



How To USE YOUR FOOD STAMP BENEFITS

A Guide To Buying More For Your Dollar

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 half of your grains whole.

- ◆ Eat at least 3 ounces of whole-grain cereals, breads, rice or pasta daily.

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.

Get calcium-rich foods.

- ◆ 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.

Go lean with protein.

- ◆ 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.
- ◆ Compare prices between different forms of the same food item.
Which is more expensive: deli, frozen, boxed or home-made macaroni and cheese? Remember to include the cost of items that must be added to make the food.
- ◆ 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.

The Nutrition Connections Program teaches about:

Planning low cost meals • Food to keep you healthy
Keeping your food safe • How to buy more food with your food stamp benefit

To find out more, call the UNH Cooperative Extension, Nutrition Connections Program at 1-877-398-4761

For other information about the Food Stamp Program, call 1-800-852-3345, ext.4238

Belknap County
36 County Drive
Laconia, NH 03246
527-5475

Cheshire County
800 Park Ave.
Keene, NH 03431
352-4550

Grafton County
Whole Village Center
258 Highland St.
Plymouth, NH 03264
536-3720 ext. 107

Merrimack County
315 Daniel Webster Hwy.
Boscawen, NH 03303
796-2151

Strafford County
268 County Farm Rd., Unit 5
Dover, NH 03820
749-4445

Carroll County
72 Main St.
P.O. Box 1480
Conway, NH 03818
447-3834

Coos County
629A Main St.
Lancaster, NH 03584
788-4961

Hillsborough County
329 Mast Rd.
Goffstown, NH 03045
641-6060

Rockingham County
113 North Road
Brentwood, NH 03833
679-5616

Sullivan County
24 Main Street
Newport, NH 03773
863-9200

