Do you need help buying healthy food?

The Supplemental Nutrition Assistance Program (SNAP) helps low-income households buy the food they need for good health. This benefit is meant to supplement an applicant's food budget.

Maryland
DEPARTMENT OF HUMAN SERVICES

Supplemental Nutrition Assistance Program (SNAP)

How is eligibility determined?

- Applicants must meet certain requirements in order to be approved
  » Financial: primarily relates to income
  » Technical: primarily relates to identity and residency

- Assets are not considered in most cases
  » Case managers will request verification of assets if needed

How do I apply?

You may file an application online at https://mymdthink.maryland.gov/home/#/ by mail, fax, or other electronic means. Someone may drop an application off for you, or you may apply in person at your local department of social services. Once the application has been processed, a face-to-face interview may be scheduled at a social services office near you or you may have a telephone interview. You must meet all financial and technical eligibility factors prior to getting assistance. Eligibility decisions are made within 30 days.

For more information, call (800) 332-6347
TTY (800) 735-2258.

What should I bring to the interview?

- Proof of identity (driver's license, Maryland identification card, or employment identification)

- Social Security Numbers for everyone in the household

- Proof of address (lease, utility, water, or phone bill, rent or mortgage statement)

- Proof of income (most recent pay stubs or benefit letter for government checks: Social Security– Supplemental Security Income, Supplemental Security Disability Income, Veterans Benefit, Social Security, or any others)

- Proof of household expenses (most recent utility: gas, electric bill or other that shows the company's name, address, and telephone number; receipt or written statement of child care costs; real estate tax bill; recent doctor or hospital bills.)