

Every Day, Older Adults *Just Like You* Get SNAP



SNAP
Supplemental Nutrition
Assistance Program

A Program of the Office of Temporary and Disability Assistance

SNAP Benefits and YOU!



Supplemental Nutrition Assistance Program (SNAP) helps low-income people buy nutritious food.

Each year, many people - **just like you** - help make ends meet by using SNAP.

Everyone who is eligible is entitled to receive SNAP - and you will not be taking benefits away from anyone else. SNAP is here to help everyone who qualifies!

You may also be eligible even if you own a house and/or a car, have money in the bank, or live with others.

Once you qualify for SNAP benefits, you will receive a plastic card that looks like a debit card which allows you to buy groceries at participating stores, farmers' markets, and other locations.

How Do I Know If I Am Eligible?

SNAP uses your income and certain verified expenses, such as shelter costs and medical expenses, to determine your eligibility and benefit amount.

You may qualify for SNAP even if you work, receive Social Security, Supplemental Security Income (SSI) and/or retirement benefits.

Five Common SNAP Myths

Myth: SNAP (food stamps) is a welfare program.

Truth: SNAP is a nutrition program that helps people buy healthy food when money is tight.

Myth: Applying for SNAP is complicated, the application is too long.

Truth: It has never been easier to apply for SNAP! You may apply online at myBenefits.ny.gov, 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.

Myth: You must go to the SNAP office for an interview.

Truth: Most people are interviewed over the phone when applying for SNAP. In fact, you may select an Authorized Representative to apply and be interviewed on your behalf. With your permission, this person may even purchase food for you with your SNAP benefits!

Myth: You do not receive credit for medical and prescription drug bills when your SNAP benefit is calculated.

Truth: Let your worker know if you have medical expenses that are paid out of pocket; it may increase your SNAP benefit amount.

Myth: Other people will know I use SNAP benefits.

Truth: People who get SNAP benefits get a plastic card to use at the grocery store. By running the card through a machine at the store check out, no one will be aware you are paying with SNAP benefits.

What Information Will You Need to Complete Your Application?

- Your name, date of birth, and address
- Social Security number
- The names and ages of people who live with you
- Your total household income
- Your monthly expenses

Please remember to sign your application and to send only **copies** of documents – keep your originals!

Under law and regulation, all personal information and documents collected during the application process must be kept secure and confidential.



***Are you 60 years of age or older
and having trouble making ends
meet?***

Every day, older adults just like you use SNAP benefits to buy nutritious food to stay healthy.



*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

Pub-4716 (Rev. 02/16)