



UNIVERSITY OF  
**SOUTH CAROLINA**  
Arnold School of Public Health  
Center for Research in Nutrition & Health Disparities



## SNAP SIGN-UP for Seniors Hunger Relief Plan - Palm Beach County

**SNAP can help you pay for healthy food. Apply TODAY!**



If you qualify, the Supplemental Nutrition Assistance Program (SNAP) **can help you buy nutritious foods** such as breads, cereals, fruits, vegetables, meats and dairy.

**Benefits average \$122 a month per client** in Florida (The average benefit for individuals over age 60 living in Palm Beach County is \$113 a month).

**SNAP can help you stretch your food dollars** and prevent you from having to choose between buying medicine or buying food. It's free to apply and you can get one-on-one help filling out the application either online or by hand.

**There is no limit on the number of people who can participate.** Your participation wouldn't "take away" assistance from someone else.

### WHERE TO START:

Call the Helpline at **1-866-684-5885**, visit [www.YourADRC.org](http://www.YourADRC.org) OR Call 211

Apply online at: [www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida)

All information is kept CONFIDENTIAL.