SINAP Benefits

Could you get help with your food budget?

Household Size	Income Limit Per Month	Maximum Benefit Per Month
1	\$2,196	\$376
2	\$2,982	\$689
3	\$3,766	\$987
4	\$4,550	\$1,254
5	\$5,335	\$1,489
6	\$6,119	\$1,787
7	\$6,903	\$1,975

Higher income limits are available for households with a member who is over 60 years old or has a disability.

Benefit amounts depend on income, expenses, and household size. Additional eligibility criteria may also apply.

APPLY or GET A BENEFIT ESTIMATE

