



SNAP HELPS NEW YORKERS BUY FOOD.

We can help you apply for SNAP.

SNAP provides monthly benefits that you can use to buy food at grocery stores, approved online retailers, and farmers markets. SNAP helps seniors, students, working families, veterans, people with disabilities, children, and more.

SNAP Navigators help you apply for SNAP. It is free and confidential.

**Find a navigator near you at
FoodHelpNY.org**