

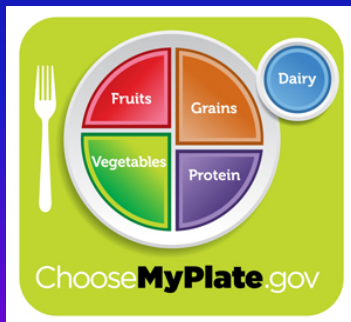
# myBenefits and You!:

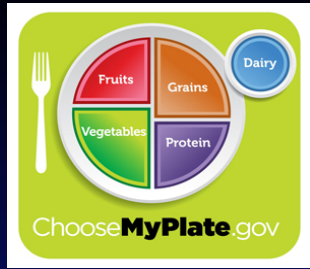
Training on the Food Stamp Program and MyBenefits  
for Community Based Providers

*For the courtesy of others,  
please place your phone on mute.*

NYS OTDA

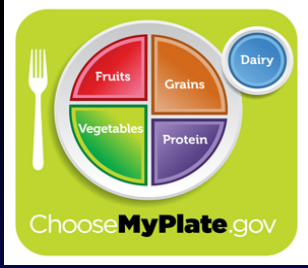
Food Stamp Bureau





# Webex Requests

- Please place your phone on *mute* during the webex.
- Please hold all questions until the end of the presentation.
- Webex ppt will be available at:  
<http://www.otda.ny.gov/programs/nutrition/educators.asp>



# Purpose of Webinar

At the end of this webinar, you should:

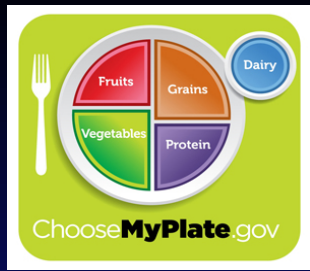
- Have a better understanding of the Food Stamp program.
- Be familiar with MyBenefits and how you can apply electronically for food stamps and screen for other assistance programs.
- Understand how you can help with Food Stamp outreach.

# PSA Food Stamps

- Video



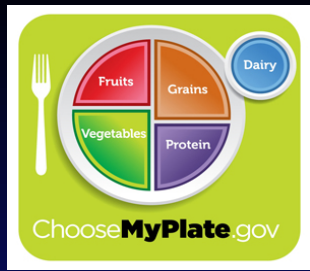
PSA Food stamps.wmv



# NYS Food Stamp Program

**Food Stamps** is the name for New York State's Supplemental Nutrition Assistance Program which helps low-income households:

- Increase their food purchasing power and improve their diets
- Access supplemental nutrition benefit using an EBT card at authorized food retailers.
- Eat better for less through free nutrition education (Eat Smart New York!)



