

## Rx For Healthy Living



### EAT WELL

Make sure you are having your daily recommended amount of fruits and vegetables.

### DRINK PLENTY OF WATER

Drinking water helps you maintain a healthy body weight!

### PRACTICE PREVENTION

Eating well and monitoring your health can prevent chronic diseases such as heart disease, diabetes, and hypertension.



**SNAP/Food Stamps can help you afford healthy food and eat well. The average benefit for a senior living alone in D.C. is \$119 a month.**

You can use your EBT card at most grocery stores and at many farmers' markets throughout Washington, D.C.

Even the minimum benefit of \$16 can help you put food on the table!

1 lb. of brown rice	<b>\$1.59</b>	
Fresh bagged spinach	<b>\$2.50</b>	
Frozen vegetables	<b>\$1.67</b>	
1 lb. of chicken	<b>\$3.29</b>	
A dozen eggs	<b>\$1.99</b>	
Gallon of milk	<b>\$3.50</b>	
Bunch of bananas	<b>\$1.56</b>	



SNAP EBT Card

## Healthy Meals For Living Well SNAP/Food Stamps Can Help!

D.C. Hunger Solutions can tell you if you might be eligible for SNAP/Food Stamps, answer your questions, and help you apply.

**Call 202-640-1088**



**D.C. Hunger Solutions**

Ending hunger in the nation's capital

USDA is an equal opportunity provider and employer

**D.C. Hunger Solutions**  
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*Good nutrition can help you prevent and Manage diabetes and other illnesses.*

### NEW SNAP ELIGIBILITY GUIDELINES:

(As of October 2014)

People in Household	Gross Monthly Income
1	\$1,946
2	\$2,622
3	\$3,300
4	\$3,976
5	\$4,562
6	\$5,330
7	\$6,006
8	\$6,682
Each Additional	Add \$678

*I am diabetic and food costs are high. I can only eat the way my doctor recommends because of Food Stamps (SNAP)...*

*- 66 year old SNAP/Food Stamps recipient*



**Has Your Doctor Told You to Eat Better? Is Your Budget Tight?**

**SNAP/Food Stamps Can Help!**

A good diet can help you live longer and feel better. Good nutrition keeps bones, muscles, organs, and other body parts strong.

Research shows that the Supplemental Nutrition Assistance Program (SNAP, also known as Food Stamps) plays a critical role not just in reducing poverty and food insecurity, but also in **improving dietary intake and health.**



*"No senior should have to worry about where their food is coming from, especially when they have so many other problems – diabetes, hypertension..."*

*- D.C. senior resident and SNAP/ Food Stamps recipient*

## IMPROVING NUTRITION

The role of SNAP/Food Stamps has never been more important than now, given the high rates of diet-related chronic disease.