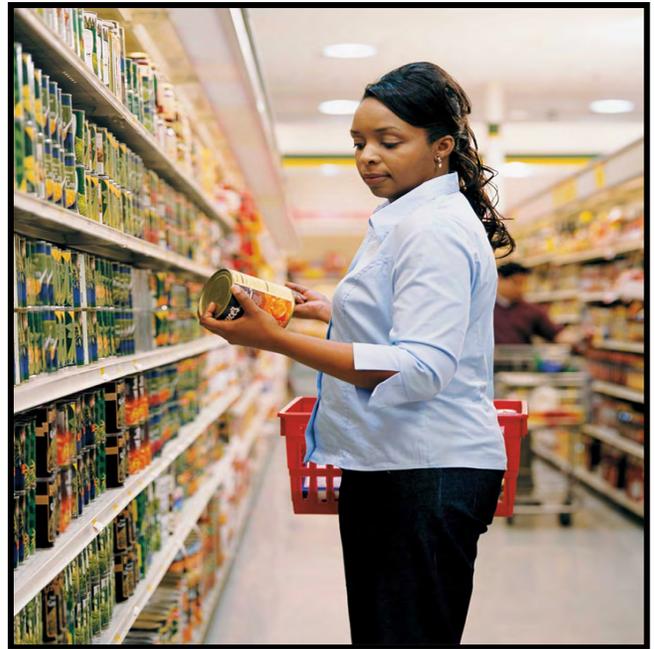


# Food Stamp Outreach Toolkit



Food Stamps Make America Stronger.



## For Retail Stores

This toolkit is published by the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS), Food Stamp Program. We encourage you to read through this document, reproduce it — in whole or in part — and forward it on to others.

All materials in this toolkit are in the public domain and may be copied without permission. You can include your organization's logo on all of the campaign materials you adapt and distribute. If you change any of the materials, please remove the USDA logo.

Please refer to [www.fns.usda.gov/fsp/outreach/default.htm](http://www.fns.usda.gov/fsp/outreach/default.htm) for the latest program statistics and updates.

In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

U.S. Department of Agriculture  
Food and Nutrition Service  
August 2006  
FNS-394

### **DISCLAIMER:**

This toolkit contains sample outreach products from communities. These samples were neither written nor approved by FNS. FNS does not necessarily endorse the views these documents express, or the data they may cite. FNS offers these sample documents to inspire ideas and creativity.

## Message to Retailers

Dear Retailer,

The Food Stamp Program (FSP) is an investment in our future. It ensures access to nutritious foods, supports work, and provides economic benefits to communities. However, too many low-income people who are eligible for the program do not participate. Currently, only 60 percent of eligible people access the benefits they need. Nonparticipants forgo nutrition assistance that could stretch their food dollars at the grocery store. Their communities forfeit the benefits provided by new food stamp dollars flowing into local economies.

This is the third toolkit in a series developed by FNS. This toolkit is specially designed for use by retailers of any size, whether chain or independent stores, to increase the nutrition of low-income Americans, decrease food insecurity, and foster partnerships between State, local, faith-based, and business partners through FSP outreach. It contains the tools you need to establish stronger ties to your community, cultivate longlasting customer loyalty, tap into previously underrepresented market bases, and increase revenue, all through food stamp outreach.

As a retailer, you and your employees interact with food stamp customers daily. You are one of the most important partners in delivering positive messages about the nutrition benefits of the FSP. This toolkit provides examples of how other retailers have helped their customers access the FSP. Promoting the FSP is good for business, too, as increased FSP participation allows customers to increase their food purchases. Retailers across the Nation have already begun reaching out to their customers. Some have organized food stamp eligibility prescreening events, while others have hosted cooking demonstrations or food stamp application drives, in many cases with the assistance of local partners like food banks and advocacy groups. These events have led to increased FSP participation and customer interest in these retailers. Best practices and ideas on how your store can achieve similar success are included in this toolkit. We are confident that you will be able to replicate the examples provided here with a minimal cost and time commitment.