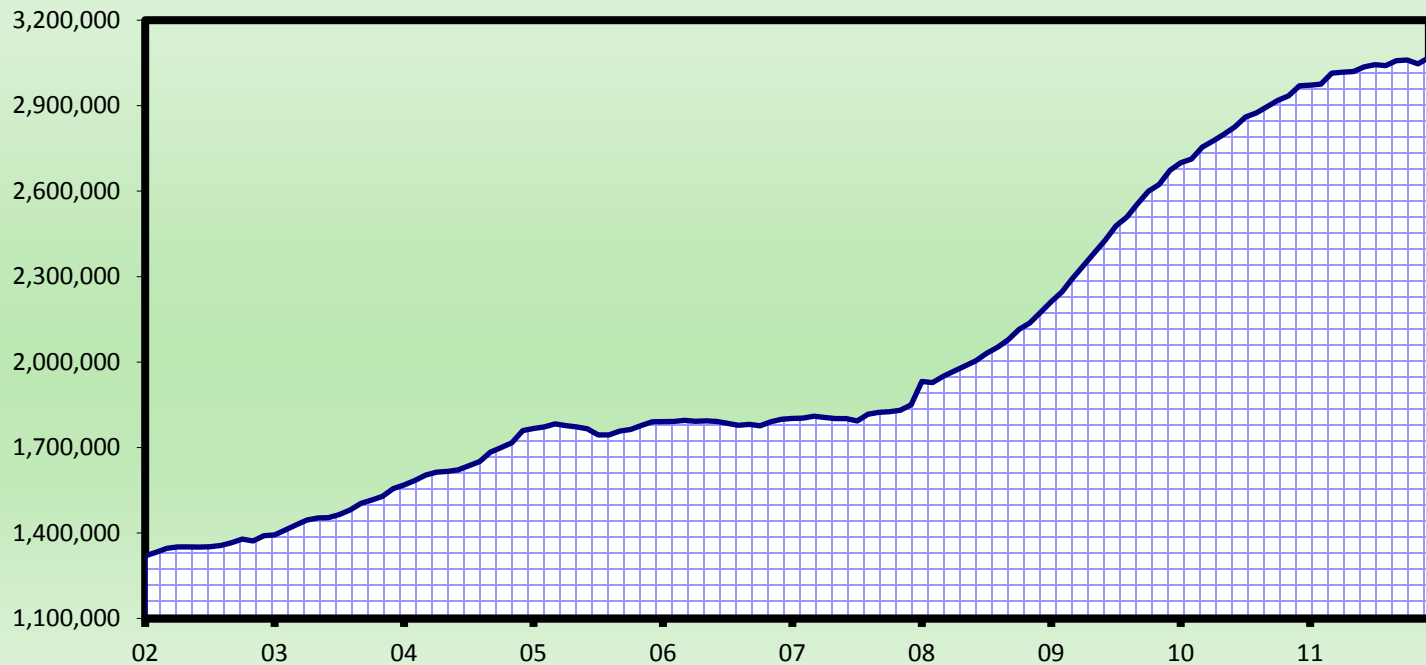
# SNAP Households

## National Characteristics

- Majority of all SNAP households live in poverty.
- 30% of SNAP households have earned income.
- 21% receive Supplemental Security Income (SSI).
- 21% receive Social Security Income.
- 8 % receive TANF.
- 20% of households have no income.
- The majority of SNAP households include either a child or an elderly or disabled person, and these households received 84% of all benefits.

# Food Stamp Program NEW YORK STATE January 2002 - December 2011

**FOOD STAMPS RECIPIENTS**





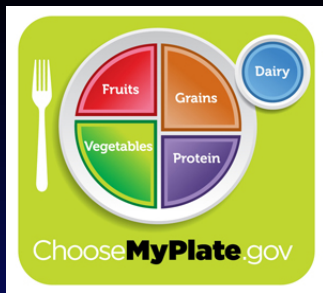
# Common Food Stamp Myths

- **MYTH:** *“Food Stamps is a welfare program.”*
- **TRUTH:** Food Stamps is a nutrition assistance program designed to help individuals and families buy nutritious food when money’s tight.
- **MYTH:** *“You cannot get Food Stamp benefits if you have a job.”*
- **TRUTH:** Individuals may work and still have income low enough to receive Food Stamp benefits.
-



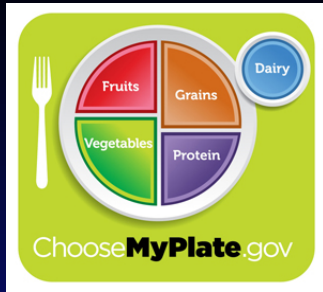
# More Common Myths

- **MYTH:** *“Other people need Food Stamp benefits more than I do.”*
- **TRUTH:** By receiving Food Stamp benefits, you are not taking benefits away from another person. Everyone who applies and is determined to be eligible will get Food Stamp benefits.
- **MYTH:** *“Getting Food Stamp benefits will hurt my chances of becoming a naturalized U.S. citizen.”*
- **TRUTH:** No! Food Stamp benefits don't affect your citizenship application or USCIS decisions on your immigration status.



