

Are You Having Trouble Feeding Your Family? SNAP Can Help You Buy Nutritious Food



New York makes it easy to apply for SNAP:

- You can apply online at myBenefits.ny.gov
- You can apply by mail, fax, or in person at your local Department of Social Services or New York City Human Resource Administration Center – call **800-342-3009** for the office nearest you
- Your application interview can be done by phone
- You do not have to take time off from work to apply for SNAP benefits
- You may be eligible even if you own a house and/or a car, have money in the bank, or live with others



Four Common SNAP Myths

Myth: "You cannot get SNAP benefits if you have a job."

Truth: You may work and still qualify for SNAP benefits.

Myth: "SNAP is a welfare program."

Truth: Most SNAP recipients are seniors, children, or working people. SNAP is a nutrition program that helps people buy healthy food when money is tight.

Myth: "Other people need SNAP benefits more than I do."

Truth: By receiving SNAP benefits, you are not taking benefits away from another person. Everyone who applies and is determined to be eligible will get SNAP benefits.

Myth: "Getting SNAP benefits will hurt my chances of becoming a naturalized U.S. citizen."

Truth: No! SNAP benefits do not affect your citizenship application or U.S. Citizenship and Immigration Services (USCIS) decisions on your immigration status.

myBenefits.ny.gov
"it's easier"



Your Family May Be Eligible for SNAP



New York State makes it easier for you to get SNAP Benefits.

The only way to know if you qualify is to apply.

myBenefits.ny.gov provides information on:

- SNAP
- Temporary Assistance
- Special Tax Credits
- Home Energy Assistance
- Weatherization Assistance
- Various Health Insurance Programs and
- Many other programs

SNAP provides free nutrition classes through Eat Smart New York.

Visit otda.ny.gov/programs/nutrition to learn how you can:

- Buy more nutritious food with less money
- Prepare quick, easy, and healthy meals
- Cook and prepare food safely
- Exercise more and have fun!

myBenefits.ny.gov

Check your eligibility for a range of benefits and apply for SNAP at

For More Information
800-342-3009

This institution is an equal opportunity provider.



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Office of Temporary and Disability Assistance

otda.ny.gov

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Nutritional Support for Your Family



SNAP Supplemental Nutrition Assistance Program

A Program of the Office of Temporary and Disability Assistance