

SNAP: The Inflation Fighting Food Program

Rising food costs are impacting Seniors living on fixed incomes more than any other age group. The U.S. Census has revealed that Seniors (65+) were the only group with an increased poverty level. Many Seniors are having to make difficult choices between their meals and medications.

“If a Senior is facing paying a power bill, buying medications and buying groceries, this program can make a big difference in their lives,” said SNAP Program Director Nancy Bledsoe. “It helps Seniors eat right, even when money’s tight.”



The AAA Supplemental Nutrition Assistance Program (SNAP) is providing much needed support to thousands of Seniors 60 and older living in Mobile, Baldwin and Escambia Counties. However, only 30% of those eligible for the program are receiving SNAP benefits. The agency is educating Seniors about program improvements and dispelling many myths associated with SNAP:

- ♦ **The “There is a SNAP Stigma” misconception...** Participants in the program have spent their lives contributing to their communities, but find themselves in a position to need some extra support in light of rising food costs. Food stamp coupons are a relic of the past, and recipients are now mailed a debit card for privacy and convenience to purchase their tax-free groceries.
- ♦ **The “It’s Not Worth It” misconception....** SNAP Benefits average \$100 per month. And, certain medical deductions can actually increase benefits, including prescription drugs costs, hospital bills, transportation expenses and Medicare premiums.
- ♦ **The “It’s Difficult to Sign Up” misconception...** The Alabama Elderly Simplified Application Project (AESAP) has made it much easier for older adults to participate: there is no office visit required; the application can be mailed, faxed, emailed, or completed online; and the application is approved for three years, with only annual re-certifications. Persons with no earned income (job or business) can self-declare their income.

Another benefit of applying for SNAP is that when Seniors are approved, they are automatically eligible for other programs, such as low-cost internet.

To receive a confidential screening, reach out to our staff at 251.706.4680.

