All About Nutrition Assistance Programs

SEPT 2022 NEWSLETTER BY LUCILLE TANG, RDN

For Sept's Newsletter, we will provide an overview of SFMNP and SNAP, two programs that can help seniors purchase foods. Have more questions? Call OFA at 243-7520!

What is "SFMNP"?

SFMNP stands for the Senior Farmers Market Nutrition Program.

Qualifying seniors receive five, $5 vouchers to use at participating farmers markets. Vouchers expire Nov 30th, 2022!

Struggling to make ends meet? Call for help today!

Who Qualifies for SFMNP?

Seniors, over the age of 60, whose monthly income is at or below:
One-Person Household - $2096
Two-Person Household - $2823
Three-Person Household - $3551

What can I buy?

Fresh, local produce like:
- Fruits
- Vegetables
- Herbs

How do I apply?

Call NY Connects at 1-888-443-7520.
Last day of distribution is Sept 30th, 2022!
Supply is limited - so call and find out if any remain!

Turn to back for info on SNAP!

Information on both sides were sourced from HungerSolutionsNY.org, FeedingFlordia.org, and the Program Instructions for 2022 FMNP.

What is "SNAP"?

SNAP stands for the Supplemental Nutrition Assistance Program.

SNAP provides funds to help seniors afford nutritious foods.

SNAP was formerly known as "Food Stamps."

What can I buy with SNAP?

Bread and Baked Goods

Jam

Dairy

Seeds

Meat/Fish/Poultry

Nuts

Vegetable Starts

Coffee Beans Loose and Bagged Teas

Produce

Honey

You shouldn't have to choose between food & medication.

Special Rules to Help Seniors

Seniors, over the age of 60, may be able to:

- Qualify for SNAP even with income and savings.
- Deduct medical costs
- Have less paperwork
- Use a shorter application
- Keep benefits longer

Three Ways to Apply!

1 Online at myBenefits.NY.gov

2 In person at your local Dept of Social Services
1 Murray Hill Drive
Mt Morris NY 14510
Mon thru Fri, 8am - 4pm

3 With help from the Nutrition Outreach and Education Program (NOEP) Coordinator

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