



SNAP FOR SENIORS

What is the Supplemental Nutrition Assistance Program (SNAP)?

SNAP helps eligible people supplement their food budgets. If you qualify, you will receive an Electronic Benefit Transfer (EBT) card, which is like a debit card, that will be loaded with your monthly allotment to buy food at authorized SNAP retailers such as participating grocery and convenience stores.

Just like Medicare and Medicaid there's enough SNAP for everyone that is eligible for the program and SNAP rules make it easier to qualify if you are an older adult (60 years old or older) or defined as disabled by federal guidelines.

Can SNAP benefits be used to purchase groceries online?

Yes, SNAP benefits can be redeemed online for groceries at certain retailers, including Amazon, Walmart, and Aldi/Instacart. Learn more about Arizona's SNAP Online Program: <https://bit.ly/SNAPonlineAZ>

What are the financial requirements to qualify for SNAP benefits?

Your household resources and income must be below certain limits. However, certain resources (for example, owning a vehicle) are NOT counted when determining SNAP eligibility and deductions for certain expenses (for example, medical care) can apply to ensure you get the most SNAP benefit possible.

What are the SNAP work requirements?

Households that consist entirely of older adults or disabled members are not subject to work requirements.

Will this impact my ability to use other benefits I need, like unemployment insurance?

No, with the exception of the Food Distribution Program on Indian Reservations (FDPIR) which cannot be in combination with SNAP benefits

How much will I receive if I qualify?

One person households may be eligible for up to \$234 a month in SNAP benefits. Applicants can use the Arizona Self-Help online tool to estimate eligibility and what your monthly benefit might be: www.arizonaselfhelp.org.

How do I apply for SNAP?

- Complete an online or paper application, filling out as much as you can.
- Submit the application to the Arizona Department of Economic Security (DES) online, by fax or in person.
- Complete an interview in person or by phone and be prepared to share copies of verification documents like pay stubs, rent or mortgage payments.

Where can I get started or learn more?

- Apply Online: www.healtharizonaplus.gov
- DES Website: <http://des.az.gov/>
- DES Phone: 855-432-7587
- DES Office Locator: <https://bit.ly/FindDESOoffice>
- Find an Assistor: <https://bit.ly/FindSNAPHelp>



www.azfoodbanks.org