

# An Overview of SNAP, WIC, and P-EBT Benefits

DOH WIC and FVIP | July 2022

SNAP, WIC, and P-EBT are a few of Washington state's nutrition programs. This document will help clarify where you can spend your benefits, what you can buy, and how to get the most out of them.

## What does it stand for?

**SNAP:** Supplemental Nutrition Assistance Program (also known as Basic Food)

**EBT:** Electronic Benefits Transfer

**P-EBT:** Pandemic EBT

**WIC:** Special Supplemental Nutrition Program for Women, Infants, and Children

**WIC FMNP:** WIC Farmers Market Nutrition Program

Depending on how many people are in your household, and other factors, you may be eligible for one of these nutrition programs.

The best way to find out if you are eligible is to use one of these tools:

- **Washington Connection**

<https://www.washingtonconnection.org/home/>

An online tool to help you find the benefits you are eligible for. The form takes about 15 minutes to finish.

- **Parent Help 123**

<https://www.parenthelp123.org/>

For parents to find resources and benefits.

- Call the **Help Me Grow WA Hotline** at 1-800-322-2588 for help with access to community services and support.

<https://helpmegrowwa.org/>

# Extra Fruit and Vegetable Programs

## WIC Benefits Increase

Until Sept. 2022, WIC participants will see an increase in benefits to spend on fresh and frozen fruits and vegetables. Children (age 1-5) will receive \$24, pregnant and non-breastfeeding participants receive \$43, and breastfeeding participants will receive \$47. WIC benefits can be used at participating grocery stores.

## WIC FMNP

From June – October each year, stop by your WIC clinic to pick up \$28 in WIC FMNP checks. These checks can only be used at participating farmers markets and farm stores.

## SNAP Market Match at Farmers Markets

<http://doh.wa.gov/SNAPMarketMatch>

**Who is eligible?** Anyone who has a SNAP/EBT card or Pandemic-EBT card.



### How does it work?

At participating farmers markets and farm stands around Washington, **double your SNAP/EBT benefits** to spend on fruits and vegetables! Simply swipe your EBT card for any SNAP eligible item at the Information Booths and get a match in SNAP Market Match dollars, up to \$40. SNAP Market Match dollars expire at the end of each year.



### What can you buy?

Use your SNAP Market Match dollars to buy fruit, vegetables, mushrooms, herbs, and seeds.

### Where can you use SNAP Market Match?

See the website for the list of 100+ participating farmers markets.

## SNAP Produce Match at Grocery Stores

<http://doh.wa.gov/SNAPProduceMatch>

**Who is eligible?** Anyone who has a SNAP/EBT card or Pandemic-EBT card.



### How does it work?

**Get more out of your SNAP/EBT benefits** when you buy fresh or frozen fruits and vegetables! Every time you spend \$10 on fruits and vegetables at participating grocery stores, get a \$5 SNAP Produce Match coupon for your next shopping trip. SNAP Produce Match dollars expire a month after they are issued.









### What can you buy?

Your SNAP Produce Match can be used for any fresh or frozen fruits and vegetables without added sugars, fats, or salt.

### Where can you use SNAP Produce Match?



See the website for the growing list of participating grocery stores.

# Get the most out of your Nutrition Programs this summer


	WIC	WIC FMNP*	SNAP	SNAP Market Match	SNAP Produce Match	P-EBT
						
Can be used at participating Farmers Markets		✓	✓	✓		✓
Can be used at participating Grocery Stores	✓		✓		✓	✓

