

# Stay Healthy with **SNAP.**



## **You shouldn't have to choose between food and medication.**

If you're struggling to make ends meet, SNAP may be able to help. You can use SNAP benefits to buy groceries at local stores. Special rules make it easier for more seniors to apply for SNAP.

### **Apply for SNAP**

Apply online at [myBenefits.NY.gov](https://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](https://FoodHelpNY.org)



2/2026. This material was funded, in part, by the USDA's Supplemental Nutrition Assistance Program – SNAP.

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