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The amount of SNAP benefits a person or household may receive depends on several factors, including income, household size, and expenses. Eligible households receive an electronic benefits transfer (EBT) card each month, which may be used to purchase eligible food items at participating retailers.

The smallest amount of benefits a person may receive is \$16 per month. The largest amount of benefits a person may receive depends on the regulations of the state in which the person resides, but the maximum benefit for a household of four in 2021 is \$782 per month.

Changing the household size will affect the benefits received since lower incomes and larger households are more likely to receive higher benefits. For example, a household of one will generally receive lower benefits than a household of six, assuming all else is held equal, since the total household income is divided by the number of household members to arrive at an equivalence scale. Similarly, changing income and asset levels can impact the expected benefits since these are used to calculate eligibility. Generally, as income and asset levels increase, expected benefits decrease. If income and asset levels reach a certain threshold, the household may become ineligible for SNAP benefits.