

Do you or someone you know run out of food each month?  
**Apply for SNAP (Food Stamps) Over the Phone!**

If you meet the income guidelines below, Call our **SNAP benefit Help Line** at **800-352-3663**. Someone will return your call within 48 business hours to help you apply for SNAP over the phone.

Visit [www.sharedharvest.org](http://www.sharedharvest.org) for more information about applying for SNAP or finding Food Pantries, and Hot Meals in your area.



**You may be eligible** for SNAP benefits if your total monthly income before taxes is at or below these amounts:



Family of 1:	\$1,354
Family of 2:	\$1,832
Family of 3:	\$2,311
Family of 4:	\$2,790
Family of 5:	\$3,269
Family of 6:	\$3,748

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