

What Seniors Need to Know About SNAP

I Don't Think I'm Eligible

You might be! 86% of older adults currently receiving one federal benefit are also eligible and not receiving at least one other federal benefit.

The Average Benefit for Seniors Isn't Worth It

Wrong! The average benefit for an elderly recipient, living alone is actually \$119 per month. Over a year, that adds up to almost \$1,500. This assistance can help free up more money for medications, bills, etc.

I Don't Need It As Much As the Children

Wrong! Seniors require high quality, nutrient-dense foods. SNAP benefits can help you access the foods you need to stay healthy.

But I Don't Take Welfare

That's Okay! SNAP is a federal entitlement program (like social security) designed to meet basic food needs. You've paid into this program so that it's available if you need it.