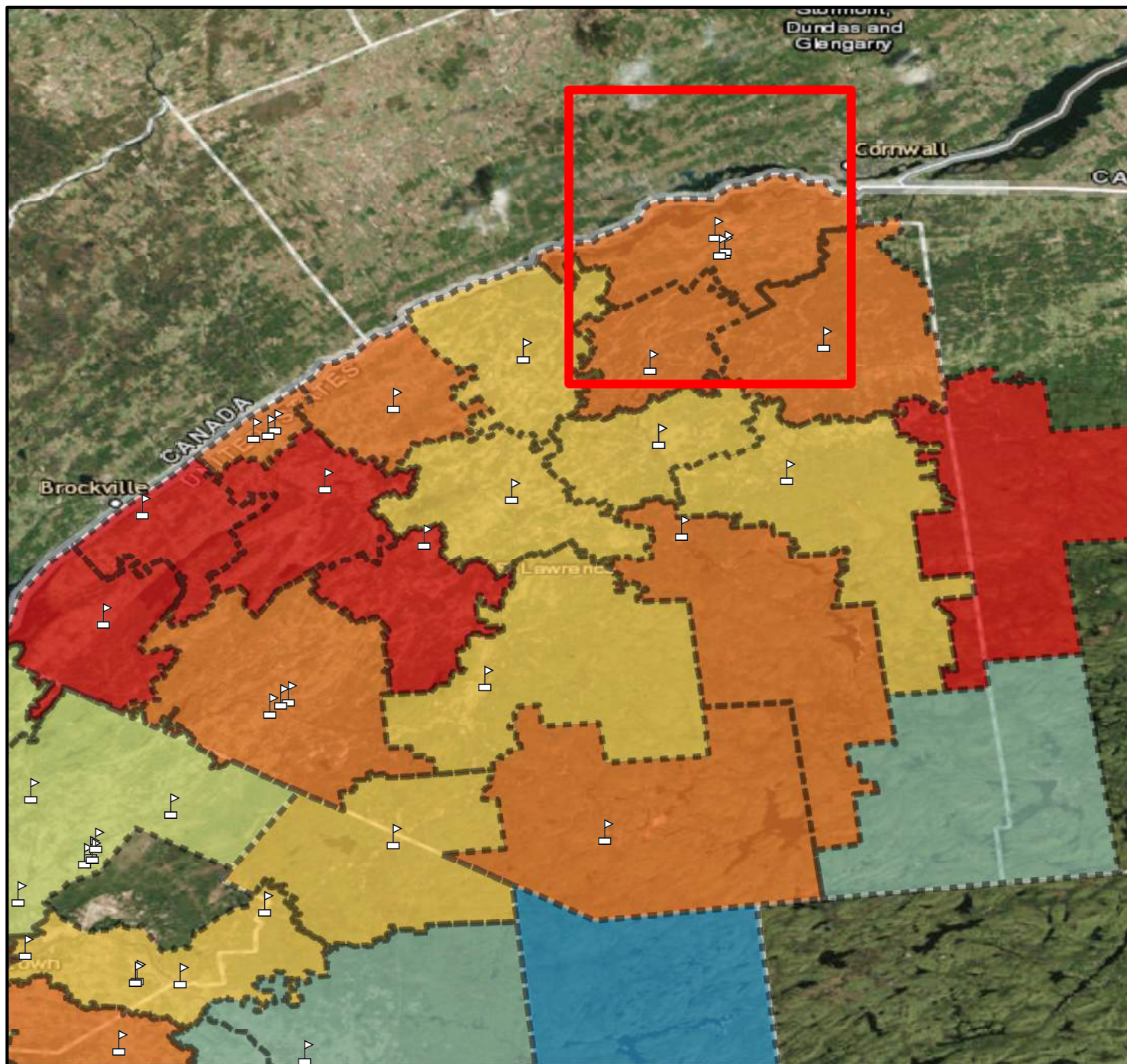


# St. Lawrence County Child Poverty, Massena Central School District



## Legend

Under 18, Percent Below Poverty Line

0.00 - 9.43

9.44 - 14.29

14.30 - 19.79

19.80 - 26.73

26.74 - 34.95

34.96 - 49.98

Schools

School District Boundaries

## Massena Central School District

Population - 17015

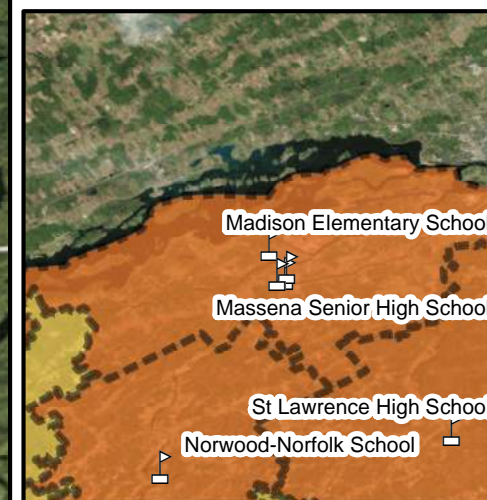
Population Below Poverty Line - 3274

Percent of Population Below Poverty Line - 19.2%

Population Under 18 - 3483

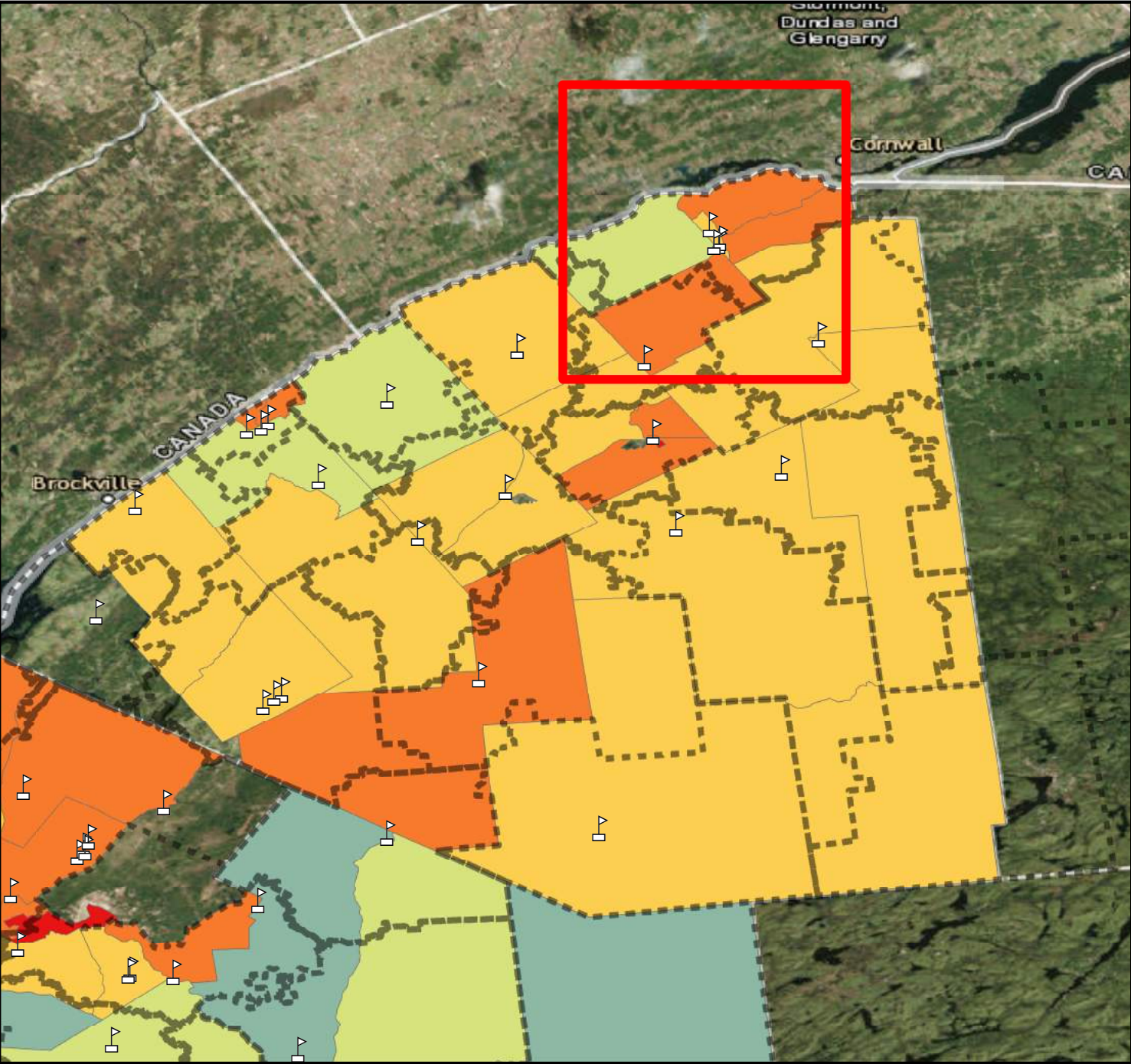
Under 18, Below Poverty Line - 996

Under 18, Percent Below Poverty Line - 28.6%





St. Lawrence County Food Insecurity, Massena Central School District



Legend

Food Insecurity Rates

- 3.60 - 8.30
- 8.31 - 10.90
- 10.91 - 13.10
- 13.11 - 15.60
- 15.61 - 23.60
- 23.61 - 53.00

Schools

School District Boundaries

Massena Central School District

Population - 17015

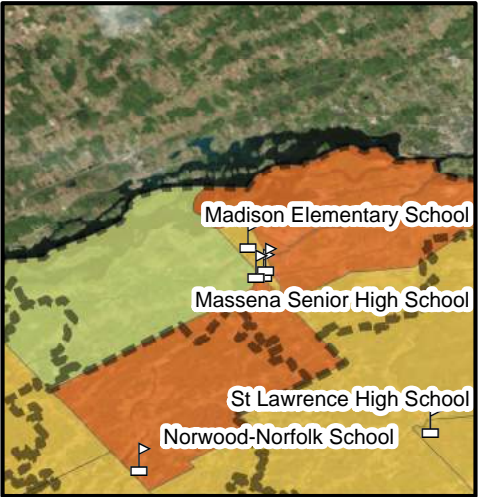
Population Below Poverty Line - 3274

Percent of Population Below Poverty Line - 19 . 2%

Population Under 18 - 3483

Under 18, Below Poverty Line - 996

