The federal food assistance program, SNAP, sometimes also called Food Stamps, is available to low-income households to encourage healthy food choices. We have developed a new guide aimed at educating senior citizens about the benefits of this great program, I am also including another great meal program for seniors and people with disabilities (Meals on Wheels).

Please feel free to take a look:
[retireguide.com/social-security/benefits/food-stamps-for-seniors/](https://www.retireguide.com/social-security/benefits/food-stamps-for-seniors/)
[retireguide.com/retirement-life-leisure/senior-housing/aging-in-place/meals-on-wheels/](https://www.retireguide.com/retirement-life-leisure/senior-housing/aging-in-place/meals-on-wheels/)