

SNAP AKA – Food Stamps, Food Card

Supplemental Nutrition Assistance Program

Good News For Seniors - Help is

Available to Beat the High Cost of Food

If you are a low-income senior (age 60 or over), you may now qualify for food assistance through the Food Stamp Program, even if you own a home or a car, or have savings.

Thanks to new changes to the Food Stamp Program, assets are no longer considered for seniors whose income falls within certain income guidelines. Seniors whose incomes fall above the guidelines may still be eligible, but their assets will be counted. Income alone cannot determine eligibility. It is important that you keep track of expenses so that you can maximize your benefits. For example, medical expenses (health insurance & prescriptions) per month, real estate taxes & homeowners insurance, heat expenses, light & phone bills, documenting these expenses may increase your food stamp benefits.

Once you are approved for a food card, you generally will not have to go through this process again for two years. Call for an appointment today!

The Anne Scully Senior Center appreciates Ann Walsh from Wellspring for helping our seniors apply. She is at the center - the first Tuesday of the month 10:00-NOON, Call FOR APPOINTMENT or information 781-925-1239 or for an emergency call Wellspring at 781-925-3211

If you weren't eligible in the past, you may be eligible now, some guidelines have changed.