



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 1-877-398-4769.

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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