNAP can be used in grocery stores and online
- » Can also purchase fresh, nutritious food at farmers markets that accept EBT

### Am I eligible?



You may be eligible if your household income is below the amounts shown here:

Household Size	Gross Monthly Income (before taxes)	Maximum Monthly Benefit* (if eligible)
1	\$2,265	\$281
2	\$3,052	\$516
3	\$3,839	\$740
4	\$4,625	\$939
5	\$5,412	\$1,116
6	\$6,199	\$1,339
7	\$6,985	\$1,480
8	\$7,772	\$1,691
Each additional person	\$787	\$211

*\*Actual monthly benefit amount is based on income after allowable deductions.*

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