

# 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](http://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 \$119 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.



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National Council on Aging

Visit [www.BenefitsCheckUp.org/getSNAP](http://www.BenefitsCheckUp.org/getSNAP) to get your application now!