


# Making The Most of Your SNAP BENEFITS

## WHAT IS SNAP?



SNAP benefits can be used to purchase food & make it easier to eat a nutritious diet! SNAP benefits are provided through an Electronic Benefit Transfer (EBT) card, similar to a debit or credit card. If you are eligible, an EBT account is set up for you, and every month your benefits are deposited into your account.

## TIPS FOR MANAGING YOUR BENEFITS

### Download the App

You can download ebtEDGE for free on any iPhone or Android. The mobile app helps you track your balance and shows you what products you can purchase with your benefits.


### Plan Your Grocery Trips

Before grocery shopping, make a list of when you will eat meals at home and when you will eat food away from home. List the meals you will cook at home and what ingredients you need to make those meals. Circle the ingredients you can purchase with ebt and head to the store!

### Buy the Fruits & Vegetables

A common misconception is that fruits, vegetables, and lean proteins are more expensive than other items. You can purchase canned, frozen, and even in season produce at affordable prices. Try to fill your cart with fruits, vegetables, and lean protein!

## HOW TO SIGN UP



There are three ways to apply for benefits: (1) online (2) in-person or (3) mail in application. Students can check their eligibility and follow the link [here](#) to apply for SNAP benefits in NC.