

What are the income limits?

| Household Size | Maximum Gross Monthly Income* 130% of Poverty | Maximum Net Monthly Income* 100% of Poverty | Monthly Income Elderly/Disabled Separate Household* 165% of Poverty |
|-------------------------------|---|---|---|
| 1 | \$1,632 | \$1,255 | \$2,071 |
| 2 | \$2,215 | \$1,704 | \$2,811 |
| 3 | \$2,798 | \$2,152 | \$3,551 |
| 4 | \$3,380 | \$2,600 | \$4,290 |
| 5 | \$3,963 | \$3,049 | \$5,030 |
| 6 | \$4,546 | \$3,497 | \$5,770 |
| 7 | \$5,129 | \$3,945 | \$6,510 |
| 8 | \$5,712 | \$4,394 | \$7,249 |
| Each additional member | \$583 | \$449 | \$740 |

CONTACT US

To request **free legal representation** if your SNAP application was denied, delayed or your SNAP benefits terminated, call us.

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(410) 625-9409

www.publicjustice.org

For **help applying for SNAP**, you can call a SNAP Community Outreach Partner:

Maryland Hunger Solutions for Statewide

(866) 821-5552

Cash Campaign of Maryland

(410) 528-8006

<https://cashmd.org/benefits-screening/>

How much am I eligible to receive?

Below are the maximum benefit amounts. The benefit amount depends on your income, expenses, and household size.

| Household Size | Maximum Allotment |
|-------------------------------|-------------------|
| 1 | \$292 |
| 2 | \$536 |
| 3 | \$768 |
| 4 | \$975 |
| 5 | \$1,158 |
| 6 | \$1,390 |
| 7 | \$1,536 |
| 8 | \$1,756 |
| Each additional member | \$220 |



KNOW YOUR RIGHTS

Getting and Keeping Supplemental Nutrition Assistance Program (SNAP)

This brochure is provided for informational purposes only and does not act as legal advice. This information is not a substitution for a careful review of your individual situation with an attorney. Revised 8/29/25.

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Important Things To Remember About SNAP

- The Department of Social Services (DSS) must process your application within 30 days from the date of application.
- Expedited SNAP must be processed within 7 days from the date of application.
- DSS must help you get the paperwork they need.
- You may be eligible for SNAP even if you have income, own a car and house, or have life insurance or a pension plan.
- You can appeal almost any decision by DSS.
- If your food or cash benefits are stolen, you have a right to receive FULL reimbursement.

Expedited SNAP

Tell DSS you want expedited food stamps if you:

- Have less than \$150 in monthly income
- Have less than \$100 in cash, or
- Your rent is more than your monthly income
- You must be interviewed the same day you apply.
- You must receive food stamps within 7 days of application.

Where can I apply?

- At your local DSS Office or online at <https://mymdthink.maryland.gov/>
- If you need assistance filing an application, you can call MD Hunger Solutions at: **1-866-821-5552**
- Within 30 days of your application, DSS must: 1) make a decision and 2) if you are eligible, DSS must provide you with a card, PIN and SNAP benefits available for spending.

Who can receive SNAP?

- Individuals and families that buy and cook food together as a household.
- An individual who buys food for them/him/herself.
- You can still receive SNAP even if you are experiencing homelessness or living in a shelter.
- You may be eligible to receive SNAP benefits even if you are not a U.S. Citizen.

Recertification

Generally, most people are certified for 6-12 months. Before your certification ends, you must recertify in order to keep getting SNAP. DSS must send you a written notice and complete the recertification process before then end of your certification period. The goal is to receive SNAP on your card every month without interruption. If there is a delay, you can file an appeal.

What may be appealed

You may file an appeal for:

- Application taking more than 30 days
- Application denial
- Wrong benefit amount
- Termination or case closing
- DSS did not reimburse you for the full amount of benefits stolen from you
- Anything else you do not agree with



How to file an appeal

- File within 90 days of date DSS took action or was supposed to take action:
 - Fill out an appeal form
 - Submit it to DSS (and ask for a receipt), or
 - Call (800) 332-6347 and ask for a hearing.
- If you need help filing an appeal, DSS must help you.