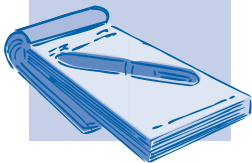




UNIVERSITY *of* NEW HAMPSHIRE
COOPERATIVE EXTENSION

EBT Benefit Planner



Month: Example

Date	Cash	Date	FS
5/1	\$20	5/5	\$+ 315
5/6	\$ - 20	5/6	\$ - 300
	0		\$15
5/15	\$+ 275	5/20	\$ - 15
	\$ - 75		\$0
	\$200		
5/30	\$+ 275		
	\$475		

Use the cash column to keep track of your TANF cash benefit. Use the FS column to keep track of your food stamp benefit.

For another EBT Benefit Planner call 1-800-366-3546.

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238.

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