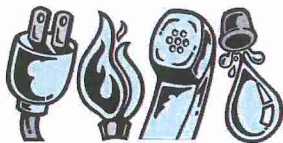


# Maximize Your SNAP Benefits

**There are other ways to maximize your benefits.**

## Tell DTA About Your Expenses!

**You may get credit for these expenses even if you are currently not paying for them in full. This may help to increase your SNAP benefits!**



**Utility Costs:** Heating, Cooling, Electricity, Trash Collection, Water & Sewerage, Phone



**DOR Child Support Payments:** You may receive credit for paying court ordered child support



**Shelter Costs:** Rent, Mortgage (Principal, Interest, Taxes, & Insurance), Condo Fees, etc.



**Dependent Care Costs:** Tell us about childcare or adult dependent care costs



**Medical Costs:** Elderly or disabled clients may claim Co-pays, Prescriptions, Over-the-Counter Medications, Health Insurance, Transportation, etc.

## **More Resources**



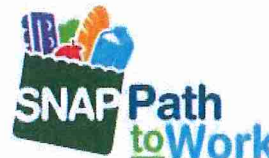
To find local food sources please call Project Bread's Food Source Hotline at 1-800-645-8333



To find essential health and human services programs in your area please call 2-1-1



To find nutritional advice please visit the Food & Nutrition Service website at [www.choosemyplate.gov](http://www.choosemyplate.gov)



To find local employment & training providers please visit [www.snappathtowork.org](http://www.snappathtowork.org)



For more information on DTA programs  
Please visit [mass.gov/dta](http://mass.gov/dta)  
Follow us on Twitter at @DTA\_Listens