\*WIC FMNP checks can also be used at participating Farm Stores

# Detailed overview of the different programs

Program	Who can use it	Getting the most out of your benefits	What you can buy	When it expires	Where you can use it	Webpage
<b>WIC</b> 	<ul style="list-style-type: none"> <li>• Pregnant participants</li> <li>• Breastfeeding and non-breastfeeding participants</li> <li>• Children 1-5 years old</li> </ul> <p>Use one of the tools above to see if you are eligible.</p>	<p>Through Sept. 2022, WIC participants will see an increase in benefits to spend on fruits and vegetables.</p> <ul style="list-style-type: none"> <li>• Children (age 1-5) will receive \$24</li> <li>• Pregnant and non-breastfeeding participants receive \$43</li> <li>• Breastfeeding participants will receive \$47</li> </ul>	<p>In addition to fresh and frozen fruits and vegetables, other WIC foods include:</p> <ul style="list-style-type: none"> <li>• Baby Food</li> <li>• Beans/Peas/Lentils</li> <li>• Breakfast Cereal</li> <li>• Cheese, Eggs</li> <li>• Fish – Canned</li> <li>• Dairy, Soy</li> <li>• Peanut Butter</li> <li>• Whole Grain Bread, Rice, Pasta</li> </ul>	<p>Your WIC benefits expire each month.</p> <p>The <b>monthly fruit and vegetable increase</b> must be spent each month.</p> <p>Benefits will go back to their normal amounts in October 2022.</p>	<ul style="list-style-type: none"> <li>• Participating Grocery Stores</li> </ul>	<a href="https://www.doh.wa.gov/YouandYourFamily/WIC">https://www.doh.wa.gov/YouandYourFamily/WIC</a>
<b>WIC FMNP</b> 	<p>WIC participants</p> <ul style="list-style-type: none"> <li>• Pregnant participants</li> <li>• Breastfeeding and non-breastfeeding participants</li> <li>• Children 1- 5 years old</li> </ul>	<p>Get \$28 worth of checks at participating WIC clinics each year.</p>	<ul style="list-style-type: none"> <li>• Local, fresh and unprocessed fruits, vegetables and cut herbs</li> <li>• Local means grown in Washington and in bordering counties in Idaho and Oregon</li> </ul>	<p>Checks are good until October 31 each year.</p>	<ul style="list-style-type: none"> <li>• Participating Farmers Markets</li> <li>• Participating Farm Stores</li> <li>• See the full list on the website</li> </ul>	<a href="https://www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket/WICFMNP">https://www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket/WICFMNP</a>

# Detailed overview of the different programs

Program	Who can use it	Getting the most out of your benefits	What you can buy	When it expires	Where you can use it	Webpage
<b>SNAP/EBT</b>	Use one of the tools above to see if you are eligible.	If you use SNAP/EBT, you can receive extra benefits of SNAP Market Match (at farmers markets) and SNAP Produce Match (at grocery stores)	<ul style="list-style-type: none"> <li>• Breads and cereals</li> <li>• Fruits and vegetables</li> <li>• Cheese, milk and other dairy products</li> <li>• Meats, fish, poultry and eggs</li> <li>• Most other food items that are not sold as prepared hot foods</li> <li>• Seeds and plants that produce food</li> </ul>	Benefits expire after one year of non-use.	Any SNAP authorized retailer	<a href="https://www.dshs.wa.gov/esa/community-services-offices/basic-food">https://www.dshs.wa.gov/esa/community-services-offices/basic-food</a>
<b>SNAP Market Match</b> 	Anyone who has a SNAP/EBT card or Pandemic-EBT card.	Get \$1 SNAP Market Match for every \$1 EBT (up to \$40 per day) at your market's information booth.	<ul style="list-style-type: none"> <li>• Fresh vegetables</li> <li>• Fresh fruits</li> <li>• Mushrooms</li> <li>• Fresh herbs</li> <li>• Seeds and plants that produce food</li> </ul>	SNAP Market Match dollars expire at the end of the calendar year.	<ul style="list-style-type: none"> <li>• Participating Farmers Markets</li> <li>• See the full list on the website</li> </ul>	<a href="http://doh.wa.gov/SNAPMarketMatch">http://doh.wa.gov/SNAPMarketMatch</a>
<b>SNAP Produce Match</b> 	Anyone who has a SNAP/EBT card or Pandemic-EBT card.	Use \$10 SNAP/EBT to buy qualifying fruits and vegetables and get \$5 coupon for your next trip.	Fruits and vegetables that are fresh and frozen with no added sugar, salt, or fat.	SNAP Produce Match coupons expire one month after they are issued.	<ul style="list-style-type: none"> <li>• Participating Grocery Stores</li> <li>• See the full list on the website</li> </ul>	<a href="http://doh.wa.gov/SNAPProduceMatch">http://doh.wa.gov/SNAPProduceMatch</a>
<b>Pandemic - EBT</b> 	Children who receive a Pandemic EBT card. Check the Pandemic EBT webpage to see if your child will receive P-EBT.	If you use P-EBT, you can receive extra benefits through SNAP Market Match (at farmers markets) and SNAP Produce Match (at grocery stores)	Same as SNAP/EBT	Benefits expire after 247 days of non-use.	Any SNAP authorized retailer	<a href="https://www.dshs.wa.gov/esa/community-services-offices/pandemic-ebt-p-ebt">https://www.dshs.wa.gov/esa/community-services-offices/pandemic-ebt-p-ebt</a>

**WIC**

[WICStatePlan@doh.wa.gov](mailto:WICStatePlan@doh.wa.gov)

**SNAP Match | FVIP**

[FVIP@doh.wa.gov](mailto:FVIP@doh.wa.gov)



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