



Maximize Your SNAP Benefits!



Benefits from SNAP, the Supplemental Nutrition Assistance Program (formerly the Food Stamp Program) are a great way to get a little extra help to buy food that you and your family need to stay healthy. Even with nutrition assistance, it can still be hard to make ends meet. As a participant in SNAP, there are some additional programs available you that may help with some of your expenses. These are listed below, as well as tips that may help to maximize your food dollars.

SNAP recipients are eligible for:

- ***A reduced electric bill***

Send a copy of your SNAP approval letter or quarterly notice to National Grid to be charged a lower rate per kilowatt. This A-60, low-income residential rate will lower your monthly bill.

- ***A lower cost telephone***

Send a copy your SNAP approval letter or quarterly notice to Verizon or Cox Communications to participate in a low-cost landline service. For information about free wireless service visit www.ripuc.org/utilityinfo/telecom/Lifeline.html

- ***Free school breakfast and lunch program***

Send a copy of your SNAP approval letter or quarterly notice to your child's school to make sure your children receive free breakfast and lunch through the school meals program.



Maximize your SNAP benefits:

- SNAP benefits can be saved for up to twelve months. You may want to save up your benefits to purchase food in bulk or stock your freezer. If you have benefits at the end of the month because of good sales or coupon use, your remaining benefits will stay in your account for use in the future.
- In the summer some farmers markets offer “fresh bucks” and/or “bonus bucks.” Fresh bucks are tokens given to SNAP recipients so they can use their benefits at the market. The bonus bucks program gives recipients \$2 in extra tokens for every \$5 spent with EBT. Visit www.farmfreshri.org/markets for locations.
- You can also use your SNAP benefits at a Food on the Move mobile market. Food on the Move brings discount produce markets to many sites around the state. See riphi.org/portfolio/food-on-the-move for the schedule.
- Make sure DHS knows about your child care, child support, medical and housing costs. Those expenses may increase your SNAP benefits.
- Even the minimum monthly SNAP benefit can help you to purchase a few meals each month. See the back of this flyer for ideas.



URI SNAP Outreach Project: 1-866-306-0270

Make breakfast, lunch, and dinner for \$15.00

2% milk, half gal.	\$2.69	Whole wheat pasta	\$1.49
Oatmeal, 18 oz.	\$2.49	Tomatoes, canned 28 oz.	\$1.39
Tuna fish 5 oz.	\$1.69	Green beans, canned 14.5 oz.	\$.69
Black beans 15.5 oz.	\$.69	Pineapple, canned 20 oz.	\$1.59
Brown Rice 14 oz	\$2.29		

Total: \$15.00

Prices at your local grocery store may differ from this example.

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Save at the Supermarket

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Keep a Grocery List

- Saves gas money on extra trips to the supermarket
- Less likely to make impulse purchases
- Keep a list easily accessible

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 when buying a specific convenience food
- Cutting your own veggies saves money and they keep longer than pre-cut 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.

For more information about the Supplemental Nutrition Assistance Program (SNAP) call the URI SNAP Outreach Project, 1-866-306-0270.

Money-saving tips brought to you by the University of Rhode Island SNAP-Ed Nutrition Education Program. Have nutrition questions? Call 1-877-Food-URI.