Under 18, Percent Below Poverty Line - 28 . 6%



# SNAP

## (Supplemental Nutrition Assistance Program)

SNAP can help you eat healthy! The Supplemental Nutrition Assistance Program (formerly "Food Stamps") is a federal aid program that provides assistance with grocery expenses for people below certain income guidelines (shown below). Eligible applicants receive an EBT card (like a debit card) that is refilled monthly and can be used like cash at most grocery stores. The amount on the card each month depends on the applicant's household size, income, assets, and other factors.

Income Guidelines (households with no elderly or disabled members)		
Family Size	Monthly Gross Income	Annual Gross Income
1	\$1,276	\$15,312
2	\$1,726	\$20,712
3	\$2,177	\$26,124
4	\$2,628	\$31,536
Each additional person	\$451 +	\$5,412 +

Income Guidelines (households with an elderly or disabled member and households with dependent care expenses)		
Family Size	Monthly Gross Income	Annual Gross Income
1	\$1,962	\$23,544
2	\$2,655	\$31,860
3	\$3,348	\$40,176
4	\$4,042	\$48,504
Each additional person	\$693 +	\$8,316 +

**The only way to know if you're eligible is to apply!**

**Contact your NOEP to check your eligibility for SNAP, or apply online at <https://mybenefits.ny.gov/>**

North County Prenatal/Perinatal Council, Inc.  
 200 Washington Street, Suite 300 Watertown NY 13601  
 Jennifer McAvoy  
 315-836-6480  
[slcnoep@ncppc.org](mailto:slcnoep@ncppc.org)

# SNAP to Market: Utilize Your SNAP Benefits at a Farmers Market Near You!

Get the most out of your SNAP benefits and support your farming community by using SNAP at a local farmers market!

Many farmers markets across New York state accept SNAP dollars, and some even offer benefits, such as doubling every dollar spent using SNAP at the market, allowing you to get even more out of every dollar.

## Farmers Markets in St. Lawrence County that Accept SNAP

### **Gouverneur Farmers Market**

Village Green, Church St.

Gouverneur, NY 13642

Hours: Thursday 9am-2pm June to Oct.

### **DeKalb Farmers Market**

4420 US 11, DeKalb, NY

Hours: Wednesday 1pm-6pm Late May to Mid Oct.

### **Canton Farmers Market**

Village Green, Main & Park Sts

Canton, NY 13617

Hours: Tuesday & Friday 9am-2pm May to Oct.