If you are not yet authorized to accept food stamps, please visit [www.fns.usda.gov/fsp/retailers/retailer\\_app/default.htm](http://www.fns.usda.gov/fsp/retailers/retailer_app/default.htm) or call (877) 823-4369 to request an application.

Again, thank you for your interest.

Clarence H. Carter  
Deputy Administrator for the Food Stamp Program  
U.S. Department of Agriculture, Food and Nutrition Service

# Table of Contents

1. Introduction.....Page 1



2. Financial Effect .....Page 3



3. Community Involvement.....Page 6



4. Partnerships.....Page 10



5. Promising Practices.....Page 16



6. Media Outreach.....Page 20



7. Additional Resources.....Page 22



- Sample Outreach Materials.....Appendix A
- Footnotes.....Appendix R
- FNS Contacts.....Appendix T
- Acknowledgements.....Appendix U



# INTRODUCTION

HOW TO **MILK THIS**  
**TOOLKIT**  
FOR ALL IT'S WORTH!





## THE RETAILER OUTREACH TOOLKIT

As retailers, you play a vital role in the delivery of the FSP's most important commodity – food. Your role in the community is key to improving the health of those experiencing hunger and food insecurity. This toolkit offers the opportunity to maximize this role by promoting the FSP to those who are eligible but not participating.

### ***What can retailers do?***

This toolkit includes information on:

- The FSP and how it helps families in need
- Outreach efforts through partnerships
- Resources and further instructions on what you can do to promote program participation
- How you can help educate your customers to the nutrition benefits of the FSP

Each section features easy-to-follow instructions, helpful hints, and useful materials that you can customize and enhance with information about your store's outreach efforts.

### ***How do I use the toolkit?***

The materials in this toolkit illustrate a number of outreach possibilities and offer your organization the flexibility to evaluate and select those pieces that work for your specific needs. Throughout the toolkit, there are tip sheets that you can duplicate for yourself and your colleagues. Although you may have limited resources and staff, you can still use the toolkit. You do not have to conduct every one of these activities or invest a lot of time in each one. Do what works best for you and your community.

### ***What other partners are involved in food stamp outreach?***

Food stamp outreach is a community-wide effort enlisting the help of State and local food stamp offices, faith and community-based groups, retailers, food banks, and others. Together, these groups play an important role in helping low income families learn about and access the FSP. Community groups can help in many ways. For example, they can distribute informational materials, conduct prescreening for program eligibility, provide application assistance, and help gather verification documents. Retailers generally undertake activities to educate their customers and offer the facilities for outreach events.

To help empower these entities to improve food stamp outreach by providing a forum to link and share information about their efforts, the Food Stamp Outreach Coalition was developed in 2003. This core group collaborates to promote the nutrition benefits of the FSP through various outreach initiatives. The coalition meets twice a year in person and is also accessible via the FNS web site at: [www.fns.usda.gov/fsp/outreach/about.htm](http://www.fns.usda.gov/fsp/outreach/about.htm). Anyone is welcome to join the coalition.



Many retailers find that by nurturing community bonds through conducting food stamp outreach, they also increase customer loyalty and overall sales.



FINANCIAL EFFECT

MAKING THE

DOUGH

RISE



## FINANCIAL BENEFITS OF RETAILER INVOLVEMENT

Low income people who are eligible for the FSP but do not participate are missing nutrition assistance that could stretch their food dollars. Outreach activities and education relating to the FSP are powerful tools in overcoming the barriers to food stamp participation. The FSP brings Federal dollars into communities in the form of benefits which are redeemed at local stores. These benefits ripple throughout the economies of the community, State, and Nation.



