



How To Use Your Food Stamp Benefit

A Guide To Buying More For Your Dollar

Your Food Stamp Benefit Will Help You Buy More Of The Foods You Need To Keep Your Family Healthy

Electronic Benefits Transfer

EBT makes your business in the grocery checkout lane private!

Using Your EBT Card

Use your EBT card wherever you see the QUEST mark.

Call toll free 1-888-997-9777 to get your food stamp balance *before* you go shopping.

You don't have to pay sales tax on food bought with your food stamp benefit.

You should be treated the same as a person paying for food with cash. For example, you can use "cents off" coupons.

You must use your food stamp benefits at least once every 90 days or your benefits will become inactive and you cannot use them.

You may choose to have your cash benefits deposited directly in your existing bank account. You cannot do this with your food stamp benefit.

Keep your card even if your eligibility ends, in case you need to return to the program.

If you leave New Hampshire, call your case worker before you leave to find out if you can use your EBT card in your new state.

Who Can Use Your EBT Card?

Your food stamp benefit may be used by anyone within your household - including children - to purchase eligible food.



Your Secret PIN Number

Only you know your PIN. Keep it safe! Don't write the PIN number on your EBT card. Your benefits will not be replaced if someone steals them.

If you forget your PIN, go to your local District Office to choose a new one.

Call toll free 1-888-997-9777 if your EBT card is lost or stolen.



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When Are Your Benefits Available?

Food Stamp benefits are posted to your account at 6:00 A.M. on the 5th of each month. Cash benefits are available on the 15th and the 30th of the month.

If you leave New Hampshire, call your case worker before you leave to find out if you can use your EBT card in your new state.

Tips For Healthy Eating With Your Food Stamp Benefit

Eat at least five servings of fruits and vegetables each day to keep healthy. Fruits and vegetables have vitamins, minerals and fiber. They taste good, too. Supermarkets have over 100 different fruits and vegetables to choose from, so if you don't like one kind, you can pick another.

Think of a serving of fruit or vegetables as:

- 1 cup raw
- 1/2 cup cooked, canned, chopped raw
- 1 medium whole (size of a tennis ball)
- 3/4 cup of juice

Try to eat some dark green or deep orange fruits and vegetables every day. Include a good source of vitamin C every day too. Green peppers, strawberries, citrus fruits and tomatoes are all good sources of vitamin C.

Start by making a list of the fruits and vegetables you do like. Keep these on hand and eat five different ones daily. Choose something new to try every week. It may take several times before a new fruit or vegetable is a favorite. Encourage everyone to try a small amount.

Try preparing and serving fruits and vegetables in different ways. Try raw vegetables instead of cooked.



Make Cost Comparisons

Prices for food items may vary a lot depending on where you shop. As a rule, convenience stores and neighborhood markets price items higher than larger supermarkets.

Tips:

Shop at the store that gives you the most value for your dollar.

Compare prices between different forms of the same food item. For example, which is more expensive: deli, frozen, boxed, or home made macaroni and cheese? Remember to figure in the cost of items not included that must be added to make the food.

Try a less expensive brand or form of a product. It may meet your needs and be the same or better quality than the more expensive form.

Use the unit pricing information to help you. This information is located on the shelf directly below the item. It tells you the price per unit, like ounce, quart, pound, etc.



With Your Food Stamps Benefit . . .



You Can Buy . . .

- Milk and other dairy products.
- Meat, fish, poultry, eggs, beans.
- Cereals, rice, pasta and other grain products.
- Any ingredients used for baking or cooking.
- Fruits and vegetables - fresh, canned, frozen or dried.
- Cold deli foods like salads and sandwiches, to be eaten at home.
- Ice and water for human consumption.
- Infant formula, some special dietetic or diabetic foods and "natural" or "organic" food items.
- Garden seeds and plants for growing food at home.
- Other foods like coffee, tea, oil and sugar.

You Can Not Buy . . .

- Any kind of beer, alcohol, or wine.
- All tobacco products - cigars, cigarettes, snuff.
- Nonfood items like cleaning products, soap, shampoo, paper products of any kind, plastic wrap, bags, etc.
- Drugstore medicines: aspirin, antacids, cough syrup or drops, vitamin and mineral supplements in any form.
- Items to preserve food such as jars and freezer containers.
- Any "HOT" prepared foods that are ready to eat like hot barbecued chicken.
- Foods not for people such as pet foods and bird seed.

Remember-
your food stamp
benefit is in addition
to money you now
spend for food.

***It's against the law to trade
or sell your food stamp
benefit for cash. If you can't
use your food stamp benefit
correctly, you can lose
your right to get the benefit,
pay a fine, or go to jail.***

How To Use Your Food Stamp Benefit

Learn more about good nutrition and saving money at the supermarket: The Nutrition Connections Program teaches you about:

Foods to keep you healthy
Planning low cost meals
How to buy more food with food stamps
Food safety

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238



To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-800-366-3546.
UNH Cooperative Extension, Room 220 Kendall Hall Durham, NH 03824, 603-862-2465

Belknap County
36 County Drive
Laconia, NH 03246
527-5475

Cheshire County
800 Park Ave.
Keene, NH 03431
352-4550

Grafton County
Whole Village Center
258 Highland St.
Plymouth, NH 03264
1-888-281-3969 ext. 107

Merrimack County
315 Daniel Webster Hwy.
Boscawen, NH 03303
796-2151

Stafford County
259 County Farm Rd., Unit 5
Dover, NH 03820
749-4445

Carroll County
P.O. Box 860
Center Ossipee, NH
03814
539-3331

Coos County
629A Main St.
Lancaster, NH 03584
788-4961

Hillsborough County
468 Route 13 South
Milford, NH 03055
673-2510
Goffstown Office
329 Mast Rd., Unit 3
Goffstown, NH 03045
621-1478

Rockingham County
113 North Road
Brentwood, NH 03833
679-5616

Sullivan County
24 Main Street
Newport, NH 03773
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