



ON A TIGHT BUDGET?

YOU MAY QUALIFY FOR HELP
WITH PAYING FOR FOOD.

JUST HARVEST
can help you apply
for **SNAP Benefits**
(Food Stamps)

The SNAP program helps millions of eligible people purchase groceries while also providing economic benefits to communities.

You may qualify if your income is below these limits:

Household Size	Monthly Income Limit	Monthly Benefit Range
1	\$2,510	\$23- \$292
2	\$3,408	\$23-\$536
3	\$4,304	up to \$768
4	\$5,200	up to \$975
for each additional person	\$898	up to +\$220

Call Just Harvest for a quick screening and complete your application over the phone!

412-431-8960 (option 3)

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justharvest.org

Scan here to learn more at
justharvest.org/SNAP





SOME SNAP TIPS



There is less paperwork for households who:

- are on a fixed income
- AND everyone is either an older adult or has a disability.

Fewer documents are required and once approved, you only need to recertify every three years.

You can still qualify for SNAP even if you



own your home



own a car



have savings or a retirement account

SNAP recipients can use their benefits at many local farmers markets AND for every \$5 of SNAP spent, you can get an extra \$2 to spend on fruits & veggies.



SNAP recipients can also get discounts on phone service, local museums, and online grocery delivery. SNAP recipients who live in Allegheny County can also get discounts on bus and T tickets and passes.

Learn more at: justharvest.org/EBTdiscounts

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