

SNAP Max one month, many bags



We can all use a little help these days.

Here's an example of what one person getting the maximum SNAP benefits can buy EACH month. Not shown: automatic extra \$40 of HIP funds for fruits & vegetables.



Massachusetts
Councils On Aging

Screen for SNAP. Apply for SNAP. Accept SNAP.

www.mass.gov/SNAP

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Options for breakfast
lunch and dinner.



Some items you expect . . .



... others you don't!

