

For more NJ SNAP information  
visit [www.njsnap.gov](http://www.njsnap.gov)

Call 1-800-687-9512 or  
your County Board of Social Services:

Atlantic	609-348-3001	Middlesex	732-745-3500
Bergen	201-368-4200	Monmouth	732-431-6000
Burlington	609-261-1000	Morris	973-326-7800
Camden	856-225-8800	Ocean	732-349-1500
Cape May	609-886-6200	Passaic	973-881-0100
Cumberland	856-691-4600	Salem	856-299-7200
Essex	973-733-3000	Somerset	908-526-8800
Gloucester	856-582-9200	Sussex	973-383-3600
Hudson	201-420-3000	Union	908-965-2700
Hunterdon	908-788-1300	Warren	908-475-6301
Mercer	609-989-4320		

**Philip D. Murphy, Governor**  
**Sheila Y. Oliver, Lt. Governor**

New Jersey Department of Human Services  
Division of Family Development

*Produced by NJ DHS Office of Publications 9/21*

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(1) mail: U.S. Department of Agriculture (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

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# New Jersey Supplemental Nutrition Assistance Program

## NJ SNAP

### What is NJ SNAP?

NJ SNAP is the nutrition assistance program to help low-income individuals and families buy the groceries needed to eat healthy.

Sometimes people feel they shouldn't need help putting food on the table, but sometimes making ends meet is a struggle. If you are not sure how or if you can pay for your next meal or next week's groceries, NJ SNAP can help.



### Who is Eligible?

- Low-income working families and individuals.
- Individuals that just lost their unemployment benefits.
- Unemployed or part-time workers.
- Seniors and people with disabilities who meet the income standards.

### How Can I Apply?

Go to [NJHelps.org](http://NJHelps.org) to pre-screen or to apply online. This is a quick and easy way to find out if you might be able to get help. With the online application, you will spend less time in the office for your interview.\* NJ SNAP benefits are issued through the easy-to-use "Families First" electronic benefits card.

*\*If you are unable to get to the county Board of Social Services due to illness or disability, you may send an authorized representative or request a telephone interview.*



### Did You Know?

- You might be eligible for NJ SNAP even if you own your home or have money in the bank.
- To be eligible for NJ SNAP, a single person can have a gross monthly income of \$1,986. A household size of three can have a gross monthly income of \$3,386 (figures valid October 2021-September 2022).
- If you are eligible for NJ SNAP, you may also qualify for heating assistance through the Low Income Home Energy Assistance Program (LIHEAP).