### **Martin's Farmstand**

11 Needham Rd.

Potsdam, NY 13676

Hours: Roadside Stand: Monday-Saturday 10am-6pm,

May to Nov. Online Market orders taken Mon.-Wed.

Year Round

### **Potsdam Winter Market**

Cheel Arena Lobby, Clarkson University

Potsdam, NY 13676

Hours: Saturday 8:30am-Noon Nov. to April

### **Potsdam Farmers Market**

Ives Park, 1 Main St.

Municipal parking lot

Potsdam, NY 13676

Hours: Saturday 9am-2pm May to Oct.

### **Whitten Farm Mobile Market**

Mayfield Senior Apts, May Rd.

Potsdam, NY 13676

Hours: Monday: 10am-11pm

### **Hammond Farmers and Artisans Market**

Hammond Museum, 1A North Main St.

Hammond, NY 13646

Hours: Wednesday 3:30-7pm July to Sept.

### **Norwood Farmers Market**

Park Square on Main St.

Norwood, NY 13668

Hours: Monday 10am-5pm July to Oct.

### **Massena Farmers Market**

Triple A Building Supply Parking Lot, 3 Malby Ave

Massena, NY 13662

Hours: Thursday 10am-5pm July to Oct.

Check for updates and for markets that accept SNAP in other counties at [snaptomarket.com](http://snaptomarket.com)

# Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) is a grant program in place to assist low-income households in paying for energy costs over the winter. Eligible applicants receive credit towards their energy bill based on their monthly income and source of heating. Applications for HEAP generally open in mid-November and remain open until funds are exhausted. If you are facing a heating emergency, such as a heating shut off or less than a ten day supply of fuel, contact your county about receiving an emergency HEAP benefit.

**The best way to know if you're eligible is to contact your local department of social services to apply!**

**Apply for HEAP online at <https://mybenefits.ny.gov/> OR contact your local department of social services:**

## **St. Lawrence County Department of Social Services**

6 Judson Street  
Canton, New York 13617  
(315) 379-2303

### **Alternate Certifier**

St. Lawrence County CDP (Gouverneur Neighborhood Center)  
1 Commerce Lane  
Canton, New York 13617  
(315) 287-3370

### **After Hours Emergency Contact**

St. Lawrence County Sheriff's Department  
(315) 379-2222

## **2015-16 Gross Monthly Income Guidelines**

Household Size	Maximum Gross Monthly Income
1	\$2244
2	\$2935
3	\$3625
4	\$4316
5	\$5006
6	\$5697
7	\$5826
8	\$5956
9	\$6085
10	\$6215
11	\$6671
Each additional	Add \$520



# WIC (Women, Infants and Children)

WIC (Women, Infants and Children) is a federal aid program that provides supplemental nutritious foods, nutrition education and counseling, and screening and referrals to other health, welfare and social services agencies for pregnant women and children under the age of five. Qualifying applicants receive checks that can be used to purchase specified nutritious foods on a monthly basis.

## To qualify for WIC, you must be:

- a pregnant woman,
- an infant or child up to five years old,
- a mother of a baby up to six months old,
- OR a breastfeeding mother of a baby up to 12 months old.
- 

## AND

- Be a resident of New York State, but you do not need to be a U.S. citizen.
- Meet the income eligibility guidelines (shown below) OR receive benefits from Food Stamps, Medicaid or Temporary Assistance for Needy Families
- Be assessed by a WIC health care professional.

Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$21,775	\$1,815	\$908	\$838	\$419
2	\$29,471	\$2,456	\$1,228	\$1,134	\$567
3	\$37,167	\$3,098	\$1,549	\$1,430	\$715
4	\$44,863	\$3,739	\$1,870	\$1,726	\$863
5	\$52,559	\$4,380	\$2,190	\$2,022	\$1,011
6	\$60,255	\$5,022	\$2,511	\$2,318	\$1,159
7	\$67,951	\$5,663	\$2,832	\$2,614	\$1,307
8	\$75,647	\$6,304	\$3,152	\$2,910	\$1,455
Each additional:	+\$7,696	+\$642	+\$321	+\$296	+\$148

Apply for WIC by contacting your local agency:

**North Country Family Health Center,**  
3 Remington Avenue, Canton, NY 13617  
(315) 386 - 8128