NEED HELP PAYING FOR FOOD?

SNAP helps keep healthy food on the table for you and your family.

WHAT IS THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)?

SNAP provides monthly benefits helping low-income households buy the food they need. SNAP operates at a local level through the Mississippi Department of Human Services. Nationally, SNAP is the largest program in the domestic hunger safety net. Benefits are provided on an easy-to-use Electronic Benefits Transfer (EBT) card that can be swiped at the store.

WHY SNAP?

- Your SNAP EBT card is easy to use
- Benefits the entire family
- Access to fresh food
- Apply quickly online or in-person
- Get food from your local grocery store or online

HOW AND WHERE CAN YOU USE SNAP:

HOW Your benefits will be distributed onto an EBT card and you can use them to buy staple food items.

WHERE Like a credit card, your EBT card can be used to buy food at most grocery stores, some online retailers, and even some local farmer's markets.

MDHS

MISSISSIPPI DEPARTMENT OF HUMAN SERVICES

INCOME GUIDELINES AND BENEFIT AMOUNTS

The amount of benefits provided from SNAP are determined by household income and other factors. If your monthly income is equal to or below the following amounts, then you may qualify for SNAP:

FAMILY MEMBERS	MAXIMUM MONTHLY INCOME (BEFORE TAXES)	MAXIMUM MONTHLY INCOME (AFTER TAXES)	ESTIMATED MONTHLY BENEFIT AMOUNT
1	$1,729	$1,330	$306
2	$2,345	$1,804	$562
3	$2,960	$2,277	$808
4	$3,575	$2,750	$1,023
5	$4,191	$3,224	$1,217

**These numbers are subject to change. All numbers are accurate as of October 2026.*

APPLYING FOR SNAP IS EASY!

To find out if you are eligible or to apply for SNAP, please scan the QR code or visit www.access.ms.gov

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-ED)

The purpose of SNAP-Ed is to provide education to individuals to help improve their dietary practices and ability to manage food resources. SNAP-Ed is free and available to all age groups participating in SNAP.

MDHS partners with Mississippi State University Extension Service to operate the Happy Healthy Mississippi Program.

The Happy Healthy Mississippi Program helps SNAP recipients learn to:

- Cook healthy meals themselves
- Handle food safely
- Save money on groceries
- Read food labels in the grocery store
- Be more active
- And more!

**If you are eligible for SNAP then you are also eligible for SNAP-Ed*

Visit www.HappyHealthy.ms for resources, recipes, or to connect with educator.

200 South Lamar St. | Jackson, MS 39201 | www.mdhs.ms.gov | 601.359.4500

MDHS
MISSISSIPPI DEPARTMENT OF HUMAN SERVICES