

# Supplemental Nutrition Assistance Program – New York

## State Benefits Fact Sheet 2026

### How can Supplemental Nutrition Assistance Program help me?

Supplemental Nutrition Assistance Program (SNAP) (formerly known as Food Stamps) is administered by the New York State Department of Social Services (DSS) for people to buy and eat nutritious food.

### Who qualifies for SNAP benefits?

Eligibility depends on household income and size —must be (or live with) a person who is age 60 or above or is disabled. The household must also have a gross income (before taxes) below the following amounts:

Household Size	Max Monthly Income	Max Annual Income
1	\$2,608	\$31,300
2	\$3,525	\$42,300
3	\$4,442	\$53,300

### Am I eligible for SNAP?

To check eligibility: [mybenefits.ny.gov](http://mybenefits.ny.gov)

### How can I apply for SNAP?

- Local DSS office  
[Department of Social Services Office Locator](#)
- Social Security Field office when applying for Supplemental Security Income (SSI)
- Online: [MyBenefits.NY.gov](#)
- Print and **mail or fax** the [SNAP Application](#)

### What is the max SNAP monthly benefit?

SNAP allotments are based on earned (e.g., from work) and unearned income (e.g., Social Security cash benefits, child support) and household size and expenses (e.g., medical, childcare and utilities).

There are several deductions, such as the homeless and standard deductions, that can also be applied to the SNAP calculation to determine monthly benefits. The following is a chart that shows the maximum monthly SNAP allotment based on household size:

Household Size	Max SNAP Allotment
1	\$298
2	\$546
3	\$785

### Will work impact my SNAP benefits?

Yes, the SNAP allotment will be impacted since total household income is considered in the SNAP calculation and would be subject to a reduction in benefits.

### Do I have to report my work income?

Yes, report income changes to the NY Office of Temporary and Disability Assistance (OTDA) to avoid overpayments, which must be paid back to the state.

[SNAP Change Report Form](#)

### How can I verify my SNAP benefits?

The toll-free number **1-888-328-6399** is available to recipients 24 hours per day, 7 days per week. The helpline can be used to check SNAP account balance information.

### For more info on SNAP:

- [NY State SNAP](#)
- ODTA hotline: **1-800-342-3009**.

For more information about  
**Work Without Limits Benefits Counseling**  
call toll-free  
**1-877-YES-WORK** (1-877-937-9675)  
or visit [workwithoutlimits.org](#)