

# MNbenefits

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## What type of assistance would you like to apply for?

Check all that apply.



**Food (SNAP)**

Money to buy food for you and your family



**Cash programs**

Programs like GA and MFIP that help families and single adults meet basic needs



**Child Care Assistance**

Helps pay for childcare while you pursue work

# Get started at [mnbenefits.mn.gov](https://mnbenefits.mn.gov)

Apply for benefits in less than 20 minutes

- Food assistance (SNAP)
- Emergency cash assistance
- Housing support
- Cash programs
- Child care assistance

