

**Are You 60 or Older?
These Facts May Help You
Get the GOOD FOOD you need to
STAY HEALTHY!**

- 1) You will get food stamp benefits if you are eligible; there are no waiting lists for this nutrition assistance.
- 2) You can receive both home-delivered meals and food stamps.
- 3) Recent statistics show that in upstate New York, seniors who live alone and receive food stamps get, on the average, a monthly food stamp benefit of **\$76**.
- 4) Upstate seniors living in a two-person household who get food stamps receive, on average, a benefit of **\$104** in food stamps each month.
- 5) You may have up to **\$3,000** in resources (*for example*, bank accounts, individual retirement accounts, certificates of deposit, and burial funds) and still be eligible for food stamps.



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6) Deducting your medical and prescription drug expenses greater than **\$35** a month from your income may increase your food stamp benefit.

7) If you cannot travel to the food stamp office, you may request a telephone interview. Or, you may ask a relative or friend to attend the in-office interview on your behalf as an authorized representative.

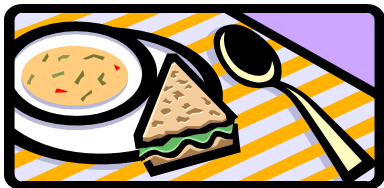
8) You can own a home and still receive food stamps. You will not have to sign a lien.

9) Once you receive food stamp benefits, you may only have to re-apply every two years if all adults in in your household are seniors or disabled.

Note: The Food Stamp Program considers anyone age 60 or older to be a senior.

For a quick and friendly way to find out if you may be eligible, call

This is an equal opportunity provider. Funding provided by NYS-DOH, NYSOTDA and USDA/FNS.



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- 3) Recent statistics show that in New York City, seniors who live alone and receive food stamps get, on the average, a monthly food stamp benefit of **\$117**.
- 4) NYC seniors living in a two-person household who get food stamps receive, on average, a benefit of **\$177** in food stamps each month.
- 5) You may have up to **\$3,000** in resources (*for example*, bank accounts, individual retirement accounts, certificates of deposit, and burial funds) and still be eligible for food stamps.



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