

SENIORS, CLOSING THE HUNGER GAP IN NORTH TEXAS

Why are Seniors going hungry?

In Texas, on average, Social Security monthly benefits can be estimated up to \$1495.00, or \$17,941.09 a year, way below the national average. Increase in the cost of living, choosing between buying medication and purchasing groceries, has become a choice of dire consequences. Some seniors have difficulties receiving fresh produce and not having access to a variety of food sources, such as large chain grocery stores, has some seniors remaining food insecure.

Another reason why seniors may be going hungry, is that many feel that using SNAP (Supplemental Nutrition Assistance Program), is a stigma, and by receiving benefits, they have somehow accepted a “hand-out”. SNAP is the largest federal nutrition program to help low-income individuals and families, only those that qualify may receive them.

Breaking the stigma of SNAP

SNAP is not charity, just like Social Security and Medicare, US taxpayers pay into it, so that it is there when you need it.

SNAP is not embarrassing, an EBT card is loaded monthly, and is used as a debit card.

SNAP helps the economy, benefits may be used in local grocery stores, and local farmer’s markets. SNAP may support local farmers, local grocery stores and creates jobs.

SNAP benefits are for everyone, by receiving SNAP, you are not taking from a household that may qualify for these benefits, there is more than enough to go around.

Monthly expenses, such as shelter, utilities, medical and other expenses are used to determine eligibility for SNAP.

Maximum Monthly Income Limits

The following chart gives a general idea of the amount of money (income) most people or families can get and still be in this program.

Family size	Monthly amount of income allowed
1	\$1,755
2	\$2,371
3	\$2,987
4	\$3,603
5	\$4,219
For each additional person, add:	\$616

Maximum Monthly SNAP Amount

Family size	Monthly SNAP amount	Monthly SNAP Amount With 15% Increase January - June 2021
1	\$204	\$234
2	\$374	\$430
3	\$535	\$616
4	\$680	\$782
5	\$807	\$929
6	\$969	\$1,114
7	\$1,071	\$1,232
8	\$1,224	\$1,408
For each additional person, add:	\$153	\$176

Information from Texas Health and Human Services website

[SNAP Food Benefits | Texas Health and Human Services](#)

SNAP Perks

You can get discounted Amazon prime membership for \$5.99/monthly versus \$12.99. With this discounted prime membership, you can use your EBT card to shop for groceries online on Amazon.com for delivery.

Your discounted prime membership also gives you access to other great services from Amazon, including free one-day shipping, which guarantees you FREE, Fast Delivery on Millions of Items.

You may qualify for free or discounted cell phone or home phone plans under the Federal lifeline program.

There are also discounted home internet services for those who qualify.

Your Lone star card gives you discounted or FREE access to museums and other great family-friendly places in the state of Texas.

AT&T Internet Services for \$10/monthly w/free installation, no contract, and no deposit

50% Discount for DART Go Pass

How Can you apply for SNAP benefits?

You can leave your name and phone number with the SNAP representative, and you will be contacted later.

You may fill out an application today and will be contacted by Health and Human Services for an interview later.

You can go onto HHSC website, www.yourtexasbenefits.com and create an account and fill out an electronic application.

You may call NTFB SSA Call Center at 214-269-0906 and will be assisted by a SNAP representative.