

# Ten Common Food Stamp Myths

## About Elderly Households

1

### **The Food Stamp Program is a welfare program.**

The Food Stamp Program is not a welfare program. It is a nutrition assistance program designed to help low-income individuals and families buy and consume nutritious foods.

2

### **Elderly people only receive \$10 a month in food stamp benefits.**

The average food stamps given to elderly people living alone, is \$44 per month. For elderly not living alone, the average amount is \$118 per month.

3

### **Elderly people cannot own or be buying a home. If they own or are buying a home, the government will take it.**

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. The Food Stamp Program does not require a person to sign away their home.

4

### **Elderly people must go to the food stamp office for an interview.**

If an elderly person is not able to go to the food stamp office, he or she may request a telephone interview. The person may also ask a relative, pastor, neighbor, etc., to attend the interview as an authorized representative. Applicants for and recipients of SSI may also apply for food stamp benefits at the Social Security Office.

5

### **Elderly households must be re-certified for food stamp benefits every three months.**

If all adult household members are elderly or disabled, the Food Stamp may assign the household a 24-month certification period.

6

**Elderly people do not receive credit for medical and prescription drug bills.**

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. Only the amount over \$35 can be deducted.

7

**Elderly people are only allowed \$2,000 in resources.**

The resources limit for elderly households or households containing one person is up to \$3,000.

8

**Food stamps are only for families with children.**

Food stamps are for eligible individuals and families, including the elderly.

9

**Other people need food stamps more than the elderly. If an elderly person receives food stamps, he or she is taking them away from others who need them more.**

The Food Stamp Program is an entitlement program. In other words, everyone who applies and who is determined to be eligible will get food stamp benefits. There is no limit in the number of food stamps they can give out.

10

**Elderly households who receive food stamps will not be able to receive meals-on-wheels.**

Households can receive food stamps and still get meals-on-wheels. In fact, households who are currently paying cash for their meals can save money because food stamps can be used to purchase the meals.

For more information please call

CEO at 826-0510

or email [knat@ceopeoplehelpingpeople.org](mailto:knat@ceopeoplehelpingpeople.org)