



# Need Help Paying for Groceries?

New Jersey's Supplemental Nutrition Assistance Program (SNAP) provides food assistance to individuals and families with low incomes. You can use your SNAP benefits to buy groceries at most food retail stores and some farmer's markets — stretching your food budget! If you are eligible, **you will receive at least \$95 a month for food shopping.**

## How do I know if I'm eligible?

Your household must meet certain requirements to be eligible for SNAP.

For most applicants, your monthly household income must not be higher than the amounts in the chart to the right. However, if a household member is age 60+ or has a disability, they may still be eligible even if their gross income exceeds these amounts.

## What is a SNAP household?

Typically, any group of people who purchase/prepare food together. However, individuals age 60+ or individuals with disabilities can apply on their own, even when living with others.

## How do I receive my benefits?

Benefits are issued on a Families First Electronic Benefits Transfer (EBT) card that works like a debit card. This card can be used in most grocery stores, some farmer's markets and online.

Household Size	Max Allowable Monthly Gross Income	Benefit Range
1	\$2,413	\$95-\$298
2	\$3,261	\$95-\$546
3	\$4,109	\$95-\$785
4	\$4,957	\$95-\$994
Each additional	+ \$848	+ \$218

*Figures above valid from Oct 2025 - Sept 2026*

**You should never be asked to pay to fill out an application. There is no charge.**

SNAP Navigators are approved agencies that can help you. For an approved list of Navigators, visit **[NJSNAPNavigators.gov](https://www.njsnapnavigators.gov)**.

# SNAP Facts: Work Requirements



**If you are a SNAP recipient between the ages of 18 and 64, you may be subject to Able-Bodied Adults Without Dependents (ABAWD) work rules and time limits under federal rules.**

**You are subject to ABAWD work rules and time limits if you are a SNAP recipient who:**

- Is between the ages of 18 and 64;
- Does not reside in a SNAP household with a child under age 14; and
- Is considered physically and mentally fit for work.

**To keep your SNAP benefits, you must spend an average of at least 80 hours each month doing one or any combination of the following activities:**

- Working, either paid or in-kind;
- Participating in a job program or similar approved work activity; and/or
- Volunteering.

**You may be exempt from the time limit if you are:**

- Under age 18, or age 65 and over;
- An adult in a SNAP household with a child under age 14;
- Pregnant;
- Physically or mentally unfit for work as determined by the SNAP worker;
- Exempt from SNAP Basic Work Rules (if aged 60-64, exemption must be for something other than age); and/or
- An Indian (Native American, Alaska Native, Indigenous Person, Tribal Member), Urban Indian or a California Indian as defined in the Indian Health Care Improvement Act.

**Learn more about work activities or exemptions at [NJSNAP.gov](https://www.njsnap.gov) or by contacting your County Social Service Agency.**