



## Facts about Food & Nutrition Services (FNS) and Seniors

**Food & Nutrition Services (FNS) is the new name for the Food Stamp Program in North Carolina. It's easier than ever before to qualify for nutrition benefits!**

**Fact:** Seniors (**age 60 or older**) can get FNS benefits for up to two years at a time.

**Fact:** If a senior is not able to go to the DSS office, he or she may ask for a telephone interview or ask someone they know and trust to go to the interview as an authorized representative.

**Fact:** Beginning July 1, 2010, North Carolina will no longer use the resource limit test for most households. A FNS caseworker will tell you if your household must meet a resource limit. Households may be able to get FNS benefits, even if they own a home, car, land, property, or have a retirement account or money in the bank.

**Fact:** Seniors can receive credit for medical and prescription drug bills. Medical expenses that are greater than \$35 a month may be deducted, unless an insurance company or someone who is not a household member pays for them.

**Fact:** Households can get FNS benefits, even if they get meals-on-wheels.

**Fact:** FNS benefits can be used to buy food at the grocery store, some farmers' markets, or to buy seeds to grow your own food.

**Fact:** Everyone who applies and qualifies for FNS will get benefits.

**For more information, please call 919-334-1224, or visit [www.fns4nc.org](http://www.fns4nc.org).**

