New Hampshire: Supplemental Nutrition Assistance Program (SNAP)

Description of Program and Relief

New Hampshire’s SNAP program provides relief for individuals and families to afford food at supermarkets, grocery stores, and farmers markets. While no specific guidance has been provided for those affected by COVID-19, individuals and families adversely impacted by COVID-19 should be eligible if they meet general eligibility requirements.

Government or Lead Agency

New Hampshire Department of Health and Human Services

Dates Available

Effective immediately

Eligibility Requirements/Restrictions

To receive SNAP benefits, household income and other resources have to be under monthly limits available. You can find out if you qualify here: https://nheasy.nh.gov/#/screening. There is no asset limit EXCEPT for households whose gross income is more than 185% of the Federal Poverty Level. For those households, total assets including cash, savings accounts, stocks and bonds cannot be more than $3,500.

Application Deadlines (If Applicable)

N/A

Contact for More Information

You can apply online at www.nheasy.nh.gov. You can print an application from this website and mail it in. Or you can call (603) 271-9700 or (800) 852-3345 extension 9700 and they will mail you an application.

List of Additional Information

https://www.dhhs.nh.gov/dfa/foodstamps/index.htm