

# Could you use help with your grocery bill\$\$\$!?! We can help.

**FOOD IS EXPENSIVE!** Shopping at Our Neighbors' Table can save you \$50-\$100 per week at the grocery store. Shopping at ONT coupled with enrolling for SNAP could **save you hundreds of dollars** each week at the grocery store! Go to: [www.ourneighborstable.org](http://www.ourneighborstable.org) and click on "Get Food" to privately register to shop with ONT. There are no income requirements to shop at Our Neighbors Table, so filling out the registration form is simple and fast. While on our website, click on "Get SNAP" and "Make A SNAP Appointment" with ONT Food Resource Advocate Tress Ricker to apply for SNAP. Supplemental Nutritional Assistance Program (SNAP) is for everyone — individuals, families, seniors, disabled, homeless, unemployed, employed, veterans, and active military.

Once registered with ONT you place your orders online and pick up your groceries easily using our curbside pick up model — there's no need to leave your car. Once enrolled in SNAP, your SNAP benefits are automatically loaded onto an electronic debit-style card that you use discreetly just like an atm or bank card at most supermarkets, convenience stores and some farmers markets.

**Let us help you with that expensive food bill — it's a one stop SHOP at ONT!**

Our Neighbors' Table is a licensed SNAP Outreach Partner and will determine your eligibility for the program in 5 minutes! If eligible, we will help you easily apply for SNAP right over the phone (there is NO need to come in). Visit our website at: [www.ourneighborstable.org](http://www.ourneighborstable.org) or call ONT at 978-388-1907 to register to shop with us and apply for SNAP.

*Please note the guide to the right is just that — a guide. When looking at this guide, note that there are many situations where someone may qualify for the program despite being over the monthly income limit. Note: the income guidelines are for Massachusetts only.*

Household Size	Gross Monthly Income Limit (before taxes or healthcare is taken out)
1	\$2147
2	\$2903
3	\$3660
4	\$4417
5	\$5173
6	\$5930
7	\$6687
8	\$7443
Each additional member	+ \$757



Putting Healthy Food Within Reach

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Our Neighbors' Table  
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