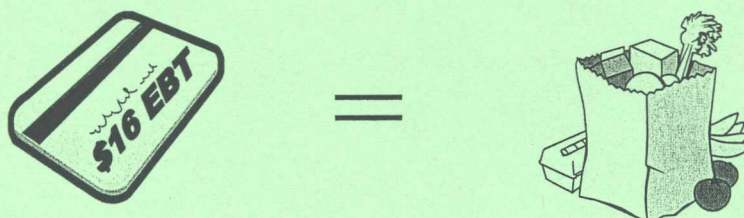


Why haven't you applied for SNAP?
Do you think you will only get the minimum benefit?

Know the facts before you make up your mind.



Did You Know...

- Your benefit amount is determined by your expenses.
- The average benefit is \$142 per person per month.
- If you are eligible for SNAP benefits you may be able to lower your electric bill. National Grid will charge you at the lower A-60 rate.
- Receiving SNAP benefits also makes you eligible for a lower telephone bill through the lifeline service.
- All children in SNAP households are eligible for free school breakfast and lunch regardless of the household's income.

Even if you do get \$16 a month ...

- You don't have to spend it right away. You have twelve months to spend your benefits. Go shopping when you have \$48 or \$96 or even \$192!
- You can save money by using coupons, buying sale items or using other money saving tips on the back of this flyer.
- Buying food at low-cost stores can save a lot of money.
- \$16 can still buy a bag of groceries. Look at the back of this flyer to check out the buying power of SNAP to Eat Better Today.

For more information about SNAP call the URI SNAP Outreach Project, 1-866-306-0270.



Make breakfast, lunch, and dinner for \$16.00

2% milk, gal	\$2.50	Brown rice 14 oz	\$2.49
Oatmeal, 18 oz.	\$2.50	Tomatoes 28 oz	\$1.50
Tuna fish 5 oz.	\$1.69	Green beans 14.5 oz	\$1.00
Black beans 15.5 oz	\$.67	Pineapple 20 oz	\$1.50
Whole wheat pasta	\$1.25		

Total: \$15.10

Tips to help you SAVE money at the supermarket

Keep a Grocery List

- saves gas money on extra trips to the supermarket
- less likely to make impulse purchases
- keep list easy to access

Garbage Check

- money is tossed when food is tossed
- reduce, reuse, or recycle foods
- bananas too ripe? Recycle in banana bread or smoothies

Coupon Common Sense

- use coupons only for food normally eaten
- look for coupons in newspapers and magazines

Staple Food Stock Up

- invest in staple foods when they're on sale such as tuna, pasta, or tomato sauce

Buy Frozen

- If you do not know exactly when you will use an item, it is best to buy it frozen. Frozen foods last longer.

Costly Convenience Foods

- consider how much time you REALLY save buying a specific convenience food
- cutting your own veggies saves money and they keep longer than precut ones too!

Store Brand Savings

- store brands are comparable in nutrition to name brands
- many times you cannot tell the difference in taste between name and store brands

Shop the Specials

- plan your menus around sale items, especially more expensive items like meat
- buy several meat packages on sale and freeze them

Buy Canned

- Canned foods can be cheaper than fresh produce. Buy fruits canned in their own juices, not heavy syrup. Choose "low sodium" or "no added salt" vegetables.

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