

# Supplemental Nutrition Assistance Program – Rhode Island

## 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 Rhode Island (RI) State Department of Human Services (DHS) for people to buy and eat nutritious food. Eligibility depends on household income and size.

### Who qualifies for SNAP benefits?

Rhode Island residents who qualify have a bank balance under \$2,001, or under \$3,001 if they live with a person who is age 60 or above or is disabled. They must also have an annual household income (before taxes) below the following amounts:

Household Size	Max Monthly Income	Max Annual Income
1	\$2,414	\$28,968
2	\$3,262	\$39,144
3	\$4,109	\$49,308

### How can I apply for SNAP?

- Local DSS office  
[SNAP State Directory of Resources | Food and Nutrition Service](#)
- Online: [HealthSource RI | Your Health. Your Way.](#)

### 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 RI Office of Department of Human Services (DHS) to avoid overpayments, which must be paid back to the state.

### For more info on SNAP:

- [Supplemental Nutrition Assistance Program \(SNAP\) | RI Department of Human Services](#)

For more information about

### Work Without Limits Benefits Counseling

call toll-free

**1-877-YES-WORK** (1-877-937-9675)

or visit [workwithoutlimits.org](#)