



Do Use Food and Nutrition Services Benefits to Buy:

- ☞ Milk and other dairy products
- ☞ Meat, fish and poultry
- ☞ Breads and cereals
- ☞ Vegetables and fruits
- ☞ Cold deli items, such as sandwiches and salads which are intended to be eaten at home
- ☞ Ice and water for human consumption
- ☞ Specialty food such as dietetic and diabetic foods, infant formulas and “health food” items
- ☞ Garden seeds and plants for growing food at home
- ☞ Pectin used in canning
- ☞ Deposits on returnable bottles and other returnable containers
- ☞ Hot prepared meals served by restaurants and non-profit agencies authorized by USDA to accept Food and Nutrition Services benefits



Do Not Use Food and Nutrition Services Benefits to Buy:

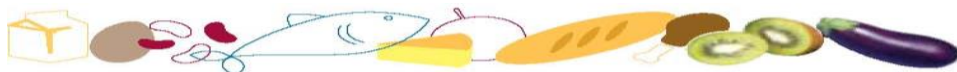
- ☞ Non-food items
- ☞ Alcoholic beverages
- ☞ Tobacco and tobacco products such as cigars, cigarettes, snuff and chewing tobacco
- ☞ Drug store medication such as aspirin, antacids and cough drops
- ☞ Food preservation equipment such as canning jars and freezer containers
- ☞ Pet foods
- ☞ Vitamins and minerals in tablet, capsule, powder or liquid form
- ☞ Food which is heated in the store

Did you know that...

- You are not required to pay sales tax on items purchased with Food and Nutrition Services benefits.
- You should be treated in the same manner as non-Food and Nutrition Services customers. For example, you may use discount coupons.

Illegal Use of Food and Nutrition Services Benefits...

- It is illegal to exchange or sell your Food and Nutrition Services benefits for cash!
- If you use your Food and Nutrition Services benefits to buy anything other than eligible food items, you are breaking the law.
- Using your Food and Nutrition Services benefits illegally may result in your being disqualified from the Food and Nutrition Services Program, fined, and/or imprisoned.



Follow these dietary guidelines for good health

- Eat a variety of foods
- Maintain a healthy weight
- Choose a diet low in fat, saturated fat and cholesterol
- Choose a diet with plenty of vegetables, fruits and grain products.
- Use sugars in moderation.
- Use salt and sodium in moderation.
- If you drink alcoholic beverages, do so in moderation.

Using Your Food and Nutrition Services Benefits

The Food and Nutrition Services Program helps you buy food you need for good health and nutrition. Your Food and Nutrition Services benefits are in addition to money you now are spending for food. With Food and Nutrition Services benefits, you can purchase more food for you and your family.

Remember – proper use of your Food and Nutrition Services benefits increases your buying power. You and your family can eat better and be healthier

If you have any questions about using your Food and Nutrition Services benefits, please contact the United States Department of Agriculture (USDA), Food and Nutrition Service Field Office in your area.



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Pat McCrory
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Adonna Wos
Secretary

For More Information

To get more information about the Food and Nutrition Services Program, call the County Department of Social Services in the county where you live. For the telephone number of your County Department of Social Services, call the DHHS Customer Services Center, toll free, at

1-800-662-7030 (TDD/Voice)
Monday - Friday, 8:00 am – 5:00 pm

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DSS-8625 Rev. 02/15



Food and Nutrition Services & Energy Programs

FOOD AND NUTRITION SERVICES PROGRAM FACTS



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www.mypyramid.gov