SENIORS: YOU MAY QUALIFY FOR SNAP FOOD HELP

Apply any time. SNAP can also help you get heating help this winter.



Community Alert from Councilmember Michael Patterson

Drafted with help from Claude Opus 5.5 (AI). Info current as of Nov. 1, 2026, based on the NYS OTDA SNAP fact sheet (PUB-5104), NYS Office for the Aging SNAP work rules (Feb. 13, 2026) and Gov. Hochul's Oct. 16, 2026 HEAP announcement. Local contacts per Monroe County Dept. of Human Services and Office for the Aging.

HOW TO APPLY

Online: myBenefits.ny.gov
Walk in: Monroe County Dept. of Human Services, 111 Westfall Rd. or 691 St. Paul St. (Mon.–Fri., 8 a.m.–4 p.m.)
Questions: Monroe County SNAP line, (585) 753-2740
State hotline: 1-800-342-3009

EASIER RULES AT 60+

If someone in your household is **60 or older or disabled,** there is **no gross income limit**. Eligibility is based on net income, after deductions, and medical expenses for some household members count.

UNDER 65? WORK RULES MAY APPLY

To keep SNAP for more than three months, adults under 65 may need to **work 80 hours a month** (or earn at least $217.50 a week), or **volunteer** a set number of hours based on your SNAP amount.
You're exempt if you are: 65 or older · living with a disability or a physical or mental health condition that limits work · caring for a child under 14 or an incapacitated person · eligible for Indian Health Services. More exemptions: otda.ny.gov/ABAWD.
Ask your local social services office what proof to submit and where.

BONUS: HEATING HELP

Many SNAP households get HEAP heating help **automatically, without a separate application**. HEAP opened **Monday, Nov. 2**. Didn't get it? Apply at myBenefits.ny.gov.

FREE HELP APPLYING

Monroe County Office for the Aging:
(585) 753-6280
NY Connects (Monroe County): **(585) 325-2800**

PROTECT YOURSELF FROM SCAMS

Help applying is **always free**. Never pay anyone to apply for you. Real programs don't cold-call asking for your Social Security number. Not sure a call or letter is real? Call a number on this flyer.

Please share with a parent, grandparent or neighbor. One call could help put food on the table.

Sources: https://www.otda.ny.gov/programs/publications/5104.pdf · https://aging.ny.gov/system/files/documents/2026/02/snap-work-requirements-one-pager.pdf · https://otda.ny.gov/programs/snap/ · https://governor.ny.gov/news/governor-hochul-announces-15-million-new-yorkers-can-receive-hundreds-dollars-help-cover-home · https://www.monroecounty.gov/hs · https://www.monroecounty.gov/aging-programs · https://aging.ny.gov/location/monroe-county-office-aging