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 $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.

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