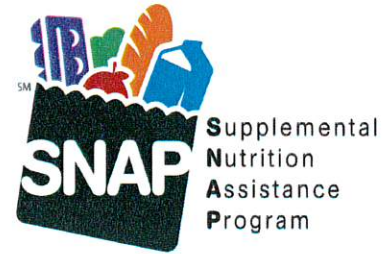


February 2019



Dear Parent or Guardian,

You may be eligible for SNAP - the Supplemental Nutrition Assistance Program. This program helps put nutritious food on your family's table by supplementing your monthly grocery budget.

If your child receives free or reduced lunch at school, your household may be eligible for SNAP. With SNAP, your children automatically qualify for the free lunch program at school, eliminating additional paperwork!

Please review the SNAP gross monthly income guidelines below:

Household Size	Age 59 and Under	Age 60 and over or Disabled
2	\$2,195	\$2,744
3	\$2,771	\$3,464
4	\$3,347	\$4,184
Each additional household member	Add \$576	Add \$720

If your household income is less than the threshold listed above, a SNAP application can be completed on your behalf by telephone in less than 30 minutes. An application for LIHEAP, home energy assistance, can also be completed with a SNAP application. For fast, friendly assistance, call Kathie Shaffer, SNAP Community Outreach Educator in Somerset County, at 814-443-1901 Ext. 2, or complete an online request for SNAP assistance at [www.pittsburghfoodbank.org/programs/snap](http://www.pittsburghfoodbank.org/programs/snap) and SNAP will contact you. Keep your children healthy and strong with SNAP and nutritious food all year long!

Sincerely,

Kathie Shaffer  
SNAP Community Outreach Educator  
Somerset Tapestry of Health  
651 S. Center Ave.  
Somerset, PA 15501  
Phone: 814-443-1901, Ext. 2  
[kathie.shaffer@fhccp.org](mailto:kathie.shaffer@fhccp.org)

**Tapestry of Health**