# Food Stamp Barriers

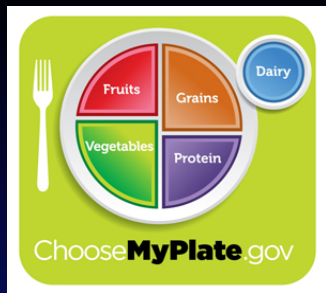
- Potential households do not realize they may be eligible.
- Stigma associated with FS program still exists.
- Cost-benefit decision- too much time involved in applying for benefits is not worth the expected return.
- Language
- Time/Transportation
- Older Adults think younger people need the FS more.



# Why Older Adults don't Participate in FS

- Lack of awareness of eligibility
- Pride
- Misperceptions of benefit value
- Stigma
- Lack of Transportation
- Language Barriers
- Application Process
- Mistaken belief of “taking from others”





# Many Ways to Apply for Food Stamps

- Easiest way to apply is go to: [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov).
- Also apply by *mail, fax, or in person* . For FS office locations, go to:
  - <http://otda.ny.gov/workingfamilies/dss.asp>
- Authorized representative may be chosen
  - <http://otda.ny.gov/programs/apply/>
- Anyone can get help applying using a Community Based Organization or the NOEP. For listings, go to:  
<http://otda.ny.gov/programs/food-stamps/online.asp>



# What is myBenefits.ny.gov?

- Single internet portal to available benefits, services, and work supports:
  - A prescreening tool for multiple programs
  - Links to program information
  - Online application for Food Stamps
  - Access to application and case status

The screenshot shows the myBenefits.ny.gov website. At the top, it says "New York State" and "Andrew M. Cuomo, Governor". There are links for "English", "español", and "myBenefits Home". A search bar is present with the text "Search all of NY.gov". The date "Tuesday Mar 27, 2012" is displayed in the top right.

A banner at the top reads: "\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\*"

**Welcome to myBenefits!**  
The fast and easy way to find out about many health and human services programs and how to apply for them - anytime and anywhere.  
Click here [to learn more about myBenefits.](#)

**Get Started**

- Am I Eligible?
- Apply for Benefits

**MyBenefits Users**  
If you already have a myBenefits account click **Login**; If not, click **Create Account**.

- Login
- Create Account
- Apply for Recertification

**myBenefits Alerts:**  
To view information about your current Food Stamp case, please create a myBenefits account or login to your existing myBenefits account. To check your Food Stamps and Temporary Assistance EBT account balance, please click on **Check your Electronic Benefits Transfer (EBT) Account Balance**, located under **Additional Resources** on the bottom right hand side of this screen.  
**SCAM ALERT - OFFERING ASSISTANCE FOR FILLING OUT PHONY SNAP APPLICATION** Please click here for important information about how to protect yourself from identity theft on the internet.  
The 2012 income limits and amounts for federal and state earned income tax credits, and fee information for EPIC, are still being updated. Your results may change after these updates.

**Resources**  
Information on programs you may be eligible for:

<b>Assistance Programs</b> Food Stamps Nutrition Education (Eat Smart New York) Temporary Assistance HEAP WIC School Meals	<b>Health Insurance</b> Medicaid Child Health Plus (CHP) Family Health Plus (FHP) Healthy New York EPIC Prescription Saver	<b>Tax Credits</b> Earned Income Child/Dependent Care Noncustodial Parent <b>Other Programs</b> Veteran's Affairs
--	--	--

**Additional Resources:**  
**Resources for Working Families**  
Additional help to make ends meet.  
**Fair Hearings**  
Request a State Fair Hearing, postpone or cancel a hearing, get compliance with a Fair Hearing decision, look at Fair Hearing decisions that have been issued, or learn more about the Fair Hearing process.  
**New York State Department of Labor**  
Lost your job? Looking for work?  
**New York State Consumer Protection Board**  
Learn about financial life skills.  
**New York State Office of Victim Services**  
Crime victims may be eligible for assistance.  
**Check your Electronic Benefits Transfer (EBT) Account Balance**  
**EBT Training Brochure**

Local district workers, providers or community partners  
[Visit the Worker Homepage](#)

©2011 Office of Temporary and Disability Assistance | [Contact Us](#) | [Accessibility](#) | [Privacy Policy](#) | [Disclaimer](#)

**BEST OF NEW YORK**  
2008 WINNER



# myBenefits.ny.gov

## Screening Component


- Quick, easy, confidential
- Users answer one set of questions
- Customized results show potential eligibility for multiple programs, where to apply, and what to bring.

