

Supplemental Nutrition Benefit Overview

WIC, SNAP and P-EBT



Get the Most Out of EBT Benefits

Summer 2021

SNAP: Supplemental Nutrition Assistance Program (previously Food Stamps)

P-EBT*: Pandemic EBT

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

WIC FMNP: WIC Farmers Market Nutrition Program

***EBT:** Electronic Benefit Transfer



This document is intended to highlight Nevada's supplemental nutrition assistance programs and clarify program use and benefit allotment.

- ✓ Where can you spend your benefits?
- ✓ How can I get the most out of my benefits?

Depending on age, family size, pregnancy and breastfeeding status of you or your household, you may be eligible for one or more nutrition assistance programs. Benefit allotment also varies based on the previously mentioned factors.

WIC: [Nevada WIC: Women, Infants & Children Nutrition Resources](#)

WIC FMNP: [WIC Farmers' Market | Nevada WIC](#)

SNAP: [Food \(nv.gov\)](#)

P-EBT: [P-EBT FAQs \(nv.gov\)](#)

Program Overviews:

Program	Who can use it	Getting the most out of your benefits	What you can buy	When it expires	Where you can use it	Website
WIC 	Income Eligible: <ul style="list-style-type: none"> •Pregnant •New or breastfeeding mom •Child under 5 <p>Use one of the tools above to see if you are eligible.</p>	<p>Benefits increase to \$35 per person to spend on fresh or frozen fruits and vegetables.</p>	<p>In addition to fresh and frozen fruits and vegetables, other WIC foods include:</p> <ul style="list-style-type: none"> •Infant Formula •Baby Food •Beans/Peas/Lentils •Breakfast Cereal •Cheese, Eggs, Tofu •Fish –Canned •Fluid Dairy or Soy Milk •Yogurt •Peanut Butter •Whole Grain Bread, Rice, Pasta, Tortillas 	<p>Your WIC benefits expire the last day of each month.</p> <p>The monthly \$35 fruit and vegetable increase ends September 30, 2021. Your benefits will go back down starting October 1, 2021</p>	<p>Participating Grocery Stores</p>	<p>Nevadawic.org</p>
WIC FMNP	<p>WIC participants over 6 months old</p>	<p>\$20 coupon booklet per participant. Families may receive up to \$80</p>	<p>Locally grown, fresh fruits and vegetables</p>	<p>All coupons are received at one time and expire on September 15</p>	<p>Participating Farmers' Markets</p>	<p>Nevada Farmers Market Nutrition Program Nevada WIC</p>

Program Overviews:

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
SNAP	Income eligible individuals/households	Use SNAP benefits in coordination with your WIC or P-EBT. SNAP can be used to purchase additional formula and/or milk if WIC benefits run out. Buy fruits and vegetables at participating Double-Up Food Buck stores/markets	<ul style="list-style-type: none"> •Breads and cereals. •Fruits and vegetables. •Cheese, milk and other dairy products. •Meats, fish, poultry and eggs. •Most other food Items that are not sold as prepared hot foods. •Seeds and plants that produce food.	Benefits expire after 9 months of non-use.	Participating grocery store and/or farmers' market	Food (nv.gov)
P-EBT	Children who qualify for free and reduced lunch* AND their school/daycare is closed or has reduced hours.	If you use P-EBT, you have extra benefits in addition to your SNAP and/or WIC Use at Double-Up Food Buck sites	Same as SNAP	Benefits expire after 9 months of non-use.	Participating grocery store and/or farmers' market	Food (nv.gov)

Extra Fruits and Vegetables!

- **WIC Benefit Increase**

- From June-September 2021, eligible WIC participants with active benefits will automatically see a fruit and vegetable cash value increase to \$35 per person per month. This increase can be utilized at any Nevada WIC participating grocery store for fresh, canned and/or frozen fruits and vegetables.

- **WIC FMNP**

- June-September each year, you can request FMNP coupons by contacting your local WIC clinic or the Nevada State WIC office at 866-894-2328. These coupons are a one time additional benefit to a participant's normal WIC benefits, and can be redeemed at participating farmers markets to help you purchase fresh locally grown produce. Please visit <https://nevadawic.org/about/other-services/wic-farmers-market/> for more information.

- **P-EBT**

- These benefits are used just like SNAP benefits. The extra dollars provided through P-EBT are intended to help parents provide healthy meals to their children who otherwise would have received meals through a school program. Fruits and vegetables are an allowed purchase with P-EBT at both participating grocery stores and farmers market.

<i>Can be used at participating:</i>				
<i>Farmers Markets</i>		✓	✓	✓
<i>Grocery Stores</i>	✓		✓	✓

Double up your food bucks!

