



# Programs to Help Pay for Food

## Supplemental Nutrition Assistance Program (SNAP)

SNAP helps you buy the food you need for good health. You receive a special debit card (called Electronic Benefits Transfer, or EBT). SNAP puts benefits on the card once a month that you can use at certain grocery stores, senior centers, and even some meal delivery services, such as Meals on Wheels.

- **Call:** 1-800-221-5689
- **Visit:** [www.ncoa.org/SNAP](http://www.ncoa.org/SNAP)

## Senior Farmers' Market Nutrition Program

This program provides coupons to buy fresh fruits, vegetables, honey, and herbs. You can use the coupons at farmers' markets, roadside stands, and community programs that grow fruits and vegetables.

- **Call:** 1-866-348-6479
- **Visit:** <http://www.fns.usda.gov/sites/default/files/SeniorFarmersMarketcontacts.pdf>

## Emergency Food Assistance Program

This program helps you get basic foods, such as fruits, vegetables, cheese, pasta, soups, and beans that are necessary for adequate nutrition. You go to a local agency to receive the food or a free meal.

- **Call:** 1-866-348-6479
- **Visit:** [www.fns.usda.gov/fdd/programs/tefap](http://www.fns.usda.gov/fdd/programs/tefap)

## Next Steps to Better Nutrition

*Part 1: Stretching Your Budget to Pay for Healthy Food*



### Commodity Supplemental Food Program

This program provides a monthly food package that you may take home. Assistance is only available in certain states.

- **Call:** 1-866-348-6479
- **Visit:** [www.fns.usda.gov/fdd/contacts/sdacontacts.htm](http://www.fns.usda.gov/fdd/contacts/sdacontacts.htm)

### USDA Recipe Finder

The USDA Recipe Finder can help you create healthy menus from some of the new foods we will talk about in the next few weeks and months.

- **Visit:** <http://recipefinder.nal.usda.gov>

### BenefitsCheckUp®

BenefitsCheckUp® is a free online service from NCOA. It's one of the most comprehensive websites where you can get information on benefits programs to help pay for food, medicine, housing, utilities, and more. You answer some simple, confidential questions and then receive a personal report showing what programs might be available. For some programs, you can even apply online.

- **Visit:** [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org)