



## HERE FOR YOU

*so you can be there for them.*

SNAP, short for the Supplemental Nutrition Assistance Program, helps eligible individuals and families in Pennsylvania to increase purchasing power at the grocery store, giving them access to more nutritious foods.

Benefits are provided monthly through an Electronic Benefit Transfer card, which recipients use to purchase foods at their local grocery stores and farmers markets.

These benefits are not cash, and can only be used on food purchases.



**pennsylvania**  
DEPARTMENT OF HUMAN SERVICES

## Apply for help

**It's easier than ever before to apply for help!**

### **SIMPLIFIED APPLICATION**

**There is a two-page application for Pennsylvanians 60 or older and/or with disabilities with no earned income.**

**Go to [compass.state.pa.us](https://compass.state.pa.us) to apply, or visit your county assistance office.**

### **APPLY ONLINE**

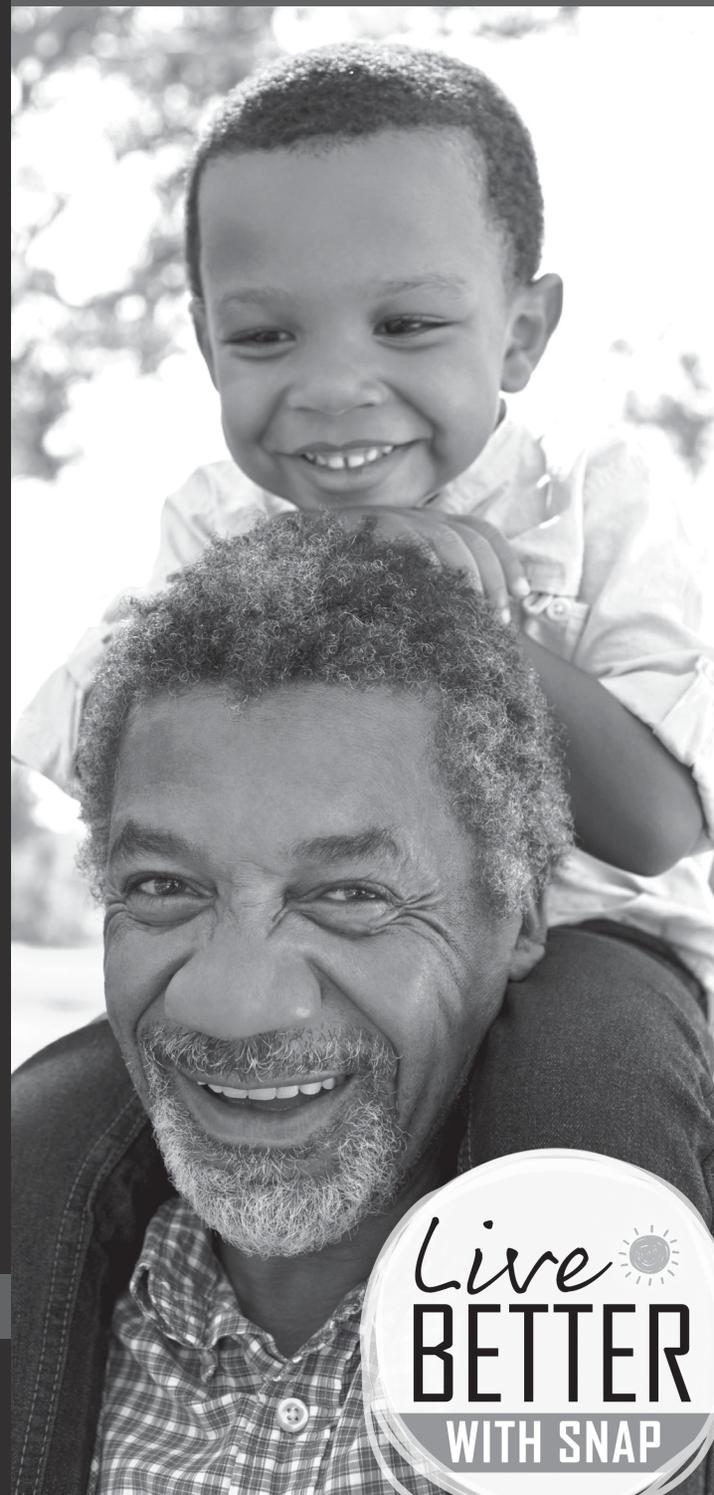
**Access the full application and apply for other benefits — such as winter home-heating assistance, Medicaid, and more — at [compass.state.pa.us](https://compass.state.pa.us).**

**DHS.PA.GOV**

**877-395-8930**

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## **NUTRITION FOR OLDER ADULTS**





## Why get help?

Older adults who are food insecure have:

- Diets that are less nutritious
- Worse health outcomes
- Higher risk for depression

In contrast, seniors enrolled in **SNAP** are healthier, hospitalized less, and are less likely to go to a nursing home. Enroll today, then spend more time with the people who matter to you most.

**DHS.PA.GOV**



This institution is  
an equal opportunity provider.



## Ready to apply?

*Here is what to have on hand:*

- Dates of birth for all members of your household
- Social Security numbers
- Household income information
- Household expense information
  - Housing costs (such as rent or mortgage)
  - Medical expenses



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**QUESTIONS?**  
**877-395-8930**