How Can I Get More Information?

To find out if you or a loved one may be eligible, use our free, confidential screening tool.

Visit www.aarp.org/SNAP

1. Click on your state
2. Click on the link "Find out if you are eligible"

Did You Know?

- Many working people use SNAP to help make ends meet.
- No one will know you use SNAP benefits, because they come on a discreet debit-like card.

OR

You Shouldn't Have to Choose

SNAP can help put healthy food on the table.

AARP Foundation®

AARP Foundation believes that no one should have to make the **impossible decision whether to pay for medication or food.** SNAP can help.

What Is SNAP?

The Supplemental Nutrition Assistance Program is the U.S. Department of Agriculture's (USDA) program **created to improve nutrition and health.**

Nationally, the program is called SNAP. Your state may call it something different, but it works the same way in all states.

For those who are eligible, SNAP provides **monthly benefits to buy healthy food.**

Supplemental
Nutrition
Assistance
Program

SNAP

Putting Healthy Food Within Reach

To find healthy recipes you can make on a tight budget, visit **www.fns.usda.gov.**

How Does SNAP Work?

Each state has its own application process. Eligibility is based on income and expenses.

If you qualify, **you'll receive a secure EBT (Electronic Benefit Transfer) card that works like a debit card.** Your benefits will be loaded onto the EBT card each month.

You can then use your card at most grocery stores and many farmers' markets.

The monthly amount of SNAP benefits that you will receive depends on your household size, income and certain expenses. Even if you only qualify for the minimum monthly benefit of $16, **it still adds up to $192 a year.***

*As of Nov. 1, 2014.

Not applying for SNAP is like throwing out a BIG coupon worth at least $16 each month. **That's at least $192 a year!**

SNAP is a benefit much like Social Security. It helps you save your money on groceries and stretches your budget to free up money for bills, medications and other necessities.