The FSP is virtually certain to result in increased food purchases—the program increases participating households' income elasticity for food expenditures. In Fiscal Year (FY) 2004, the average monthly food stamp benefit per household was over \$200.<sup>1</sup> These benefits create business when redeemed at local food retailers. Food stamp benefits also positively and significantly relate to household food expenditures.<sup>2</sup> While only estimates, studies have shown that a \$1 increase in food stamp benefits leads to additional expenditures of between 17 and 47 cents.<sup>3</sup> As a result, food stamp recipients spend more on food at local retailers than eligible nonparticipants.

Participating in *Retailer Based Food Stamp Outreach* means ensuring that all who are eligible can receive FSP benefits. This can result in the potential for increased customer loyalty, and cultivating relationships with previously underrepresented markets.

### ***What does increased food stamp participation mean for my store?***

- Food stamp recipients spend more at local retailers than eligible nonparticipants.
- 86% of benefits in FY 2005 (\$21 billion) were redeemed at over 35,000 supermarkets.<sup>4</sup>
- \$3 billion of benefits contributed to the viability of 118,000 other firms which include grocery stores, convenience stores, combination stores, farmers' markets, other retail food stores, wholesalers and meal services.<sup>5</sup>
- Every \$5 in new food stamp benefits generates \$9.20 in total community spending.<sup>6</sup>
- In FY 2004, only 60 percent of individuals eligible for benefits participated in the program.<sup>7</sup> The benefits of 40 percent of eligible nonparticipants went unclaimed.
- If the national participation rate rose just 5 percent, 1.7 million more low income people would have an additional \$1.1 billion in benefits per year to use to purchase healthy food.<sup>8</sup>
- On average, \$1 billion of retail food demand by food stamp recipients generates 3,300 farm jobs.<sup>9</sup>





### *The program helps States and local communities:*

**Support the local food retailers.** The average monthly food stamp benefit per household (FY 2004) is over \$200, which is spent in local grocery stores.<sup>11</sup>

**Generate economic activity.** Every \$5 in new food stamp generates \$9.20 in total spending.<sup>12</sup>

**Support farms.** \$1 billion of retail demand by food stamp recipients generates 3,300 farm jobs.<sup>13</sup>

**Leverage Federal funds.** Food stamp benefits are Federal funds. By increasing the number of eligible people in the FSP, communities can bring Federal money into their States and communities.

### *The program helps low income families:*

- **Stretch food dollars.** Those receiving food stamp benefits spend more money on food than other low-income households.<sup>15</sup>
- **Fight obesity through education.** By educating low income families on the nutrition benefits of the FSP, obesity rates may be reduced.
- **Improve nutrition.** Nutrition educators teach food stamp participants the importance of a quality diet, how to prepare healthy foods, and how to make healthy choices.
- **Put food on the table for their children.** Families participating in the FSP free up more money for additional and healthier food purchases.
- **Invest in our future.** Over 50 percent of participants are kids.<sup>14</sup>
- **Keep elderly family members independent.** For the elderly, participation can help improve nutritional status and well-being and increase independence. Nine percent of participants are age 60 or older.<sup>15</sup>
- **Make the transition to self-sufficiency.**<sup>16</sup> The FSP helps participants become financially stable and provides support as they transition to self-sufficiency. Half of all new participants will leave the program within 9 months.<sup>17</sup>

### *The program helps businesses and workers:*

**Achieve optimal performance.** Employees whose food needs are met at home may have higher productivity and take fewer sick days.

**Attain self-sufficiency.** Food stamp benefits supplement the budgets of low-income workers so they can stay independent and work toward self-sufficiency.<sup>18</sup>



