

The Department of Transitional Assistance (DTA)
Healthy Incentives Program (HIP)
Supplemental Nutrition Assistance Program (SNAP)

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DTA assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency. Supplemental Nutrition Assistance Program (SNAP)

DTA serves one in nine residents of the Commonwealth with direct economic assistance (cash benefits) and food assistance (SNAP benefits), as well as workforce training opportunities. For more information [visit the official website.](#)

SNAP benefits

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), which is formerly known as food stamps.

The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To get SNAP, you must be low-income and be a U.S. citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and nonfinancial criteria. To contact DTA about SNAP, call the DTA Assistance Line at (877) 382-2363 or [visit the official website.](#)

Healthy Incentives Program (HIP):

If you are a SNAP household you will be automatically enrolled in HIP.

You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase.

You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating farmers' markets, farm stands, mobile markets, and community supported agriculture (CSA) farm share programs.

Important: You must have a SNAP balance to earn the HIP incentive benefit. [Visit the official website for more information.](#)

Your monthly cap is based on your household size.

Household Size	HIP Monthly Cap
1-2 persons	\$40
3-5 persons	\$60
6+ persons	\$80

The following pages offer information on both HIP and SNAP for 2020.

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!



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



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



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



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



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



To find local employment & training providers please visit www.snappathtowork.org



For more information on DTA programs
Please visit mass.gov/dta
Follow us on Twitter at @DTA_Listens





HIP



2020 SEASONAL DATES

- ✓ HIP is available through Feb 23, 2020
- ✗ HIP is not available Feb 24-May 14, 2020
- ✓ HIP will be available again May 15, 2020
- ✓  SNAP continues all year round!

 Find more information at www.mass.gov/hip
 Questions? Call Project Bread at 1-800-645-8333

