

SNAP Helps 600,000 Seniors in New York Put Food on the Table



SNAP Helps Seniors Stay Healthy

SNAP can help seniors on a tight budget afford nutritious food. Good nutrition can help with chronic conditions like diabetes and high blood pressure.

Using SNAP Is Easy

SNAP provides monthly benefits on an electronic benefit transfer (EBT) card. You can use this card to buy food at grocery stores and farmer's markets. You can also use SNAP to shop online at certain stores.

Special Rules Help More Seniors Get SNAP

If you're 60 or over you can apply as a senior. Seniors may be able to:

- Qualify for SNAP even with income and savings.
- Deduct medical costs, which can mean more help to buy food each month.
- Use a shorter application, have less paperwork, and keep benefits longer.

Apply for SNAP

Apply online at myBenefits.NY.gov or in person at your local DSS (SNAP) office.

Get Help

If you need help, contact the Nutrition Outreach and Education Program (NOEP). NOEP Coordinators can answer your questions and help you apply for SNAP. It is free and confidential. Find your local NOEP Coordinator at **FoodHelpNY.org**



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