



Do you need help to afford food right now?

You may be eligible to apply for financial assistance to purchase food for your household through the Supplemental Nutrition Assistance Program (SNAP). See current income guidelines below.

- **Apply at** www.mydhrbenefits.dhr.state.md.us. Best way.
- **Apply by Phone:** Call 1-800-332-6347 Mon- Fri, 8AM-4:30PM if you need help with an application by phone.
- **Apply by Mail:** No internet access? Call 1-800-332-6347 Mon- Fri, 8AM-4:30PM to request an application by mail.

Household Size	Food Assistance Max Gross Monthly Income	Food Assistance for Disabled/Elderly Max Gross Monthly Income
1	\$1,354	\$1,718
2	\$1,832	\$2,326
3	\$2,311	\$2,933
4	\$2,790	\$3,541
5	\$3,269	\$4,149
6	\$3,748	\$4,757
7	\$4,227	\$5,364
8	\$4,705	\$5,972
For each additional	Add \$479	Add \$608

Prepared by the Maryland Office of People's Counsel

Contact: DLInfo_OPC@Maryland.gov for questions (not filing applications)

See www.opc.maryland.gov for more updates on utilities and resources

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