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KEY NUTRITIONAL AID SERVICES AVAILABLE FOR LOW-INCOME NEW JERSEYANS

EDISON – The latest newsletter of Legal Services of New Jersey (LSNJ) centers on programs that make significant nutritional assistance services available for many low-income residents: Supplemental Nutrition Assistance Program or SNAP, and the Special Supplemental Nutrition Program for Women, Infants and Children or WIC. The newsletter spells out how to apply for benefits, the financial eligibility requirements for applicants, and numerous other sources of help, including the LSNJLAWSM Hotline, www.lsnjlawhotline.org (1-888-576-5529).

SNAP, previously known as Food Stamps, is a federally funded program that offers food assistance to individuals and families that meet income thresholds and other requirements. Benefits are restricted to only purchasing food and groceries.

The article notes many situations in which non-citizens are eligible for SNAP. That, though, does not include non-citizens without documented status and those on temporary visas, among others.

WIC provides substantial support for pregnant and postpartum individuals, infants, and children under age five with nutritious foods, nutrition education, healthcare referrals, and support services.

Participants are given food vouchers for such items as milk, vegetables, eggs, and infant formula worth about \$60 per month. There is no citizenship or immigration status for WIC. Eligibility is based in part on family size and income. The maximum income level, for example, for a family of three is \$45,991.

A separate article in the publication notes Social Security and Supplemental Security Income benefits will increase by 3.2 percent, beginning January 1. Other impacts of the annual cost of living adjustment (COLA) also are reviewed.

Legal Services of New Jersey (LSNJ), located in Edison, heads the state's Legal Services system, a network of six independent nonprofit corporations that provides free essential legal aid in civil matters to low-income people in all 21 counties.

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