

NJ SNAP Benefits Changes: What You Need to Know

As of October 1, 2021, Monthly SNAP Benefit Amounts Are Changing.

| Household Size | Maximum Monthly SNAP Benefit as of 10/1/21 |
|----------------|--|
| 1 person | \$250 |
| 2 people | \$459 |
| 3 people | \$658 |
| 4 people | \$835 |

The minimum benefit for 1-2 person households will increase to \$20.



Can I increase my benefit?

Right now, all households should receive at least the maximum benefit amounts, because of added costs due to COVID-19. When this extra boost ends, many households will see a decrease. To continue to receive all the SNAP you are eligible for, make sure you are getting deductions for all allowable costs. After the COVID-19 boost ends, you cannot get more than the maximum monthly benefit, even if you have high expenses.

Medical Expenses: If someone in your household is age 60 or older or has a disability, your benefit may go up if you share all your out-of-pocket medical costs, such as insurance premiums, medical equipment, and transportation.

Child Care Expenses: If you pay for child or adult day care so that you can work, look for work, or attend school, your benefit may go up if you share all your out-of-pocket costs, including co-pays, afterschool care, and transportation.

Call your county welfare agency to report your expense information and be prepared to provide them with documentation.

**If you need help with these deductions, call LSNJ-LAWSM,
Legal Services of New Jersey's statewide, toll-free legal hotline,
at 1-888-LSNJ-LAW (1-888-576-5529) for more information.**



lsnjlawhotline.org

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Other Resources

FOR KIDS

School Meals

You can apply for free or reduced-price school meals at any time during the school year. Ask the food service director at your child's school. For more information, call the NJ Bureau of Child Nutrition at (609) 984-0692.

WIC

New Jersey WIC Services provides supplemental nutritious foods to pregnant, breastfeeding and postpartum women, infants, and children up to the age of five.

WIC services include nutrition education and counseling, breastfeeding promotion and support, immunization screening, and health care referrals.

WIC service agencies are located throughout New Jersey. Call toll free 1-866-44 NJ WIC (446-5942).

Child Care Meals and Summer Meals

The Child and Adult Care Food Program (CACFP) and the summer meal programs provide nutritious meals and snacks to eligible participants enrolled for care at participating day care centers and day care homes.

For more information, call the NJ Bureau of Nutrition Programs at (609) 984-1250 to speak with the child nutrition specialist for your county.

For family day care organizations, dial (609) 292-4498.

FOR SENIOR CITIZENS

Meals on Wheels and Congregate Meals

Meals on Wheels delivers prepared meals to your home. Congregate meals, open at senior centers, offer a place to enjoy a meal in a group setting where you can meet new people or sit down and eat with friends. For more information, contact your area Agency on Aging. You can find a directory of agencies at www.state.nj.us/humanservices/doas/home/saaaa.html, or call 1-877-222-3737.

FOR EVERYONE

Food Pantries

Dial 2-1-1 to find a food pantry or meal site in your area. 211 may be able to connect you with other kinds of resources in your community. You can also find a list of food pantries at www.nj211.org/food-pantries-and-soup-kitchens.

Other Benefits and Services that Can Help Pay Your Bills

Go to www.njhelps.org to find out about programs such as fuel assistance, energy assistance, and phone assistance.

