

# Need Extra Help With Groceries?



Supplemental  
Nutrition  
Assistance  
Program

**YOU ARE NOT ALONE!**  
**SNAP is here to boost your  
food budget**

**FIND OUT MORE:**  
Apply online at  
[commonhelp.virginia.gov](https://commonhelp.virginia.gov) or visit  
[vafoodbanks.org/find-assistance/](https://vafoodbanks.org/find-assistance/) for  
assistance with your application



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*This institution is an equal opportunity provider.*

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# SNAP Can Help You Pay For Groceries!



Your taxes  
pay into it-  
so use it!

SNAP boosts the  
local economy



Anyone who is  
eligible receives  
benefits

More than 900,000  
Virginians already  
receive benefits



You can own a  
car and home

The minimum  
benefit has  
increased



**Learn more  
and see if you  
are eligible:**

**Call the SNAP Helpline:  
(866) 753-7627 or visit  
[vafoodbanks.org/find-assistance/](https://vafoodbanks.org/find-assistance/)**



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# ATTENTION PARENTS!

Feeding kids is expensive, but SNAP can help! Your U.S. citizen child may be eligible for money for groceries, even if you are not.

SNAP WILL NOT AFFECT  
YOUR ABILITY TO:



Remain in the United States

Get a Green Card/Become a legal resident

Keep a Green Card/Permanent Legal Resident Status

Become a U.S. Citizen

Learn more  
and receive  
assistance:

Call the SNAP Helpline:  
**(866) 753-7627** or visit  
**[vafoodbanks.org/find-assistance/](https://vafoodbanks.org/find-assistance/)**



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