

SNAP Helps Families Buy Food

Schools work hard year-round to connect students with the nutrition they need—despite these efforts, some families are still struggling. School meals and SNAP work together to nourish children.

With SNAP you will have more to spend at the grocery store and farmer's markets, your kids will automatically qualify as Free-eligible for Breakfast and Lunch meals. Qualifying for SNAP also streamlines access to other nutrition assistance programs, like Summer EBT and WIC.

You can get help applying for SNAP. It's free and confidential. Learn more: [FoodHelpNY.org](https://www.foodhelpny.org) If you are interested in seeing if you may be eligible before applying, a tool is available [here](#).

- Online applications are available: www.mybenefits.ny.gov/mybenefits/begin .
- The Nutrition Outreach and Education Program (NOEP) offers one-on-one help applying for SNAP. They can tell if you may be eligible, help you gather documents you need, and help you with your SNAP application. You'll also get information on other programs that may help stretch your food budget. The service is free and confidential. Please visit: www.hungersolutionsny.org/find-food-help/snap/ .