

5 Myths & Facts about Food Stamps for the Elderly

1. **MYTH: Food stamps are welfare.**
FACT: The Food Stamp Program is a nutrition assistance program, now called SNAP (Supplemental Nutrition Assistance Program), to help low income people buy nutritious food.
2. **MYTH: Elderly people only receive a few dollars a month in food stamps.**
FACT: \$16 is the smallest amount of food stamps you can get and the average for the elderly is much higher.
3. **MYTH: Elderly people cannot own a home and if they do, it will be taken away.**
FACT: Anyone can own or buy a home and still get food stamps. The Food Stamp Program does not require anyone to give up their home or any assets.
4. **MYTH: Elderly people must go to the food stamp office to apply for assistance.**
FACT: It is not necessary to go to an office. There are many local organizations that help people apply online. To find a partner near you, please call "2-1-1".
5. **MYTH: Elderly people do not get a credit for medical bills.**
FACT: Medical bills may be deducted unless an insurance company pays them.



5 Myths and Facts about Food Stamps & Immigrants

1. **MYTH: You have to be a U.S. citizen to get food stamps.**
FACT: Some legal immigrants can get food stamps. If you are a legal immigrant, you may qualify.
2. **MYTH: If you don't have legal status, you can't get food stamps.**
FACT: Undocumented people can't get food stamps but citizens and some legal immigrants, who live with them, can get food stamps, including children.
3. **MYTH: Children of undocumented immigrants can't get food stamps.**
FACT: Children of undocumented immigrants may get food stamps if they are citizens or legal permanent residents.
4. **MYTH: Undocumented people who apply for Food Stamps, or live with people who get Food Stamps are reported to United States Citizenship & Immigration Services (USCIS).**
FACT: Food Stamp information is confidential but the food stamp office checks immigration documents received with USCIS. If you are not documented, you won't be asked for immigration documents. Other members of the household can still apply and may be eligible.
5. **MYTH: You can't get food stamps even if you have a green card and work.**
FACT: Many legal immigrants are eligible. Generally, if you have been in the U.S. legally for 5 years or are a child under 18, get a disability-related benefit, or have enough work history in the U.S, you may be able to get food stamps.

Be sure to ask more about food stamp services for special people such as refugees homeless, SSI and more through 2-1-1.