

# 5 MYTHS ABOUT SENIORS AND THE FOOD SUPPLEMENT PROGRAM (FSP)

## **MYTH 1: If I live with my children, I have to apply with them.**

False. Anyone who is 60 years or older and/or disabled can apply independently (or with their spouse), whether or not they live with their children or others.

## **MYTH 2: I have to be able to do my own grocery shopping in order to use FSP benefits.**

Not true. If you are unable to do your own grocery shopping, you can assign an authorized representative who can use your EBT card to buy your groceries for you.

## **MYTH 3: I'll only get the minimum benefit.**

Not exactly. The average benefit for seniors in Maryland is \$113 per person per month. Even if you do receive the minimum, which is \$16 per month, you can use it to buy extra fruits and vegetables! It's worth the effort to apply.

## **MYTH 4: If I have income I cannot apply for FSP.**

Wrong. Many seniors who receive Social Security and/or pension are receiving FSP to help them buy food each month.

## **MYTH 5: By accepting FSP, I'm taking away funds from people who really need them.**

No way! There is unlimited funding for FSP. It is for anyone and everyone who needs it. You paid into the system and it's your time to get benefits from it.

**\*For questions or to fill out an application, call Maryland Hunger Solutions at 410-528-0021.\***



# More Information about the Food Supplement Program

## Did you know?

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- If your out-of-pocket **medical expenses** are greater than \$35 per month (for individuals who are disabled or age 60 or older), you can claim them as a deduction to get a greater FSP benefit.
- The average FSP benefit for seniors in Maryland is **\$113 per person per month**.
- FSP benefits can be used to pay for **Meals on Wheels**.
- FSP benefits now come in electronic form known as an **EBT card**, which looks and functions the same way as a debit card.
- Most grocery stores now accept FSP.
- Some **farmers' markets** now accept FSP benefits.
- You can use FSP benefits to buy **uncooked food and seeds or plants** for growing food.

## Documents you'll need to do your application:

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- Proof of identity (like a copy of your ID or Social Security card)
- Proof that you live in Maryland (like your driver's license or mail addressed to your current Maryland residence)
- Social Security number
- Proof of income (Social Security, pension, annuity, etc.)
- Medical expenses
- Proof of housing expenses
- Proof of immigration status (if applicable)
- Proof of assets

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