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.

Over 4 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
3 Easy Steps

1. Find your State’s Program Information

2. Fill out an application

3. Attend an interview

To find out if you’re eligible:

Go to BenefitsCheckUp.org/SNAP

Household:
- How many people live in your household?
- Income from all sources.

If you have limited income, you may qualify:

You may qualify:

If you’re eligible:

Go to BenefitsCheckUp.org/SNAP

It’s convenient.

If you enroll in SNAP, you’ll get a debit card you can use to buy food.

It’s easy to use.

You’ll save money on groceries.

You’ll get healthy food for yourself and your family.

Go to the office:
Phone interview if you’re not able to
attend an interview. You may request an interview. You will be scheduled by your local office.

In most states, your local SNAP office is:

Go to BenefitsCheckUp.org/SNAP.

It’s convenient.

Debit card you can use to buy food.

If you enroll in SNAP, you’ll get:

It’s easy to use.

Buy healthy food.

On average, SNAP provides a senior

$177 per month to

living allowance.

 SNAP can be used to buy healthy

and dairy products:

fruits and vegetables, bread, meat,

food for your household, such as

You’ll get healthy food for yourself and your family.