New York State  
Andrew M. Cuomo, Governor

Search all of NY.gov

myBenefits Home Tuesday Mar 27, 201

**\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\***

100% Complete 

**Your Results**

We looked at what you told us today to see if you *might* be able to get help with buying food and other services. You'll have to apply for these programs to get a final decision about benefits and we'll let you know how to do that. Keep in mind that you always have the right to apply for these benefits, no matter what this website tells you.

**It looks like you may be able to get these programs**

**Weatherization Assistance Program**

- ✓ It looks as if your household may be able to receive services through the Weatherization Assistance Program (WAP). Local Weatherization Assistance Service Providers may be able to assist you with lowering your home energy cost and other services, such as home insulation, heating system improvements and other home repairs and/or replacements.
- ✓ Tenants and Owners of rental buildings applying for WAP for their apartments should contact their local Weatherization Assistance Service Provider or DHCR for further instructions at <http://www.dhcr.state.ny.us/Programs/WeatherizationAssistance/> or 1-866-275-3427.
- ✓ Keep in mind that only U.S. citizens and qualified aliens are able to get help from WAP.
- ✓ To learn more about WAP, click the Next button at the bottom of the page.

**Food Stamps**

- ✓ It looks like your household may be able to get food stamp benefits each month.
- ✓ Because of your situation, it also looks like you could get food stamp benefits about a week after you apply.
- ✓ Please keep in mind that some people are not able to get food stamp benefits, including some people on strike, some immigrants without papers, and some college students. In most cases, their children and other people in the home may still be able to get benefits.
- ✓ A special note for immigrants: getting food stamp benefits will not hurt your immigration status.
- ✓ You may be eligible for free Nutrition Education called Eat Smart New York (ESNY) which teaches about food budgeting, meal planning, nutrition, and food preparation. To learn more about how ESNY can improve the health and well being of you and your family members and how to sign up for free nutrition education classes, go to the [Eat Smart New York website](#) or contact the [Eat Smart representative in your county](#)

To get started on applying for Food Stamps, click the Next button at the bottom of the page.

**Home Energy Assistance Program**

- ✓ It looks as if your household may be able to receive help with paying your energy bills through the Home Energy Assistance Program (HEAP). Your local department of social services may also be able to help you with an energy-related emergency (such as a gas or electric shut off or have less than a quarter of a tank of fuel) and with services such as fixing or replacing a non-working furnace.
- ✓ HEAP is a seasonal program. Certain HEAP benefits are only available during specific time periods. Please click here [for this season's dates](#).
- ✓ Keep in mind that only U.S. citizens and qualified aliens are able to get help from HEAP.

To learn more about HEAP, click the Next button at the bottom of the page.



# Applying for Food Stamps using [myBenefits.ny.gov](http://myBenefits.ny.gov)

- **Online Food Stamp application available statewide**
- **Interviews may be conducted over the phone**
- **Required documentation may be submitted in person, by mail, or fax.**

**\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\***

### Where You Live


If you would like to start a new application for Food Stamp or HEAP benefits, there are several ways in which you can apply. Please enter your zip code below and click **Next** so we can determine the best way for you to apply for benefits.

(If you are homeless, please enter the zip code where you are primarily located)

Zip Code:

[Click here to help find your zip code at the United States Postal Service website](#)

[Click here if you are unable to determine your zip code](#)

 Exit

Next 



**\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\***



**Which Benefits Would You Like To Apply For?**

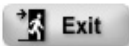
As a resident of Albany county, you are eligible to apply online for the benefit program(s) listed below. Please select the benefit(s) you would like to apply for and then click **Next**.

