

# Do You Need Help with **SNAP** Benefits?

New work and immigration requirements are making it more difficult to keep **SNAP** benefits (formerly food stamps). Many Cambridge residents are impacted by these changes and information is confusing.

**You are not alone!**

**Many people have lost SNAP benefits even though they may still qualify.**

If you have questions about your eligibility, contact Cambridge Economic Opportunity Committee (CEOC).

## We can help you:

-  Understand the changes in work and immigration requirements.
-  Check your eligibility and re-apply if you have lost your benefits.
-  Contact the Department of Transitional Assistance (DTA) and submit documents for you.
-  Connect to other community resources



## Connect with CEOC:

 Call 617-868-2900 |  Email [snapmasshealth@ceoccambridge.org](mailto:snapmasshealth@ceoccambridge.org) to schedule an appointment.

 Visit CEOC at 11 Inman St. Cambridge, MA 02139

Learn more at [www.cambridgema.gov/SNAPMassHealth](http://www.cambridgema.gov/SNAPMassHealth)



**If you need an interpreter to contact CEOC for help, please call  617-865-2273.**

# Do You Need Help with **SNAP** or **MassHealth Benefits?**

New work and immigration requirements are making it more difficult to keep **SNAP** (formerly food stamps) and MassHealth benefits. Many Cambridge residents are impacted by these changes and information is confusing.

**You are not alone!**

If you no longer have access to your SNAP benefits, you are worried about your MassHealth coverage, or you have questions about eligibility, contact Cambridge Economic Opportunity Committee (CEOC).

## We can help you:

-  Understand the changes in work and immigration requirements.
-  Check your eligibility and re-apply if you have lost your benefits.
-  Contact the Department of Transitional Assistance (DTA) or MassHealth and submit documents for you.
-  Connect to other community resources.



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# Do You Need Help with MassHealth?

Beginning in October 2026 and January 2027, people who have MassHealth insurance may be impacted by changes in immigration and work requirements.

**You are not alone!**

If you are between the ages of 19-64 you may need to:

- Work, attend school, or volunteer to qualify for MassHealth.
- Renew your health insurance every 6 months.

## We can help you:



Understand the changes in work and immigration requirements



Check if the new rules affect you



Contact MassHealth for you



Connect to other community resources



**MassHealth** will mail you information in a **blue envelope**.

Make sure **MassHealth** has your current mailing address, cell phone number, and email.

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Learn more at [www.cambridgema.gov/SNAPMassHealth](http://www.cambridgema.gov/SNAPMassHealth)



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