

Sample SNAP Benefit Amounts: Part and Full-Time Working Families

Effective October 1, 2025

Hourly Wage ▼	Sample Monthly SNAP Benefits (\$)				
	Hours worked per week ►	Max shelter deduction of \$744/month		Max shelter & sample child care deductions	
		20 hrs/week	40 hrs /week	20 hrs/week & \$300/mo childcare	40 hrs/week & \$600/mo childcare
\$15.00 (MA minimum wage)	Household Size ▼	Monthly SNAP Benefit Amount			
	2	520	208	546	388
	3	759	447	785	627
	4	972	660	994	840
\$16.00	2	499	166	546	346
	3	738	405	785	585
	4	951	619	994	799
\$18.00	2	458	83	546	263
	3	697	322	785	502
	4	910	535	994	715
\$20.00	2	416	24	506	180
	3	655	239	745	419
	4	868	452	958	632
\$22.00	2	374	#	464	#
	3	613	156	703	336
	4	827	369	917	549

KEY:

are Ineligible households because their gross earned income is at or above 200% federal poverty level (FPL) for the household's size.

*1 & 2 person households with income below 200% FPL get at least a minimum \$24 benefit.

*These are sample childcare costs for the SNAP math examples. Households can self-declare actual weekly or monthly childcare costs.

Assumptions:

The SNAP figures above assume: (1) all household members meet the SNAP eligibility rules; (2) all household income is *earned* income; and (3) no one is age 60+ or disabled (which would otherwise allow both medical costs and uncapped shelter costs).

Learn more about the SNAP benefit calculation and estimate household benefits at Masslegalservices.org/SNAPcalculator