What is SNAP?
The Supplemental Nutrition Assistance Program (SNAP), formerly the Food Stamp Program, helps:

- Low-income people buy the food they need to be healthy;
- Support local grocers and strengthen the local economy;
- Foster healthy and stable communities;
- Offer food benefits through a debit card.

To apply online visit:
https://apps.state.or.us/connect
www.snap.oregon.gov
Or call 2-1-1

EATING RIGHT WHEN MONEY'S TIGHT
A Guide for Seniors and People with Disabilities
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

You can get this document in other languages, large print, braille or a format you prefer. Call 503-378-3486, or email SNAP.policy@state.or.us. We accept all relay calls or you can dial 711.

USDA is an equal opportunity provider and employer.
### Am I eligible?

**You may be able to get food benefits if your income is less than:**

<table>
<thead>
<tr>
<th>Household size</th>
<th>Monthly income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,926</td>
</tr>
<tr>
<td>2</td>
<td>$2,607</td>
</tr>
<tr>
<td>3</td>
<td>$3,288</td>
</tr>
<tr>
<td>4</td>
<td>$3,970</td>
</tr>
<tr>
<td>5</td>
<td>$4,651</td>
</tr>
<tr>
<td>6</td>
<td>$5,333</td>
</tr>
</tbody>
</table>

Add $681 for each additional person.

Income guidelines updated annually.

Assets such as a house or a car won’t be counted for most people.

### Facts about SNAP benefits

- You may qualify even if you live with other people.
- You can get food benefits even if you get Social Security or retirement benefits.
- Benefits can be saved on your food benefit card for up to 12 months.
- There are enough food benefits for everyone who needs them.
- Some seniors (age 60 and over) can receive farmers’ market vouchers.
- Receiving SNAP makes you eligible for other benefits (such as the Oregon Telephone Assistance Program).
- Receiving SNAP brings your federal tax dollars back to Oregon.

### How do I use food benefits?

In Oregon, people get their monthly food benefits on a benefit card. You can use it just like a bank debit card at your grocery store check-out. Your card will come with instructions on how to use it.

### For your SNAP interview, you will need to bring:

- Identification (such as a driver’s license);
- Social Security numbers for everyone for whom you are applying;
- Proof of your income;
- Proof of your out-of-pocket medical costs.

For more information, please call 2-1-1 or visit the website at 211info.org.

### How do I apply?

If you have a disability or are at least 60 years old, you may:

- Apply at your local social services office.
- Ask for a home visit or a telephone interview.