



What are the Eligibility Requirements?

Income: The income limit you must meet depends on whether there is anyone elderly or disabled in your household, or any children. Both Earned Income and Unearned Income count toward the limit. Earned Income includes wages, salaries and tips from employment, and profit from self-employment. Unearned Income includes payments such as SSI/SSA, child support and alimony, VA benefits, pension and other retirement payments, etc.

Income Deductions: Certain expenses are deducted from your income, including dependent care expenses, rent or mortgage, utility payments, child support payments, and medical expenses for elderly or disabled people.

Resources: Some households also have a resource limit. Countable resources include liquid assets like bank accounts, stocks and bonds, and some vehicles.

Work Requirements

General Requirements: SNAP recipients who are aged 16 but are younger than age 60 must meet work requirements. See BFA Form 213, *SNAP Work Requirements*, for more information.

Able-Bodied Adults Without Dependents (ABAWD): Adults who are aged 18 but are younger than age 55,4 without children in the home have special work requirements. See BFA Form 216, *Are You an ABAWD?*, or ask your Family Services Specialist for more information.

SNAP Employment & Training Program: SNAP E&T is a voluntary program available for SNAP recipients, which helps with resume review and preparation, job search training, and case management to help you overcome any obstacles

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) helps eligible low-income households supplement their food budgets so they can purchase food. The program serves children, seniors, people with disabilities, and working or unemployed people of all ages. Monthly SNAP benefits depend on several factors, including income, expenses, and household size. SNAP benefits are placed onto an EBT card each month, which can be used to purchase food items, including plants and seeds, at authorized SNAP retailers and farmers markets.

How Do I Apply?

Online: <https://nheasy.nh.gov/>

Mail: Print an application from the above website and mail it to: Centralized Scanning Unit (CSU) PO Box 181, Concord, NH 03301.

In Person: See the list of District Office locations below.

Phone: Call the Customer Service Center at 603-271-9700.

What Happens After Applying?

Interview: After applying, you must attend an eligibility interview with a Family Services Specialist (FSS). You may do this either in person or over the phone, or you may select an Authorized Representative to attend on your behalf.

Verifications: After your interview, you will have to provide proof of your household circumstances, including income, resources and expenses. Be prepared to provide things like paystubs, Social Security award letters, bank statements, rental verification or lease, and utility bills. Your Family Services Specialist will give you a specific list and due date.

The Agency has 30 days to determine eligibility for SNAP.

NH EASY

Visit nheasy.nh.gov to apply for benefits. Create an account to manage your case, add benefits, report changes, view your notices, upload verifications, complete your recertification, and more!



Other Helpful Info

Who must be included in my SNAP application? Anyone you live with who you buy and prepare meals with must be included on your SNAP application.

Am I eligible for expedited benefits? You may be eligible for expedited SNAP if your household has less than \$100 in available resources and less than \$150 in gross income or if your monthly income plus available resources is less than your rent/mortgage and utilities.

When will I receive my SNAP benefits? If you were found eligible for expedited SNAP benefits, you should receive your benefits no later than 7 calendar days after your application date. Once approved for ongoing SNAP benefits, you should receive your benefits on the 5th of each month.

District Offices

<p>Berlin District Office 650 Main Street, Suite 200, Berlin NH 03570 1-800-972-6111 or 603-752-7800 Fax: 603-752-3208 Email: Berlin.dcs@dhhs.nh.gov</p>	<p>Claremont District Office Physical: 404 Washington St., Claremont, NH 03743 Mailing: 136 Maple Ave. Suite 100, Claremont, NH 03743 1-800-982-1001 or 603-542-9544 Fax: 603-542-2367 Email: Claremont.dcs@dhhs.nh.gov</p>
<p>Concord District Office 40 Terrill Park Drive, Concord NH 03301 1-800-322-9191 or 603-271-6201 Fax: 603-271-6451 Email: Concord.dcs@dhhs.nh.gov</p>	<p>Conway District Office 71 Hobbs Street, Conway NH 03818 1-800-552-4628 or 603-447-3841 Fax: 603-447-1988 Email: Conway.dcs@dhhs.nh.gov</p>
<p>Keene District Office 111 Key Road, Keene NH 03431 1-800-624-9700 or 603-357-3510 Fax: 603-352-2598 Email: Keene.dcs@dhhs.nh.gov</p>	<p>Laconia District Office 65 Beacon Street W, Laconia NH 03246 1-800-322-2121 or 603-524-4485 Fax: 603-528-4105 Email: Laconia.dcs@dhhs.nh.gov</p>
<p>Littleton District Office 80 N Littleton Road, Littleton NH 03561 1-800-552-8959 or 603-444-6786 Fax: 603-444-0348 Email: Littleton.dcs@dhhs.nh.gov</p>	<p>Main District Office West Centralized Scanning Unit PO box 181, Concord, NH 03301 1-844-275-3447 or 603-271-9700 Fax: 603-271-4230 Email: Maindo.dcs.@dhhs.nh.gov</p>
<p>Main District Office East Centralized Scanning Unit PO box 181, Concord, NH 03301 1-877-464-2447 or 603-271-9700 Fax: 603-271-8604 Email: Maindo.dcs.nh.gov</p>	<p>Manchester District Office 1050 Perimeter Road Suite 501, Manchester NH 03103 1-800-852-7493 or 603-668-2330 Fax: 603-668-5442 Email: Manchester.dcs@dhhs.nh.gov</p>
<p>Rochester District Office 150 Wakefield Street Suite 22, Rochester NH 03867 1-800-862-5300 or 603-332-9120 Fax: 603-335-5993 Email: Rochester.dcs@dhhs.nh.gov</p>	<p>Seacoast District Office 19 Rye Street, Portsmouth NH 03801 1-800-821-0326 or 603-433-8300 Fax: 603-431-0731 Email: Seacoast.dcs@dhhs.nh.gov</p>
<p>Southern District Office 26 Whipple Street, Nashua NH 03060 1-800-852-0632 or 603-883-7726 Fax: 603-883-2065 Email: Southern.dcs@dhhs.nh.gov</p>	<p>TTY/TDD Access: Relay NH 1-800-735-2964 or 711</p>