

# What is SNAP?

*It's important to eat right—even when money is tight!*

The Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) helps low-income individuals and families buy the food they need to stay healthy.

Nearly 5 million older Americans use SNAP to buy healthy food at their local store or market.

Although SNAP is the national name, your state may use a different name.



For more information on SNAP and how to apply, go to:

[BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)

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#### LOCAL CONTACT INFORMATION

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## Put **Healthy Food** on Your Table



This brochure was developed with generous support from the Walmart Foundation.



# Why Apply?

## You'll get healthy food for yourself and your family.

SNAP can be used to buy healthy food for your household, such as fruits and vegetables, bread, meat, and dairy products.

## You'll save money on groceries.

On average, SNAP provides a senior living alone with \$105 a month to buy healthy food.

## It's easy to use.

If you enroll in SNAP, you'll get money every month on a special debit card you can use to buy food.

## It's convenient.

Over 250,000 grocery stores, farmers markets, and neighborhood stores across the country accept SNAP.



# Am I Eligible?

## If you have limited income, you may qualify.

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.

### The amount you receive may depend on two things:

- Household income from all sources, such as money you get from a job, Social Security, SSI, or interest.
- How many people live in your household.

# Apply in 3 Easy Steps

## 1 Find your state's program information.

Go to **BenefitsCheckUp.org/getSNAP** and select your state to download your SNAP application and find out if you're eligible.

## 2 Fill out an application.

Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.

## 3 Attend an interview.

In most states, your local SNAP office will contact you to schedule an interview. You may request a phone interview if you're not able to go to the office.

Go to  
**BenefitsCheckUp.org/getSNAP**  
to find out if you're eligible.