

Good nutrition is key to a healthy, long life & **SNAP** is here to help!



The Supplemental Nutrition Assistance Program (SNAP) helps you put what is needed on your table.

If you meet income guidelines, you'll get money every month to use to buy food. You may qualify even if you have money in the bank or own your home. You will get it on an EBT card that works like a debit card.

How much could I get?

That depends on things such as your household size, income and expenses. You may get a higher benefit if you:

- Have heating or cooling expenses or receive heating assistance
- Have medical expenses over \$35 a month if you are 60 or older or have a disability

The average monthly benefit for an older adult living alone is about \$153

Have Questions?

Call **1-855-MY-RIDHS** or visit
www.dhs.ri.gov

Want Help Applying?

Call **the Point**, RI's Healthy Aging
Help Desk, at **401-462-4444**

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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