



[Do you need help to afford food right now?](#)

You may be eligible to apply for financial assistance to purchase food for your household through the Supplemental Nutrition Assistance Program (SNAP). See current income guidelines below.

- **Apply at** www.mydhrbenefits.dhr.state.md.us. Best way.
- **Apply by Phone:** Call 1-800-332-6347 Mon- Fri, 8AM-4:30PM if you need help with an application by phone.
- **Apply by Mail:** No internet access? Call 1-800-332-6347 Mon- Fri, 8AM-4:30PM to request an application by mail.

Household Size	Food Assistance Max Gross Monthly Income	Food Assistance for Disabled/Elderly Max Gross Monthly Income
1	\$1,354	\$1,718
2	\$1,832	\$2,326
3	\$2,311	\$2,933
4	\$2,790	\$3,541
5	\$3,269	\$4,149
6	\$3,748	\$4,757
7	\$4,227	\$5,364
8	\$4,705	\$5,972
For each additional	Add \$479	Add \$608

Prepared by the Maryland Office of People's Counsel

Contact: DLInfo_OPC@Maryland.gov for questions (not filing applications)

See www.opc.maryland.gov for more updates on utilities and resources

June 2020