

# Senior Resources Navigation Notes...



## Supplemental Nutrition Assistance Program (SNAP) for Seniors

The SNAP program provides funds to persons of low income for the purchase of foods each month. The money is provided via Electronic Benefits Transfer (EBT) with a card (like a credit card) that can be used at grocery stores, farmers markets and other locations where eligible foods are supplied. It is meant to help with food costs but it will not meet your entire food budget. The minimum benefit is currently \$15 per month, with a maximum of about \$200 for larger households. That is like saving \$15 worth in coupons each and every month!

### Who can get SNAP?

Eligibility for SNAP is based on income. Only persons legally living in or citizens of the USA can receive benefits. Application is made to the state in which you live. The gross income limit does not apply to households with at least one person that is **60** years of age or older, or receives disability income. However, all households **are** subject to a monthly **net** income limit. The net income limit is equal to the current Federal Poverty Level and is the amount left over after certain deductions are allowed. It can make a big difference in your benefit amount to take the time to document the amounts for the allowed deductions. While you are applying, you can also be screened for other qualifying programs. The following deductions are allowed for SNAP: a 20-percent deduction from earned income; a standard deduction of \$160 for household sizes of 1 to 3 people and \$170 for a household size of 4; a dependent care deduction when needed for work, training, or education; medical expenses for elderly or disabled members that are more than \$35 for the month if they are not paid by insurance or someone else; excess shelter costs that are more than half of the household's income after other deductions (these include: fuel to heat and cook with, electricity, water, basic fee for one telephone, rent or mortgage payments and interest, taxes on the home). *For a household with an elderly or disabled member **all** shelter costs over half of the household's income may be deducted (otherwise the maximum deduction is \$535).*

### What can you buy?

Foods for the household to eat, such as: breads and cereals; fruits and vegetables; meats, fish and poultry; and dairy products. Seeds and plants which produce food for the household to eat. Although there is some contention about "junk food" and "luxury" items allowed to qualify as "Foods for the household to eat"; soft drinks, candy, cookies, snack crackers, seafood, steak, bakery cakes and ice cream are food items and are therefore eligible items. Live seafood such as lobsters, fish and shellfish may be purchased with SNAP benefits. Energy drinks that have a nutrition facts label are eligible foods. These less nutritious or luxury foods are not a good way to stretch your food dollar budget because you will get less food at higher costs.

**SNAP cannot purchase: beer, wine, liquor, cigarettes or tobacco; any nonfood items, such as pet foods, soaps, paper products, household supplies, vitamins and medicines, food that will be eaten in the store (pizza, salad bar, pre-made sandwich), hot foods. All items are "read" by their bar code so that it is not up for individual decision at the register.**

So, depending on special prices, brands and where you shop, \$15 could buy a gallon of milk, a canister of oatmeal, a bunch of bananas, peanut butter and ground beef. OR it could buy 5 bags of frozen vegetables, potatoes and a large package of chicken. This is a great way to purchase the healthy staple foods that you like!



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More detailed information and applications can be found at <http://portal.ct.gov/dss/SNAP/Supplemental-Nutrition-Assistance-Program—SNAP>. You can work with Senior Resources' Benefits Enrollment Center specialists by appointment in many locations or our office, call 800-690-6998.



Did you know that seniors who qualify for SNAP, also qualify for the Senior Farmer's Market Program each summer? Vouchers available July - September.

Healthy Eating in a SNAP: Recipes, Healthy Eating tips, Nutritionists and Farmer's Market information are available 24/7 at [snap4ct.org](http://snap4ct.org). Contact [snap4ct@uchc.edu](mailto:snap4ct@uchc.edu) by email.

Sample SNAP4CT Recipe:

## Baked Meatballs

Meatballs are very easy to make. Baking meatballs is a healthier alternative to frying. Try these meatballs with one of our meatless pasta recipes for some additional protein.

**Makes: 8 Servings**

### Ingredients:

- 1lb 90-95% lean ground beef or ground turkey
- 1 egg
- 1/2 cup rolled oats
- 1/2 cup milk, 1% or skim
- 1/4 tsp pepper
- 1/2 tsp dried parsley
- 1 tsp onion powder

### Instructions:

1. Preheat oven to 425°F. Spray a baking sheet with cooking spray.
2. Mix all ingredients in a large bowl.
3. Using your hands, shape the mixture into 24 meatballs. Arrange meatballs on baking sheet so that they are at least 1/2 an inch apart. You may need to use two baking sheets or bake these meatballs in two batches.
4. Bake for 12-15 minutes. It is best to use a food thermometer to check for doneness (it should read 160°F for ground beef and 165°F for ground turkey).

*Notes: Instead of using the spices listed above, try using 2 tsp of homemade Italian seasoning! These spice blends are super easy to make and can be used in many different recipes!*

Source: <https://whatscooking.fns.usda.gov/recipes/supplemental->



### **Nutrition Information**

Serving Size: 3 Meatballs

Calories: 130  
Total Fat: 6g  
Saturated Fat: 2g  
Protein: 13g  
Sodium: 97mg  
Carbohydrates: 6g  
Added Sugar: 0g  
Fiber: 0g

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