Buy more fruits and vegetables and get more for **FREE**

- Select SNAP participating farmers markets and grocery stores offer \$1 dollar back for every \$1 spent on fruits and vegetables (up to \$20 per day) when SNAP or P-EBT is used.
- See the participating locations below:



Locations Las Vegas



Vegas Roots Community Garden
715 N Tonopah Drive, Las Vegas, NV 89106
Tuesday - Saturday: 9:00am - 2:00pm
(702) 636-4152

Mario's Market
1960 Martin Luther King Rd., Las Vegas, NV 89106
7 days: 7:00am - 2:00pm
(702) 648-1482

Las Vegas Farmers Market en Gardens Park
Thursday: 2:00 - 6:00pm
10401 Gardens Park Dr., Las Vegas, NV 89135
(559) 859-2138

Las Vegas Farmers Market en Bruce Trent Park
1600 N. Rampart, Las Vegas, NV 89128
Wednesday: 2:00 - 6:00pm
(559) 859-2138

Las Vegas Farmers Market en Floyd Lamb Park
9200 Tule Springs Rd., Las Vegas, NV 89131
1st & 3rd Saturday: 10:00am - 2:00pm
(559) 859-2138

Mariana's Supermarket
574 Eastern Ave., Las Vegas, NV. 89101
7 days: 6am - 11pm

Z's Supermarket
4740 E. Owens, Las Vegas, NV
7 days: 7am - 10pm

Henderson

Fresh 52 en Inspirada
2000 Via Firenze, Henderson, NV 89044
2nd & 4th Saturday: 9:00am - 1:00pm
(702) 990-2552

Fresh 52 en Sansone Park Place
9480 S. Eastern, Las Vegas, NV 89123
Sunday: 8:30am - 1:00pm
(702) 990-2552

Northern Nevada

3rd & Curry Farmers Market
3rd & Curry St., Carson City, NV 89701
Saturday: 8:30am - 1:00pm

Dayton Farmers Market
60 2nd Ave and Hwy 50, Dayton, NV 89403
Saturday: 9:00am - 1:00pm

Get the Most Out of Nutrition Programs

First, use your:

WIC

- Make sure **to redeem all WIC benefits** each month. Unused benefits will expire the last day of the month.
- **WIC FMNP**: be sure to use WIC farmers market coupons before **September 15th!** They will expire after that.

Then, use your:

P-EBT

- These benefits should be used **on top of or in place of regular SNAP**, make sure you use these to supplement additional fruit and vegetable, formula, dairy and/or whole grains or other items WIC may not have covered for the month.

Lastly, use your:

SNAP

- These benefits should be used to **fill the gaps** in your food needs that ran out after your WIC package was redeemed earlier in the month or is not offered on WIC.
- Remember to **save some SNAP benefits for the end** of the month if formula, milk or fruits and vegetable are needed before WIC reloads on the first of the month, your SNAP will **rollover!**

***Note:** When using more than one EBT card at a time, use the WIC card first, this will ensure all the WIC foods are accounted for and not purchased with monetary SNAP or P-EBT benefits

Stock Up and Store

- Canned and frozen fruits and vegetables can be stored for months and are easy to add to meals
- Make it easy and buy cut-up, jarred and pre-packaged fruits and vegetables
- Preserve your extra fruits and vegetables by canning, drying or freezing

Try New Recipes

- Visit the WICshopper app for recipe ideas with WIC approved foods
- Nevada SNAP-Ed provides recipe and healthy eating ideas Recipes - [NV SNAP Education \(nvsnap-ed.org\)](http://nvsnap-ed.org)



Canning to preserve/easy meals

-Premade vegetable soups, Salsas, Pickle, Spaghetti Sauce and Much more!



Additional Meal Assistance through Summer 2021

- **Northern Nevada**



FREE MEALS FOR KIDS DURING SUMMER BREAK

The Food Bank of Northern Nevada's **Kids Cafe** program will offer breakfast/snack & lunch to children 2-18 years old.

- Some sites will offer weekly distributions, and children will receive **7 breakfasts & 7 lunches** at each pick-up.
 - ◊ Please choose ONE location to visit per week.
- Daily sites will provide grab-n-go meals at the times designated on the schedule. ONE meal will be given per child at each distribution.

Meals are being provided at more than **50 locations** in Reno/Sparks area.

View the complete list of locations and times at
FBNN.org/KidsCafe

Food Bank of Northern Nevada programa **Kids Cafe** va a ofrecer desayuno/bocadillo y almuerzo a niños 2-18 años.

- Unos sitios ofrecerán distribuciones semanales, y los niños recibirán **7 desayuno y 7 almuerzo** en cada recojida.
 - ◊ Por favor escoja solo UN sitio por semana .
- Sitios diarios proveen bolsa de comida en el tiempo designado en el calendario. Solo UNA comida por niño en cada distribución.

Comidas serán previsto en mas de **50 locaciones** en area de Reno/Sparks.

Vea la lista completa de locaciones y tiempo en
FBNN.org/KidsCafe

- **Southern Nevada**



MEET UP
and
EAT UP

KIDS & TEENS
EAT
FREE!

Text SUMMERNV to 877-877
or visit freesummerfood.org for details.
Kids 18 and under! No registration needed.



These institutions are equal opportunity providers and employers.