

## INFORMATION on SNAP BENEFITS



### Sign up for Benefits now!

The Supplemental Nutrition Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more about SNAP Benefits and other assistance program you may be eligible for visit: [mybenefits.ny.gov](http://mybenefits.ny.gov)

If you need help applying for SNAP, call or email a Nutrition Outreach and Education Program (NOEP) Coordinator. NOEP Coordinators tell you if you may be eligible for SNAP, answer any questions you may have, and help you complete and submit your application. It is free and confidential.

**St. Lawrence-** Maximizing Independent Living Center- **315-764-9442 x405**

**Jefferson-** Outreach Coordinator of Food Bank of NNY. -**315-437-1899 x279**

**Clinton -**Legal Aid Society of Northeastern New York, Inc.- **518-563-4022 x112**

**Franklin-** Maximizing Independent Living Center -**518-483-2151**