



Maximize Your SNAP Benefits!



The nutrition benefits that you receive from SNAP, the Supplemental Nutrition Assistance Program, are a great way to get a little extra help to buy the 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 SNAP participant, there are additional programs available to you that can help you maximize your SNAP benefits.

SNAP recipients are eligible for:

- ***A reduced electric bill***

Send a copy of your SNAP approval letter 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 service***

Send a copy of your SNAP approval letter to Verizon or Cox Communications to participate in a low-cost landline service. For information about free wireless service visit:

<http://www.ripuc.org/utilityinfo/telecom/Lifeline.html>.

- ***Free School Breakfast and Lunch program***

School-aged children in families participating in SNAP are eligible for free school breakfast and lunch. Enrollment should be automatic – check with your school administrator if your child is being charged.

- ***Complimentary admission to the Mystic Aquarium***

Complimentary general admission is available for Connecticut and Rhode Island **SNAP EBT benefit** cardholders and up to three (3) guests. Children 2 and under are **free**.

Maximize your SNAP benefits:

- SNAP benefits can be saved on your card for up to 12 months. You may want to save up your benefits to purchase food in bulk or to stock your freezer. If you have benefits left on your card at the end of the month, they will remain in your account for future use.
- Many farmers' markets accept SNAP and SOME offer "Bonus Bucks" to SNAP recipients that double their SNAP benefits if spent on fruits and vegetables. Visit the Farm Fresh RI website to see which markets offer Bonus Bucks.
<https://guide.farmfreshri.org/food/farmersmarkets.php?pay=3&zip=02860>
- Make sure to tell DHS about your child care, child support, medical and housing costs. Those expenses may increase the amount of your monthly SNAP benefits.
- Even the minimum monthly SNAP benefit of \$16 can help you to purchase a few meals each month. See the back of this flyer for ideas.



The SNAP Outreach Project is a collaboration among the URI Feinstein Center for a Hunger-Free America, RI Department of Human Services and the U.S. Department of Agriculture. The University of Rhode Island is an Equal Opportunity Employer committed to the practices of affirmative action. The USDA is an equal opportunity employer and lender. Max Benefits Nov 2019.



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Make breakfast, lunch and dinner for less than \$16.00

1% milk, 1/2 gal.	\$1.89	Black beans, 15.5 oz can	\$0.89
Brown Rice, 32 oz. bag	\$2.29	Oatmeal, 18 oz.	\$2.19
Tomato Sauce, 1 oz can	\$1.39	Gr beans, canned 14.5 oz.	\$0.69
Tuna fish, 5 oz. can	\$1.99	Ground beef, 1 lb.	\$4.49

Total cost: \$15.82

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
- Saves time wondering what to buy

Garbage Check

- Money is tossed when food is tossed
- Reduce, reuse, or recycle foods
- Bananas too ripe? Use 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 and are just as nutritious!

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.
- Often, you can't 'taste' the difference between name and store brand foods.

Shop the Specials

- Plan your menus around sale items, especially more expensive food 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 at 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.***