## Summary of the SNAP benefits you may be eligible for:

SNAP provides a monthly benefit to buy nutritious food. The amount of SNAP is based on household size, income, expenses and other information. The benefit amount below is based on the information you put in the Maine SNAP Benefits Estimator at [PTLA.org](https://ptla.org), and it is just an estimate. This estimate calculation was done on {{ today() }}.

|  |
| --- |
| You told us:{%p if HHSize > 0 %}Number of people in your household is {{ HHSize }} person(s){%p endif %}{%p if GMUI > 0 %}Your monthly unearned income is ${{ (GMUI)|round|int }}{%p endif %}{%p if GMEI > 0 %}Your monthly earned income from work is ${{ (GMEI)|round|int }}{%p endif %}{%p if ChildSupport > 0 %}Monthly child support you pay is ${{ (ChildSupport)|round|int }}{%p endif %}{%p if TotShelterDed > 0 %}Your rent or home ownership costs are ${{ (TotShelterDed)|round|int }}{%p endif %}{%p if DepCareDed > 0 %}Your monthly child care costs are ${{ (DepCareDed)|round|int }}{%p endif %}{%p if isHomeless == “Yes” %}You are homeless{%p endif %}{%p if paysAC== “No” %}You DO NOT have heating or cooling/AC costs separate from your rent or home ownership costs{%p endif %}{%p if paysAC== “Yes” %}You DO have heating or cooling/AC costs separate from your rent or home ownership costs{%p endif %}{%p if MedDed > 0 %}Your monthly medical expenses are ${{ (MedDed)|round|int }}{%p endif %}{%p if ElderlyOrDisabled == “Yes” %}A household member is over age 60 or disabled\*{%p endif %}{%p if FinalResult > 0 %}Based on this information, you may be eligible for monthly SNAP benefits of ${{ (FinalResult)|round|int }}/month. This is just an estimate.{%p endif %}{%p if ElderlyOrDisabled1 == “Yes” %}\* Note: You may be able to boost the value of your SNAP if you claim out of pocket medical expenses. Call Maine DHHS to learn more.{%p endif %} |

**To apply for SNAP, you have options! You can:**

* Apply online through [My Maine Connection](https://www1.maine.gov/benefits/account/login.html)
* Download an [application from Maine DHHS](https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/GeneralApp.pdf) and mail, email, or fax:
  + Mail: Office for Family Independence, 114 Corn Shop Lane, Farmington, ME 04938
  + Email: [Farmington.DHHS@Maine.gov](mailto:Farmington.DHHS@Maine.gov)
  + Fax: 207-778-8429
* Visit [your local DHHS office](https://www.maine.gov/dhhs/about/contact/offices) and apply in person.
* Call [your local DHHS office](https://www.maine.gov/dhhs/about/contact/offices) and apply over the phone.

**After you apply for SNAP**

* DHHS will call you for an interview and ask you for documents to verify your income and household information. You can mail, fax, or email those documents to DHHS, or upload them online at My Maine Connection.
* If your SNAP is approved, DHHS will send you a letter that explains how much your SNAP benefits are every month and how to use them.
* DHHS needs to approve or deny a case within 30 days of the date of application. Some households are eligible for emergency (expedited) SNAP within 7 days.

**Legal Services**

* If you are denied SNAP or you disagree with how much DHHS gives you, you have rights.
* You may be able to get help from [Pine Tree Legal Assistance](https://ptla.org) or [Maine Equal Justice](https://maineequaljustice.org/)!

**Other benefits you may be eligible for**

* Maine uses the same application for SNAP, MaineCare, and TANF. You can apply for all three programs at the same time to see what income, food, and healthcare support you qualify for.
* SNAP Employment & Training (E&T) is a program that helps people getting SNAP get job training and education. [Learn more about your SNAP E&T Benefits](https://www.maine.gov/dhhs/ofi/programs-services/food-supplement/fset).
* DHHS and [MaineHousing](https://www.mainehousing.org/) have also simplified the SNAP and LIHEAP connection, so if you qualify for SNAP, it should be simpler to apply for LIHEAP (heating assistance) through [your local CAP agency](https://mecap.org/our-network/).

**Other resources**

* [Good Shepherd Maine food bank map](https://www.gsfb.org/food-map/)
* You can use your SNAP benefits at many [Maine Farmer’s Markets](https://mainefarmersmarkets.org/shoppers/markets-that-accept-ebt-cards/). Some are part of a program called [Harvest Bucks](https://www.maineharvestbucks.org/) and will help you stretch your SNAP benefits at the farmer’s market!
* Your [local CAP Agency](https://mecap.org/caas/) may also be able to connect you with other services and support programs in your area.
* You can ask [Maine211](https://211maine.org/) about services and support in your area.