



# Help is available



*A service of Broome-Tioga BOCES*

## Apply for SNAP

**the supplemental nutrition assistance program  
to help buy healthy food for you and  
your family when money is tight.**

As the COVID-19 pandemic continues to have wide-ranging health and economic impacts, please know that there are opportunities to sign up for free meals. You can apply for free school meals at [www.myschoolapps.com](http://www.myschoolapps.com). If you are a family that needs extra assistance, consider applying for SNAP benefits at [www.ny.gov/services/apply-snap](http://www.ny.gov/services/apply-snap).