The fastest and easiest way to apply for benefits is by using this website to submit an electronic application.

For information on other ways to apply for benefits, and other benefit programs available through the state of New York, click the **Help** button.

Food Stamp Benefits

Home Energy Assistance Program (HEAP) Benefits



\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\*



8% Complete

Application Number: MB00000531012

- Start
- People
- Job Income
- Other Income
- Housing Bills
- Other Bills
- Finish
- Submit

Getting Started

Let's get started on the application! First, please give us some basic information about you.

Information About You

\* First Name:  MI:  \* Last Name:  Suffix:

Gender:  Male  Female

Date of Birth:  Ex: mm/dd/yyyy

After you apply for benefits, you will get letters from your worker. Please click the  English Only  English and Spanish button to let us know whether we should write your letters in English only or English and Spanish.

Your county of residence: Albany

Where You Live

Please tell us where you live. If you are homeless right now, please check the "I have no permanent residence" box. If you have no permanent residence but you have a mailing address, please check the box and type your address below.

**Important: If you live in a shelter for victims of domestic violence, please be sure the address you enter is "safe" and not the address of the shelter where you live. If you don't know what safe address to use, please ask your shelter worker/counselor.**

\* Street Address  Apt#/Suite#:

\* City:  < click here to choose > \* State: New York \* Zip Code: 12306

I have no permanent residence.

**\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\***



### Create An Account

Before you get started on your application, it's a good idea to create a secure account. This should take just a few minutes.

If you create an account, you can save your application and come back to it later. We will also save the information as you go along. If anything happens while you are working on your application, you won't lose all of the work that you did.

Keep in mind that this is a secure website run by the New York State Office of Temporary and Disability Assistance. We promise to keep your information private and secure.

Please click one of the buttons to tell us what you would like to do. Then click the Next button at the bottom of the page.

- Create An Account** so you can save your application and come back to work on it later. You can also use this account to check the status of your application after you submit it.
- Log In** using your existing account. If you have an account and you don't log in now, you will not be able to come back to your application later.
- Start** your application without creating an account.



**\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\***

Applications in Progress

Show All

Click the corresponding Action Button to proceed with your Application

Application Number	Date Saved	Programs Applied For	Action
MB00000434951	10/06/2011	Food Stamps	Continue Submit Now

[Start New Benefits Application](#)

**\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\***

Pending Recertification Status

Show All

Click the corresponding Action Button to proceed with your Application

Application Number	Date Saved	Programs Applied For	Action
No Applications found for your account			

[Apply for recertification](#)

**\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\***

Submitted Applications

Show All

Click the Application Number to view your Application Summary

Application Number	Date Submitted	Application Status	Programs Applied For
<a href="#">MB00000467696</a>	12/08/2011	Submitted	Food Stamps
<a href="#">MB00000434944</a>	10/06/2011	Submitted	Food Stamps

**\*\* THIS WEBSITE SHOULD ONLY BE USED FOR TESTING AND TRAINING \*\***

Recertification Status

Show All

Click the Application Number to view your Application Summary

Application Number	Date Submitted	Application Status	Programs Applied For
No Applications found for your account			

## myBenefits Account

Your myBenefits Account currently allows you to see benefit information for all active Food Stamp cases where you are listed as the Head of Household coming in September 2011. You will also be able to access all active Temporary Assistance and HEAP benefits information where you are listed as the Head of Household.

If you do not see the benefits for all active cases where you are listed as the Head of Household,, this may be because you have more than one client ID Number (CIN), in which case you will need to contact your case worker.


If you feel your information has been accessed by someone other than you, or without your permission, you may disable this View Case Details function by clicking the button below. Once you disable this function you will not be able to view your case and budget information. To reinstate this function you must contact your local district food stamp office/worker.

