



With the rising cost of food, we wanted to make sure every family knew about SNAP and how to apply! The income guidelines may surprise you!

SNAP provides monthly benefits to buy food at grocery stores and farmers' markets. SNAP helps families stretch their food budget, so kids get the nutrition they need to learn and grow. With SNAP, your family can buy more food at the grocery

Visit SNAPHelpNY.org to see if you may be eligible! Answer just a few questions. In less than five minutes, you can see if you may be eligible and learn how to apply for SNAP. We can even help you complete and submit your application. It is free and confidential. You can apply for SNAP online at myBenefits.ny.gov.

[Scan QR Code for potential eligibility](#)

