



# Your Family May Be Eligible for **SNAP**



**New York State makes it easier for you to get SNAP Benefits.**

The only way to know if you qualify is to apply.



**myBenefits.ny.gov** provides information on:

- SNAP
- Temporary Assistance
- Special Tax Credits
- Home Energy Assistance
- Weatherization Assistance
- Various Health Insurance Programs and
- Many other programs

**SNAP provides free nutrition classes through Eat Smart New York.**

Visit [otda.ny.gov/programs/nutrition](http://otda.ny.gov/programs/nutrition) to learn how you can:

- Buy more nutritious food with less money
- Prepare quick, easy, and healthy meals
- Cook and prepare food safely
- Exercise more and have fun!

*Check your eligibility for a range of benefits and apply for SNAP at*

**myBenefits.ny.gov**

*For More Information*

**800-342-3009**

This institution is an equal opportunity provider.



**Office of Temporary and Disability Assistance**

[otda.ny.gov](http://otda.ny.gov)

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**Nutritional Support for Your Family**



**SNAP**  
Supplemental Nutrition Assistance Program

A Program of the Office of Temporary and Disability Assistance

# Are You Having Trouble Feeding Your Family? SNAP Can Help You Buy Nutritious Food



## New York makes it easy to apply for SNAP:

- You can apply online at [myBenefits.ny.gov](https://myBenefits.ny.gov)
- You can apply by mail, fax, or in person at your local Department of Social Services or New York City Human Resource Administration Center – **call 800-342-3009** for the office nearest you
- Your application interview can be done by phone
- You do not have to take time off from work to apply for SNAP benefits
- You may be eligible even if you own a house and/or a car, have money in the bank, or live with others

## Four Common SNAP Myths

**Myth:** “You cannot get SNAP benefits if you have a job.”

**Truth:** You may work and still qualify for SNAP benefits.

**Myth:** “SNAP is a welfare program.”

**Truth:** Most SNAP recipients are seniors, children, or working people. SNAP is a nutrition program that helps people buy healthy food when money is tight.

**Myth:** “Other people need SNAP benefits more than I do.”

**Truth:** By receiving SNAP benefits, you are not taking benefits away from another person. Everyone who applies and is determined to be eligible will get SNAP benefits.

**Myth:** “Getting SNAP benefits will hurt my chances of becoming a naturalized U.S. citizen.”

**Truth:** No! SNAP benefits do not affect your citizenship application or U.S. Citizenship and Immigration Services (USCIS) decisions on your immigration status.



[myBenefits.ny.gov](https://myBenefits.ny.gov)  
“it’s easier”