

SNAP

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Largest federal nutrition assistance program

Provides access to nutritional education and resources

Benefits are loaded onto EBT card that works like a debit card



Accepted in most retail stores and some farmers markets

Can be used to buy:

- Fruits and vegetables
- Beans, fish, poultry, meat
- Rice, bread, tortillas, cereal
- Milk and cheese
- Seeds and plants that produce food.

