

GROCERIES EVERY MONTH WITH SNAP

SEE IF YOU ARE ELIGIBLE.



WHAT IS SNAP?

- Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps.
- SNAP is designed to help individuals and families stretch limited budgets when money is tight.
- The SNAP EBT card looks just like a debit card, and can be used at most stores and markets.

HOW DOES SNAP HELP SENIORS?

- The monthly minimum is \$15 (\$180 a year), but most people are eligible for more.
- Benefits roll over each month. This allows you to spend more during the holidays or when you need it most.
- Would you cut out \$15 coupon each month? Think of SNAP as a coupon.
- Many prescriptions say to take with food. SNAP helps save money for medications and food.



Mid-Ohio Foodbank

For more information, contact us at:

phone: 740.573.1527

email: mbardus@midohiofoodbank.org