

# SNAP Benefits Help Families

Groceries are expensive. SNAP dollars can help pay for food, and free up money to pay other bills. Use SNAP benefits to buy healthy foods at the grocery store, online, and at the farmers' market too. These tips will help you shop smart with your SNAP benefits.



## Plan, Shop and Eat Smart



### At the Grocery Store

- SNAP benefits can be used to buy fresh, frozen and canned fruits and vegetables, meats, milk, and eggs.
- Check your EBT balance before going to the grocery store. Visit the [www.ConnectEBT.com](http://www.ConnectEBT.com) website to see how much money is available on your card before shopping.
- Plan meals with foods on sale. Check the weekly sale ads and create meals featuring fruits, vegetables, and lean meats.



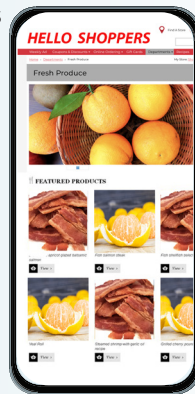
### At the Farmers' Market

- Go to the market often to buy in-season produce when it tastes best and may cost less than at other times of the year.
- Buy vegetable and herb seedling plants with your SNAP benefits and grow your own at home.
- Check the balance on your SNAP card before visiting the market to know how much you have to spend.
- Many markets offer matching programs to double your SNAP dollars each time you shop. Double dollars can help you buy more fresh produce. Visit the market managers tent or <https://www.marylandmarketmoney.org/mmmlocations> to see if the market near you participates in this program.



### Shop Online

- Some stores now accept SNAP to buy groceries online.
- Scan the QR code on the right or visit <https://www.myplate.gov/app/shopsimple>. Under the *Explore* section you can search *SNAP EBT Savings* to find a store.
- Choose a store that accepts SNAP and follow the directions on the store website to create an account.
- Enter your SNAP/EBT card information. Add one other form of payment for items you cannot pay for with SNAP, like non-food items and any store fees.
- Check the sales online before you shop, they may be different than in-store sales.



### Take Action:

Use the Shop Simple with MyPlate app

1. Scan this QR code with your cell phone camera.
2. Use the tools on the app
  - Find stores and farmers' markets that accept benefits
  - Create a shopping list
  - Plan meals



## Smart Tips for Making the Most Out of Your Benefits



**PLAN** - your meals around in-season produce and sale items to make the most of your food dollars. Make a shopping list and stick to it! Don't shop when you are hungry. Stretch benefits over the month by adding beans and lentils as a low cost protein to your meals.



**SHOP** - Look for store brands rather than buying name brand items. Stock up on pantry staples like canned tomatoes, rice and beans when they are on sale. If you find a sale on items you can use, buying extra can save money in the long run.



**EAT** - Cook once and eat twice! When preparing meals, package leftovers to eat for lunch the next day. Leftovers can also be frozen to eat at a later time.

For more information, follow us @eatsmartmd on:



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.