

# Supplemental Nutrition Assistance Program (SNAP)

SNAP benefits help you buy nutritious food, seeds or plants for your household.



It's easy to apply! WWW.

Online: [commonhelp.virginia.gov](http://commonhelp.virginia.gov)



Call: 833-522-5582

Visit: **your Local Department of Social Services**

- » SNAP can be used in grocery stores and online
- » Can also purchase fresh, nutritious food at farmers markets that accept EBT



**SNAP benefits are issued electronically to eligible households on a card**

similar to a debit card to use at authorized retailers to buy food.



*This institution is an equal opportunity provider.*



## Am I eligible?

View the most current household income limits chart on our website.



## Additional information about SNAP

is available at: [www.dss.virginia.gov/snap](http://www.dss.virginia.gov/snap)



## You may **not** use SNAP benefits to buy:

alcoholic beverages, tobacco, soap, paper products or other nonfood items or already prepared hot food at the store.



VIRGINIA DEPARTMENT OF SOCIAL SERVICES

