



# SNAP Food Assistance Facts for Older Adults Over 60

## Boost your Grocery Budget with SNAP!

When you are on a fixed income, extra dollars to buy food can be a big help! In New Jersey, the minimum monthly SNAP benefit you can receive, if eligible, is \$95 – that is \$1,140 in extra money to buy food a year!

Your benefits also can be higher if you have out-of-pocket medical expenses, housing and utility bills.

Apply for SNAP today at your County Social Service Agency or visit [NJSNAPNavigators.gov](https://njsnapnavigators.gov) to find a SNAP Navigator who can answer questions and help you apply.

### SNAP FACTS FOR OLDER ADULTS

- ✓ No work requirements for anyone age 60 and over
- ✓ You may remain eligible for 24 months before your case must be renewed
- ✓ No need to go in-person to apply or complete your application process - everything can be done over the phone or online

It's important to know that a SNAP household includes anyone who lives and eats together, but seniors can apply on their own, even when living with others.

For most applicants, your monthly household income must not be higher than the amounts in the chart below. **However, if a household member is age 60 or over or has a disability, they may still be eligible even if their gross income exceeds these amounts.**

Household Size - Monthly Gross Income (October 2024 – September 2025)	
1	\$2,322
2	\$3,152
Each additional member	Add \$830



If you need help, go to your County Social Service Agency or visit [NJSNAPNavigators.gov](https://njsnapnavigators.gov) to find a SNAP Navigator, to help you apply.



State of New Jersey  
Phil Murphy, Governor | Tahesha Way, Lt. Governor



Department of Human Services  
Sarah Adelman, Commissioner