



Need Food? SNAP May be Able to Help!

What You Need to Know About Applying for SNAP during COVID-19

What is SNAP?

SNAP (also called the Food Supplement Program) helps thousands of Mainers with limited incomes put food on the table. If you are eligible, you will get an EBT card that you can use to buy groceries at most food stores in Maine.

How much help can I get?

Your monthly benefit amount is usually based on your household income and family size. But for the months of April and May (and maybe longer), all households will get the highest monthly SNAP amount to help out during hard times caused by COVID-19. For example, a single person will get \$194 in food assistance, and a household of 3 will get \$509.

How do I apply?



Online is the fastest way, through "My Maine Connection" at <https://www1.maine.gov/benefits/> If you apply online be sure to save your "confirmation number."



You can also mail it in by printing an application and filling it out. Here is where you can find the form and instructions: <https://bit.ly/2Wtru4p>



You can call Maine's Department of Health and Human Services (DHHS) at 1-855-797-4357 and ask to apply over the phone.

What if I need food right away?

Your monthly benefit amount is usually based on your household income and family size. But for the months of April and May (and maybe longer), all households will get the highest monthly SNAP amount to help during these hard times.

Ask for SNAP right away if you can answer YES to any of these questions:

- Is your gross monthly income less than \$150 and is your cash on hand or money in the bank \$100 or less? OR
- Does your monthly income and money in the bank add up to less than your monthly rent and utility expenses (use \$782 for your utility expenses if you pay for your own heat)? OR
- Are you a migrant farm worker, and your only income has ended or the income you expect from a new job won't come in within 10 days of applying for SNAP.

To get "expedited" (faster) SNAP you only need to prove your identity by showing some document that proves who you are. Or, you can have another person verify who you are.