

# SNAP helps families buy food.

SNAP provides monthly benefits to use at grocery stores and farmers markets. Together with school meals, SNAP helps kids get the nutrition they need. To see if you may be eligible for SNAP, visit:

**[SNAPHelpNY.org](https://www.SNAPHelpNY.org)**

Answer just a few questions. In less than 5 minutes, you will learn if you may be eligible and how to apply. We can even help you complete and submit your application. It is free and confidential.



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[HungerSolutionsNY.org](https://www.HungerSolutionsNY.org)