



SNAP ASSISTANCE

Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, is a federal program that helps millions of low-income Americans put food on the table. More than two-thirds of SNAP participants are in families with children; a third are in households with seniors or people with disabilities. Not only does SNAP help families afford a basic diet, it also generates business for retailers and boosts local economies.

PHS' SNAP program has been serving New Yorkers in need for over 10 years, by providing them with the nutritional support that helps people get back on their feet and on the road to a better life.

PHS' SNAP ASSISTANCE

PHS' SNAP Assistance program combats food insecurity in New York City's most vulnerable communities, through step-by-step assistance, innovated food access projects tailored to local communities' needs, and coordinated referrals to food resources and other social services.

More than 20,000 individual New Yorkers are enrolled into SNAP by PHS' Benefits Counselors annually at 14 locations across all boroughs of the city and virtually over the phone. PHS' SNAP Assistance Program is also a part of the city's SNAP Task Force which provides community organizations and SNAP advocates with a forum and platform primarily focused on changes and trends in SNAP administration in New York City.



HOW IT WORKS

PHS' SNAP Benefits Counselors conduct a pre-screening to determine client's eligibility for the program, walk eligible clients through the application process, assist clients in collecting all the required documents, submit the application to the New York City Human Resources Administration (HRA) and follow up with HRA ensuring that the application is processed correctly. They also assist with renewals and can help existing SNAP recipients confirm they are receiving the correct benefit amount.

SNAP benefits are delivered monthly through electronic debit (EBT) cards, which can be used to purchase groceries at any of the more than 7,750 authorized retailers across New York City. Benefits can be used to buy nutritious foods such as breads and cereals, fruits and vegetables, meat and fish and dairy products.



WHY PHS?

- ✓ Our services are co-located at trusted community-based sites where eligible individuals and families already receive services, including PHS' Neighborhood WIC Centers, NYC Health + Hospital locations, and the East Harlem Neighborhood Health Action Center.
- ✓ Our staff members are culturally and linguistically competent and identify with the communities they serve. They help clients navigate through what can be a complicated and confusing application process, step by step.
- ✓ Clients are also offered referrals to a wide range of services, including emergency food, utility assistance, employment assistance, transportation, childcare and education, health insurance and health care, housing, immigration, school meals, and WIC.
- ✓ PHS' SNAP Assistance program is also involved in pilot projects to improve food security and increase equitable access to food resources for vulnerable New Yorkers and is continually striving to add to our services to better serve NYC communities.

[Visit our website for more information.](#)

SNAP WORKS!

SNAP provides families with their basic nutritional needs to get them through temporary hard times. It ensures that children are given a fair chance at a healthy adulthood, that seniors age with dignity and that families can care for themselves. Additionally, SNAP supports America's economy and creates jobs. Research suggests that for every dollar spent by SNAP, 1.7 dollars are added to the economy. Some of the other highlights from the program include:



IMPROVED FOOD ACCESS FOR CHILDREN

Food insecurity among children fell by approximately 1/3 after their families received SNAP benefits for six months.



HEALTHIER PREGNANCIES

Pregnant mothers with SNAP access have improved birth outcomes. SNAP participation in early childhood is linked to better health in adulthood.



MEDICATION ADHERENCE

Elderly SNAP participants are less likely to forgo their medicine due to costs, compared to non-participants.



LESS MEDICAL COSTS

Adults in SNAP incur nearly 25% less in medical costs per year than low-income non-participants. Low-income seniors in SNAP can also live more independently and avoid hospitalization.



REDUCED FOOD INSECURITY

SNAP helps reduce the overall prevalence of food insecurity by as much as 30%.

Source: www.cbpp.org/research/food-assistance/snap-is-linked-with-improved-nutritional-outcomes-and-lower-health-care