

# How To Use Your Food Stamp Benefits

***Your food stamp benefits will help you buy more of the foods you need to keep your family healthy.***

## **Tips For Healthy Eating With Your Food Stamp Benefits**

*Make at least half your grains whole grains.*

- ◆ Choose whole grain cereals, breads, rice and pasta.

*Vary your veggies.*

- ◆ Eat more dark green vegetables, such as broccoli and kale.
- ◆ Eat orange vegetables too, such as carrots and sweet potatoes.
- ◆ Canned and frozen are as healthy as fresh.
- ◆ Serve vegetables in other ways. Try raw vegetables instead of cooked.

*Focus on fruits.*

- ◆ Eat a variety of fruits.
- ◆ Eat more whole fruits, instead of fruit juice.

*Switch to skim or 1% milk.*

- ◆ Go low-fat or fat-free when choosing milk, yogurt and other milk products.
- ◆ If you can't drink milk, look for lactose free products.

*Vary your protein food choices.*

- ◆ Choose low fat or lean meats and poultry.
- ◆ Bake, broil or grill it.
- ◆ Eat more beans and peas.

## **With Your Food Stamp Benefit You Can Buy**

Cereals, rice, pasta and other grain products.

Fruits and vegetables fresh, canned, frozen or dried.

Milk and other milk products.

Meat, fish, poultry, eggs, beans.

Ice and water for human consumption.

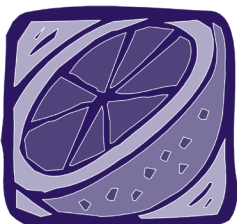
Infant formula, some special dietetic or diabetic foods and "natural" or "organic" food items.

Cold deli foods like salads and sandwiches, to be eaten at home.

Garden seeds and plants for growing food at home.

You should be treated the same as a person paying for food with cash. For example, you can use coupons.

Remember—your food stamp benefit is in addition to money you now spend for food.



# How To Use Your Food Stamp Benefits

## Make Cost Comparisons

Prices for food items may vary a lot depending on where you shop. As a rule, convenience stores and neighborhood markets price items higher than larger supermarkets.

### TIPS:

Shop at the store that gives you the most value for your dollar.

Buy fruits and vegetables in season to save money.

Compare prices between different forms of the same food item.

Which is more expensive: canned, fresh or frozen orange juice?

Plan meals before you shop.

Use the unit pricing information located on the shelf directly below the item. Unit pricing tells you the price per unit, like ounce, quart or pound.

Call toll free 1-888-997-9777 if you have questions about your EBT account.

## With Your Food Stamp Benefit You Can Not Buy

Beer, alcohol, or wine.

All tobacco products cigars, cigarettes, snuff.

Nonfood items like cleaning products, soap, shampoo, paper products of any kind, plastic wrap, bags, etc.

Drugstore medicines: aspirin, antacids, cough syrup and drops, vitamin and mineral supplements in any form.

Items to preserve food such as jars and freezer containers.

Any "HOT" prepared foods that are ready to eat like hot barbecued chicken.

Foods not for people such as pet foods and bird seed.

**Your Food Stamp benefit is private! No one but you and the grocery clerk will know.**

Would you like more ideas about healthy eating and cooking at home with your family?  
Call the Nutrition Connections staff in your county at:

Belknap County  
527-5475

Cheshire County  
352-4550

Grafton County  
536-3720

Merrimack County  
796-2151

Stafford County  
516-8115

Carroll County  
447-3834

Coos County  
788-4961

Hillsborough County  
641-6060

Rockingham County  
679-5616

Sullivan County  
863-9200

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-852-3345 x9700.

Visit our web site at [www.extension.unh.edu](http://www.extension.unh.edu)

