SNAP helps families buy food.



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 store
- Your school gets more funding that benefits students

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 to see if you may be eligible for SNAP!

HUNGER SOLUTIONS NEW YORK
UNITING POLICIES AND PROGRAMS TO END HUNGER

HungerSolutionsNY.org

7/2025. This material was funded, in part, by the USDA's Supplemental Nutrition Assistance Program – SNAP. Funded by Mother Cabrini Health Foundation and New York Health Foundation.

This institution is an equal opportunity provider.