

# NEED HELP WITH FOOD? SNAP (Food Stamps) Can Help!

## HOW TO APPLY FOR FOOD STAMPS

**By phone:** Call April at the NH Food Bank at 669-9725 ext. 124

**Online:** [www.nheasy.nh.gov](http://www.nheasy.nh.gov)

*Have questions about your current food stamp case? Call 271-9700*

| People in Household | Gross Monthly Income | Net Monthly Income | Maximum Monthly Benefit |
|---------------------|----------------------|--------------------|-------------------------|
| 1                   | \$1,245              | \$958              | \$189                   |
| 2                   | \$1,681              | \$1,293            | \$347                   |
| 3                   | \$2,116              | \$1,628            | \$497                   |
| 4                   | \$2,552              | \$1,963            | \$632                   |
| 5                   | \$2,987              | \$2,298            | \$750                   |

Many deductions apply—Call today and see if you may qualify.



Food stamps are accepted at many NH Farmer's Markets—some will even match your SNAP dollars which means more healthy food at no cost to you!

Food stamps are a program of the NH Department of Health and Human Services