[Disable Account](#)

### Contact Info

Head of Household MR INCOME GUY  
Home Address 1234 TEST ST. ALBANY NY 12210  
Phone 5351321231

MR INCOME GUY	Male	1/1/80	Applicant/Payee/MA ID Card Recipient
---------------	------	--------	--------------------------------------

 Collapse

### Food Stamps

Benefit Recipients	Monthly Benefit	Next Benefit	Budget Effective Dates
MR INCOME GUY	\$200.00		04/01/2011-06/30/2011

#### Income

Name	Income Type	Monthly Amount
MR INCOME GUY	Salaries, Wages	\$433.33
What We Count	\$0.00	Total We Count \$0.00

#### Housing

Number of Household Members	Housing Type	Cost of Housing
1	Rent Private (Includes trailer lot or commercial room)	\$750.00

#### Fuel

Fuel Type	Standard Utility Allowance	HEAP Vendor Account
Oil	\$44.00	812343322

#### Other Expenses

Monthly Allowable Medical Expense <a href="#">What's this?</a>	Monthly Amount of Child Support	Monthly Child or Dependent Care Costs <a href="#">What's this?</a>
\$0.00	\$0.00	\$0.00

To calculate your monthly income, we multiply your weekly income by 4 & 1/3, or your bi-weekly income by 2 & 1/6, or your semi-monthly income by 2, or use the monthly income amount which you provided

\$ \_\_\_\_\_ is being recouped from your monthly grant amount

\_\_\_\_\_ is currently suspended from your FS Case



# Food Stamps 101

- Application Processing
- FS Eligibility Requirements
- Verification Needed



# FS Application Processing

- Filed application (acceptable with name, address, signature)
- Expedited screening
- Interview
- Verification (pending for expedited service)
- 5 day/30 day process period
- Notice of Eligibility
- EBT card

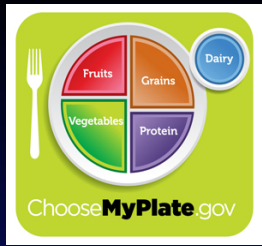


# FS Eligibility Requirements

## FS eligibility determination based upon:

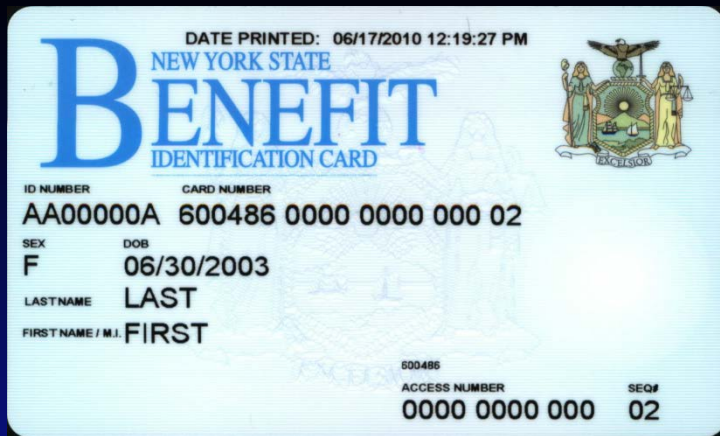
- Who is in the household and if a member(s) is elderly and/or disabled.
- Gross income test vs. the Federal poverty levels
- Expenses and resources
- Interview and documentation verification





# Verification Needed

- Identity, age and where applicant lives
- Social Security number
- Total household income
- Monthly expenses including shelter, medical costs, child care and child support
- Resources, if necessary



## Where You Can Use Your EBT Card

- Grocery Stores
  - <http://www.snapretailerlocator.com/>
- Farmers Markets
  - <http://www.snaptomarket.com/>



# What Food Stamps Can Buy

***Households CAN use FS to buy the following foods:***

- Breads and cereals;
- Fruits and vegetables;
- Meats, fish and poultry;
- Dairy products;
- Food producing seeds and plants.

