



Formerly known as food stamps, SNAP (EBT) provides extra money to help pay for groceries each month.

- **Average SNAP benefits** in Maryland are over \$120 per person per month, and \$250 or more for families.
- SNAP **can be used** at grocery stores and many corner stores and farmers markets.

## SNAP Eligibility

You may be eligible for SNAP if you meet the following income qualifications:

Number of People in Household	1	2	3	4	5
Maximum Gross Monthly Income	\$1,945	\$2,621	\$3,298	\$3,975	\$4,651
Maximum Monthly Benefits	\$194	\$357	\$511	\$649	\$771

Qualifications are as of October 1, 2016 - September 30, 2017

## How to Apply for SNAP



**Call** Maryland Hunger Solutions at 410.528.0021, Maryland Benefits Center at 1.855.444.4998, or 211



Fill out an application **online** at: <https://mydhrbenefits.dhr.state.md.us/>



Apply **in-person** at your local Department of Social Services Office

## KIDS & TEENS

### FREE SUMMER MEALS

Available to ALL children and teens ages 18 and under, regardless of household income.

To find a site near you:

- Visit [www.MDSummerMeals.org](http://www.MDSummerMeals.org)
- Text "FOOD" to **877-877**
- Call **211**

### Host a Summer Meals Site

Meals can be served at daycares, faith-based and community programs, and more. If you would like to host a summer meals site please call MSDE at **410.767.0199**

## MOMS, INFANTS & YOUNG CHILDREN

WIC provides food assistance and healthcare for pregnant women, breast-feeding women, and women with children up to the age of five.

- You can still work and get WIC benefits.
- You can get WIC if you are undocumented or not yet a U.S. citizen.
- You can get extra money to spend at farmers markets through the Farmers Market Nutrition Program (FMNP). Ask about FMNP at your WIC clinic.

Get more information and find your local WIC clinic at [www.MDWIC.org](http://www.MDWIC.org) or call **211**.

## FARMERS MARKETS

You can use your SNAP and WIC at most farmers markets in Baltimore City. Some markets will also give you extra money to use at the market for every dollar you spend.

- Learn more about **Maryland Market Money** at [www.marylandfma.org](http://www.marylandfma.org)
- Learn more about **Farm Alliance Double Dollars** at [www.farmalliancebaltimore.org](http://www.farmalliancebaltimore.org)

To find a market, including one where you can get your purchases doubled, visit [www.MarylandFMA.org](http://www.MarylandFMA.org)

## SENIORS

In addition to SNAP, other resources are available for seniors. Contact:

- Baltimore City Health Department at **410.396.2273**
- Meals on Wheels at **410.558.0827** or visit [www.MealsonWheelsMD.org](http://www.MealsonWheelsMD.org)
- **211** by dialing 2-1-1 on your phone
- Senior Farmers Market Nutrition Program at [www.marylandfma.org](http://www.marylandfma.org)

## EMERGENCY FOOD RESOURCES

To find your closest food pantry:



Call **211**

-or-



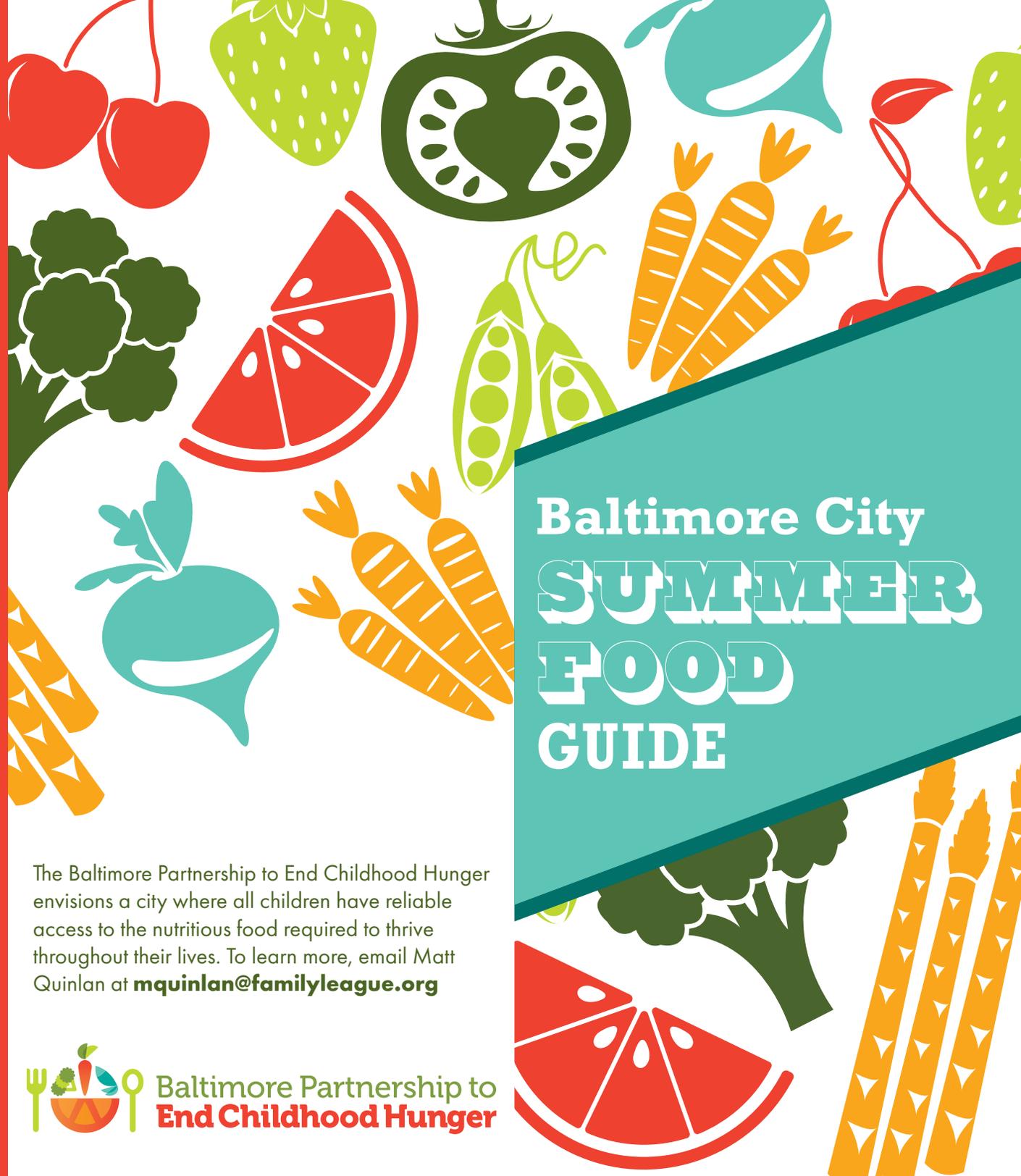
visit [www.MDFoodBank.org](http://www.MDFoodBank.org)

You can also visit Maryland Community Services Locator at:  
[www.mdcs.org/search.html](http://www.mdcs.org/search.html)

### Food Voucher Program

When you visit a Department of Social Services (DSS) Family Investment Center and do not have food, you can receive an emergency food voucher.

- These vouchers can be redeemed at certain DSS distribution sites, and provide a three-day supply of food.
- Any resident of Baltimore City may request an emergency food voucher.
- Families with infants may also receive baby formula and diapers.
- Call the Maryland Food Bank at **443.297.5138** for more information.



# Baltimore City SUMMER FOOD GUIDE

The Baltimore Partnership to End Childhood Hunger envisions a city where all children have reliable access to the nutritious food required to thrive throughout their lives. To learn more, email Matt Quinlan at [mquinlan@familyleague.org](mailto:mquinlan@familyleague.org)



Baltimore Partnership to  
**End Childhood Hunger**