



MARCH POINTS OF INTEREST



MARCH 2010

TAKE THE PLEDGE TO
**END SENIOR
HUNGER**

Supplemental Nutrition Assistance Program (SNAP)

The Food Stamp program has changed in the past few years. One of the biggest changes is the name—the Food Stamp program is now called the Supplemental Nutrition Assistance Program, or SNAP.

The eligibility requirements have also changed. It is now much easier for persons who are over 60, or disabled, to qualify for the program. The minimum benefit for a single individual age 60 or older (or disabled) with income up to \$1800/month is \$16/month (\$192/year). Couples can qualify with incomes up to \$2428/month. Lower incomes and/or high medical or housing costs can increase benefits up to \$200/month (\$367 for couples).

Food benefits are now easier to use. Eligible persons receive a

card (the Electronic Benefits Transfer card or EBT card) that is scanned at the supermarket checkout. The card can also be used for fresh produce at participating Farmer's Markets.

Foodnet participants can use their benefits to contribute to Foodnet for their meals—just ask your driver or site manager how to do this or call the office at 266-9553.

For information on eligibility and applying for benefits, call Carol, Foodnet's Nutrition Outreach Worker at 266-0654.

Take the pledge to end senior hunger.

Signup online or sign our special tablecloth when you visit our kitchen or one of our service locations. Complimentary "Pledge Badge" button while supplies last. Our website is www.foodnet.org

March For Meals

...a time to raise awareness about senior hunger, and connect friends and neighbors to their local senior nutrition and meals on wheels programs.

Our celebration:

Mayors for Meals day-March 24, 2010-local officials will be delivering meals, visiting meal sites and helping out in the kitchen.



**HAPPY
ST. PATRICK'S
DAY
MARCH 17**

Everyone Counts in Tompkins County! 2010 Census

Every 10 years through the U.S. Census, the United States counts everyone living in the United States, as directed by the Constitution. 2010 is a Census year, and you'll be mailed a Census questionnaire this spring sometime between mid-March and mid-April. By taking just 10 minutes to complete a simple, secure 10-question form, you provide the population information that affects federal and state dollars to support our community services, as well as our

area's government representation. The Census counts you where you are living as of April 1.

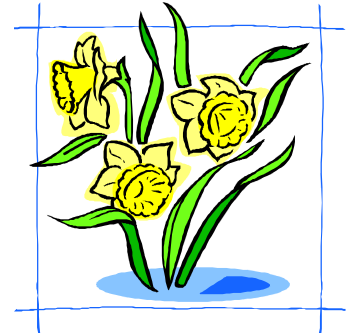
If you have further questions, please call 274-5551.



SPRING IS COMING!!

The temperature is starting to climb slowly. The birds are increasing in numbers and are singing quite loudly. The grass is making a slow appearance from under its cold winter blanket. Soon the flowers will be blooming and the trees will be sprouting leaves. People will be coming out of their homes and into the fresh air again. Easter

is near and the days are getting longer. We hope everyone can enjoy the spring weather.



ODDS AND ENDS

Spring is when
you feel like
whistling even
with a shoe
full of slush.

Doug Larson

DATES TO REMEMBER:

MARCH 14-DAYLIGHT SAVINGS TIME BEGINS

MARCH 17-St. PATRICK'S DAY

MARCH 20-SPRING

APRIL 4-HAPPY EASTER

