

Stay Healthy with **SNAP.**



Having enough food to eat is important to your health.

Many seniors in New York rely on SNAP to put food on the table. SNAP provides monthly benefits that you can use to buy groceries. SNAP is like Social Security and Medicare — if you are eligible, you will get your benefit.

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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