***Not permitted:***

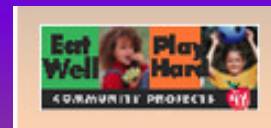
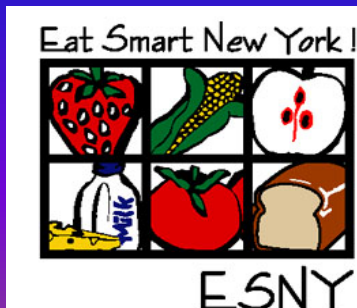
- Beer, wine, liquor
- cigarettes or tobacco,
- Non-food items, such as: pet foods; soaps, paper products; household supplies;
- vitamins and medicines;
- hot foods.

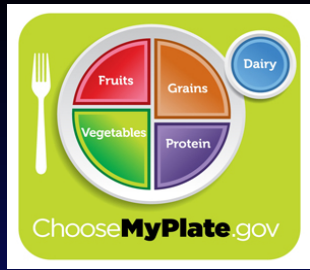
# Nutrition Doesn't Have to Be Expensive

Eat Smart New York (ESNY) Providers teach families:

- how to prepare healthy meals on food stamp budget
- Encourage fruits and vegetables every day
- Provide skills on how to shop wisely
- To learn more about ESNY, go to:

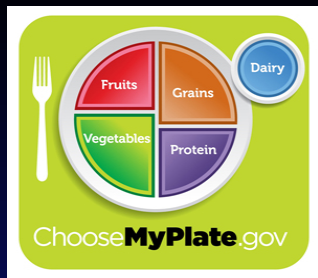
<http://otda.ny.gov/programs/nutrition/>





# What You Can Do!

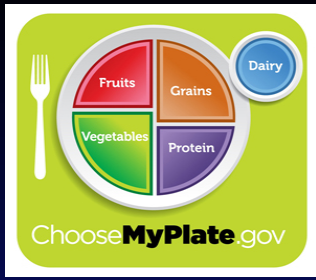
- Encourage pre-screening/applying for FS via [myBenefits.ny.gov](http://myBenefits.ny.gov)
- Have publications available to promote [myBenefits.ny.gov](http://myBenefits.ny.gov)
- Offer contact info for NOEP and CBOs in your area who help people apply for FS
- If interested in Nutrition Education, refer to <http://otda.ny.gov/programs/nutrition/contacts.asp>



# Ordering FS Publications at OTDA Website

**[Go to: http://otda.ny.gov/programs/publications/](http://otda.ny.gov/programs/publications/)**

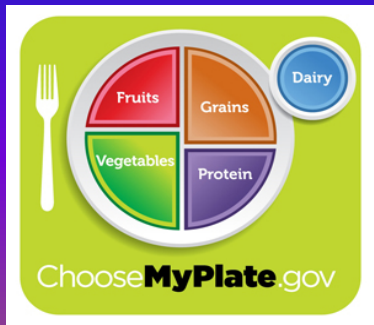
- [myBenefits.ny.gov](http://myBenefits.ny.gov) (Palm Card) (4951)
- [myBenefits.ny.gov](http://myBenefits.ny.gov) (Poster) (4972)
- [Every Day, Older Adults Just Like You Get FS](#) (4716) and Poster (4716A)
- [Food Stamps for Working Families](#) (4919)
- [Food Stamps for Immigrants](#) (4832)
- [Helping Hands for People in Need](#) (4916)



# Ordering Publications Cont'd

- How to Use Your Benefit Card to Get FS and/or Cash Benefits , Pub-4596
- Work Pays NY (4952)

# Questions?





## For More Information Contact:

☐ Food Stamp Bureau 518-473-1469

☐ [Lisa.Irving@otda.ny.gov](mailto:Lisa.Irving@otda.ny.gov)

☐ Subject Line: April 19<sup>th</sup> Webinar

☐ [Go to OTDA Food Stamp website:](#)

☐ <http://otda.ny.gov/programs/food-stamps/>