

**Do You Get
Senior Farmers' Market
Nutrition Program Coupons?**



**Would you like to buy more
fresh food every month?**

**If you get Senior Farmers' Market
Nutrition Program coupons,
YOU MAY NOW get food stamp
benefits every month!**

Help Stretch Your Grocery Budget.
More seniors (60+) than ever
before can now get food stamp
benefits. Use them for weekly
groceries and at many farmers'
markets. Your monthly amount is
based on your everyday and
medical expenses.

**Eat better today.
Stay healthy for tomorrow.**

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Eat Better AND Help NY

Benefits will help you buy the food you want to eat every month AND they help your community. Every \$5 spent in food stamp benefits brings back almost \$10 to local businesses.

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Who Can Help You?

Your county's office for the aging can help answer your questions.

You may also go to New York's new quick and easy website - www.mybenefits.ny.gov/selfservice/ - or call 1-800-342-3009 and press "1" for Food Stamps.

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