

# Make 2010 a Better Year!

## Apply for SNAP Benefits

Even if you work or have lost other benefits you can still get Supplemental Nutrition Assistance Program (SNAP) benefits! Some things people say are not true. Seniors can get more than \$16 a month in SNAP benefits!



### Apply if:

- You do not have a job
- You have a job but are still poor
- You are a US citizen or it is legal for you to live here
- You are disabled or have health problems that keep you from working

### To apply:

Go to your local SNAP office. You do not need to call first. If you need help finding your local office, call them. Outside NJ call 1-800-221-5689. In NJ you can also apply at: [www.NJHELPS.org](http://www.NJHELPS.org)

### To find out what to bring go to:

[http://www.state.nj.us/humanservices/dfd/programs/foodstamps/food\\_stamps\\_chklist.pdf](http://www.state.nj.us/humanservices/dfd/programs/foodstamps/food_stamps_chklist.pdf).

Or ask for a **How to Apply for SNAP** list. If you do not have all on the list you can still apply. The person you meet with may be able to help you learn how to get what you need.

County SNAP Office Phone Numbers in NJ					
Atlantic	609.348.3001	Gloucester	856.582.9200	Ocean	732.349.1500
Bergen	201.368.4200	Hudson	201.420.3000	Passaic	973.881.0100
Burlington	609.261.1000	Hunterdon	908.788.1300	Salem	856.299.7200
Camden	856.225.8800	Mercer	609.989.4320	Somerset	908.526.8800
Cape May	609.886.6200	Middlesex	732.745.3500	Sussex	973.383.3600
Cumberland	856.691.4600	Monmouth	732.431.6000	Union	908.965.2700
Essex	973.733.3000	Morris	973.326.7800	Warren	908.475.6301



### For more facts

- Call the NJ SNAP Help Line 1-800-687-9512 or
- Go to: [www.state.nj.us/humanservices/dfd/programs/foodstamps/index.html](http://www.state.nj.us/humanservices/dfd/programs/foodstamps/index.html)



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