

Seniors & SNAP: 5 Myths Busted

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at www.BenefitsCheckUp.org/getSNAP.

1

MYTH

SNAP is only for families with children.

FACT

SNAP is for everyone who qualifies, including seniors.



2

MYTH

I'll only get \$15 a month, so it's not worth applying.

FACT

The average national SNAP benefit for a senior living alone is \$108 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.



ncoa
National Council on Aging

Visit www.BenefitsCheckUp.org/getSNAP to get your application now!