For more NJ SNAP information visit 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

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:
(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov

This institution is an equal opportunity provider.
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 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).