

HOW TO USE YOUR HIP BENEFITS



If you have SNAP,
you already have HIP.

HIP = extra SNAP money
every month for fruits,
vegetables, and seedlings.

HIP renews on the 1st of the month.



SNAP Family Size

1-2 people

3-5 people

6+ people



Monthly HIP Benefit Amount

\$40

\$60

\$80

\$1
remaining
(the more left,
the better!)

You need some money left on
your EBT card in order to use HIP.

You have to first go into your "SNAP pocket" in order to
get to your "HIP pocket."

For more info go to: www.mass.gov/hip