

# Eat Better Today – Stay Healthy for Tomorrow

## Top 10 Reasons to Apply for Food Stamp Benefits

1. More than ever before, seniors (60+) can now get food stamp benefits. Changes have made more seniors eligible and raised the benefit amounts. You may be able to get food stamps now even if you could not in the past.
2. Your health is important. Food stamps can help you pay for the food you need to live healthier. Eating well also helps lower your medical bills.
3. You'll have more money every month. The average benefit for older adults is \$90. Monthly amounts are based on everyday and medical expenses.
4. There are enough benefits for everyone. If you get them, you are not taking them away from others who also need them.
5. You may have money in your bank account and still be eligible.
6. Privacy. With the new food stamp card (that looks just like a credit card), only you and the store clerk will know that you use benefits to pay for groceries.
7. You may have several choices of how to apply. For example, you can apply at your local social services office, or you may be able to mail/fax your application and have a phone interview.
8. Using food stamp benefits is good for New York. When you use \$5 of food stamp benefits, you put almost \$10 into your local economy and help New York farmers, grocers, and businesses.
9. You may be eligible. Working families with children, older adults who receive Social Security, singles, and people receiving SSI and/or retirement benefits may meet the requirements for food stamps.
10. It's easy to know if you may be eligible. Go to [www.foodhelpny.org](http://www.foodhelpny.org) and find the Nutrition Outreach and Education Program coordinator near you for a free, friendly and private prescreening conversation.

# Eat Better Today – Stay Healthy for Tomorrow

## Top 10 Reasons to Apply for Food Stamp Benefits

1. More than ever before, seniors (60+) can now get food stamp benefits. Changes have made more seniors eligible and raised the benefit amounts. You may be able to get food stamps now even if you could not in the past.
2. Your health is important. Food stamps can help you pay for the food you need to live healthier. Eating well also helps lower your medical bills.
3. You'll have more money every month. The average benefit for older adults is \$90. Monthly amounts are based on everyday and medical expenses.
4. There are enough benefits for everyone. If you get them, you are not taking them away from others who also need them.
5. You may have money in your bank account and still be eligible.
6. Privacy. With the new food stamp card (that looks just like a credit card), only you and the store clerk will know that you used benefits to pay for groceries.
7. You may have several choices of how to apply. For example, you can apply at your local social services office, or you may be able to mail/fax your application and have a phone interview.
8. Using food stamp benefits is good for New York. When you use \$5 of food stamp benefits, you put almost \$10 into your local economy and help New York farmers, grocers, and businesses.
9. You may be eligible. Working families with children, older adults who receive Social Security, singles, and people receiving SSI and/or retirement benefits may meet the requirements for food stamps.
10. It's easy to know if you may be eligible. Go to New York's new quick and easy website - [www.mybenefits.ny.gov/selfservice/](http://www.mybenefits.ny.gov/selfservice/) - or call 1-800-342-3009 and press "1" for Food Stamps (New York City, call 1-877-472-8411).