

GET FOOD ASSISTANCE IN A SNAP

**Do you need help paying for your monthly groceries?
The Supplemental Nutrition Assistance Program (SNAP) can help.**

SNAP is...

Available to those who qualify: There are enough benefits for everyone. Participating in SNAP doesn't take benefits away from anyone.

Convenient and discreet: It looks and works like a debit card.

With SNAP, you can...

Buy nutritious and delicious food: It helps households afford personal, healthy food choices.

Shop where you want, how you want: SNAP benefits are accepted at most grocery stores, convenience stores... even farmers markets!

Receive help finding a job: Colorado's Employment First program can give SNAP participants the training and support they need for employment.

Household Size	Gross Monthly Income (130 Percent of Poverty)	Net Monthly Income (100 Percent of Poverty)
1	1,276	\$990
2	1,726	1,335
3	2,177	1,680
4	2,628	2,025
5	3,078	2,370
6	3,529	2,715
7	3,980	3,061
8	4,430	3,408
Each Additional Member	+ 451	+ 347

If your household has a person who is 60+ or disabled, only the net income limit must be met.

If approved, you can receive benefits and start shopping in 30 days.



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**To learn more, contact the SNAP Team at SNAP@careandshare.org or by calling 719-434-5723.
Visit careandshare.org for a list of application sites.**

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