

10 Myths About Food Stamps For Seniors



1. MYTH: Food stamps are only for families with children.

FACT: Food stamps are for eligible individuals and families, including seniors.

2. MYTH: Food stamps are stamps or coupons that you must tear off and redeem in the check-out line.

FACT: While food stamps used to come in coupon books, today the benefits are distributed through a plastic card that looks and works like a debit card in the grocery store.

3. MYTH: Seniors only receive \$16 a month in food stamp benefits.

FACT: Sixteen dollars is the smallest amount of food stamps you can receive. The average amount of food stamps for the seniors is higher.

4. MYTH: Seniors applying for food stamps cannot own or be buying a home. If they own or are buying a home, the government will take it.

FACT: Individuals can own or buy a home and still get food stamps. The home and its lot are not counted as a resource in the Food Stamp Program.

5. MYTH: Seniors must go to the food stamp office for an interview.


FACT: If a senior is not able to go to the Food Stamp office, he or she may request a telephone interview. You may also ask an authorized representative to attend the interview in your place.

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**For more information, call
(707)565-2715 or 800-331-2278**

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6. MYTH: You have to go to the food stamp office every few months to keep getting benefits.
FACT: Seniors can get benefits for up to two years before recertifying, which can be done by telephone. You can telephone the Human Services Department with any changes to your case.

7. MYTH: Seniors are only allowed \$2,000 in resources.
FACT: The resources limit for senior households or households containing one or more seniors is up to \$3,000.



8. MYTH: Seniors do not receive credit for medical and prescription drug bills.
FACT: Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them.

9. MYTH: Other people need food stamps more than the senior individuals. If a senior gets food stamps, he or she will be taking them away from others who have more of a need.
FACT: Everyone who applies and who is determined to be eligible will get food stamp benefits. Seniors receiving benefits do not decrease the benefits available for other applicants.



10. MYTH: Senior households who receive food stamps will not be able to receive Meals-on-Wheels.
FACT: Households can receive food stamps and still get Meals-on-Wheels.