

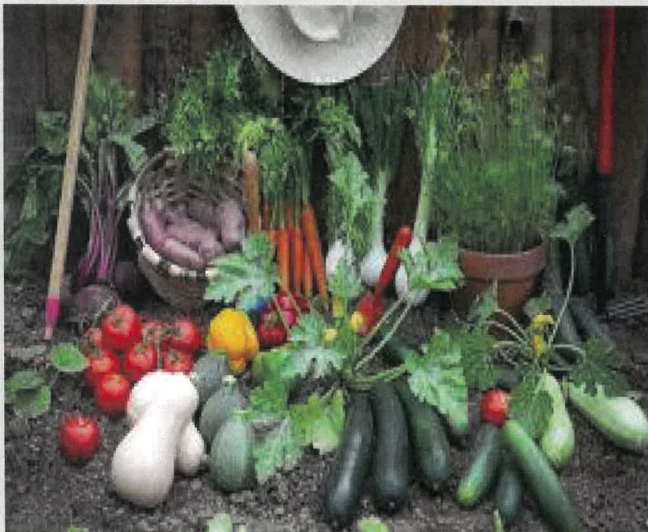
## What is SNAP/FNS?

The **Supplemental Nutrition Assistance Program** (SNAP, formerly Food Stamps) is a national food assistance program that helps millions of households access food they need to be healthy.

In North Carolina the program is called **Food and Nutrition Services** (FNS).

SNAP/FNS provides households with a monthly allotment of benefits that can be used to purchase eligible food items. You can purchase most food items including:

- Meats (fresh, frozen, deli)
- Fruits and vegetables (fresh, frozen, canned)
- Dairy
- Bread/Grains
- Seeds and plants to grow your own food



## Electronic Benefits Transfer Card

SNAP/FNS benefits are distributed on an Electronic Benefits Transfer (EBT) Card. Benefits are automatically loaded onto the card each month.

Some benefits of using the EBT card include:

- It's easy to use; you use it just like a debit card.
- Purchases are not charged sales tax.
- Money rolls over from month to month
- Check balance by phone at **888-328-6399**
- Check balance online at **ebtedge.com**

## How to apply for SNAP/FNS

1. Get help from **More In My Basket (MIMB)**/NC Cooperative Extension.

Call the **MIMB** program office toll-free:

**1-855-240-1451**

Program staff will help you complete the FNS/SNAP application.

2. Return the application to your county's DSS office by mail, fax, in person, or by an authorized representative.
3. Talk with a FNS caseworker. You can have an in-person appointment or complete the appointment by telephone.

## Other ways to apply

- You can also get help from the Department of Social Services (DSS) in your county.

Visit your local DSS office to pick up an application.

- Submit an application online through the NC government ePass service:

**epass.nc.gov**

## Can I have income and still qualify?

Yes. Eligibility is primarily based on income, and the limits vary by household size. So a larger household can have a higher income and still qualify.

## What is a household?

Individuals that reside together and purchase/prepare food together are considered a household. Spouses and individuals under 22 living with a parent must participate as one household.

## Can I have resources and qualify?

Yes. In North Carolina, you may be able to qualify even if you own your home, car, land, property; or have a retirement account or money in the bank.

## Would you like more information about FNS and medical deductions?

Call ***More In My Basket***

toll-free:

**1-855-240-1451**

or visit us at :  
**MoreFood.org**



***More In My Basket*** staff can  
Answer your questions;  
complete a quick eligibility screening;  
provide assistance with completing the  
FNS application

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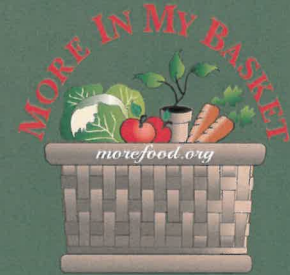


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**NC STATE** EXTENSION



What would **you** do  
with **extra food**  
**money** each  
**month?**

