

# Seniors & SNAP: 5 Myths Busted

*Get help paying for healthy food!*

The Supplemental Nutrition Assistance Program (SNAP) helps 6.5 million low-income adults age 60+ buy healthy food every day. Get the facts—then see how to apply at [BenefitsCheckUp.org/pages/supplemental-nutrition-assistance-program](https://BenefitsCheckUp.org/pages/supplemental-nutrition-assistance-program).

## 1 Myth

SNAP is only for families with children.

## Fact

SNAP is for everyone who qualifies, including older adults.



## 2 Myth

I'll only get \$23 a month, so it's not worth applying.

## Fact

The average national SNAP benefit for a senior living alone is \$158 a month.



## 3 Myth

Other people need SNAP more than I do.

## Fact

Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.



## 4 Myth

No stores near me accept SNAP.

## Fact

Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.



## 5 Myth

It's too hard to apply for SNAP.

## Fact

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



Visit [BenefitsCheckUp.org/pages/supplemental-nutrition-assistance-program](https://BenefitsCheckUp.org/pages/supplemental-nutrition-assistance-program) to learn more and get help applying for this important food assistance benefit.