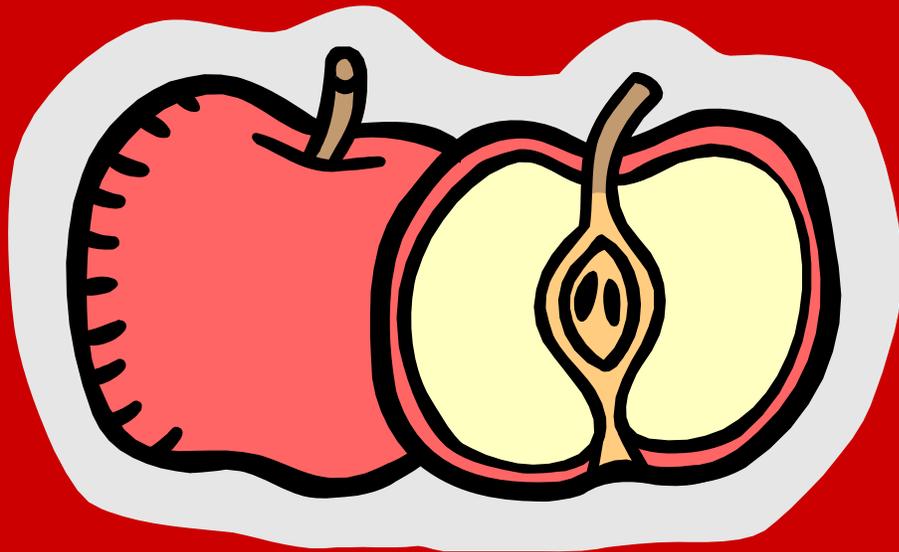
Forty percent of eligible recipients are not currently participating in the Food Stamp Program. Nonparticipation not only hurts these families, but it prevents millions of dollars from entering local economies.



COMMUNITY INVOLVEMENT

GETTING  
TO THE CORE

OF COMMUNITY RELATIONS  
AND OUTREACH



## MAKING AN IMPACT IN YOUR COMMUNITY

Retailers nationwide strive to be good corporate citizens. They abound with programs aimed at creating and maintaining positive relationships with local communities. As this toolkit will demonstrate, an easy and often overlooked way for retailers to serve their communities is to partner with local service organizations to conduct food stamp outreach.



Conducting outreach, i.e. increasing awareness of and participation in the Food Stamp program via a community network of partners, provides a “win-win” scenario for all involved: retailers nurture community bonds, develop customer loyalty, and increase sales; local economies are infused with additional revenue, a potential reduction in healthcare expenses, and potential increase in worker productivity; partners receive much needed assistance with their mission, thereby allowing limited resources to be redirected; and eligible nonparticipating people and families gain access to better nutrition and free up limited family resources for other household responsibilities.

“Food Stamps are the first line of defense against hunger in our community. Making sure low income people receive food stamps accomplishes many things. First, and most importantly, people get fed. Second, community and faith-based organizations such as ours are relieved of having to provide a higher level of food assistance. Third, the local grocers do business with customers that they may not have otherwise and fourth, we are all healthier and happier.”

--Bill Bolling, Executive Director  
Atlanta Community Food Bank  
Atlanta, GA

“A successful redemption program probably means that we are successfully servicing the needs of our community. By being able to meet our customers’ needs during a particular time in their lives, we are often able to establish a relationship that outlives the time a person is eligible for food stamps. In that case we benefit from that customer both now and in the future. Food stamp redemption is a way to get your best customer in the front door and to establish a long-term relationship with that customer.”

--George Matics, Purchasing Director  
Cardenas Markets, Inc.  
Ontario, CA

## Retailer tools

- ✓ Underwrite printing of outreach materials
- ✓ Underwrite paid advertising and local media
- ✓ Advertise food stamp information on grocery carts
- ✓ Print FSP information on receipts and grocery bags
- ✓ Include food stamp benefit information in grocery bags
- ✓ Provide food stamp information in the checkout display area
- ✓ Play Public Service Announcements (PSAs) on in-store radio
- ✓ Include flyers and brochures in mailings and weekly circulars
- ✓ Allow eligibility prescreening to be conducted in the store or outside of it
- ✓ Design, produce, and post promotional materials about food stamp benefits in the store





## DISPELLING MYTHS AND BARRIERS TO PARTICIPATION

Increasing food stamp participation by conducting outreach activities must begin with recognizing and understanding the barriers that prevent participation. The primary purpose of outreach is not only to promote community awareness of the FSP, but also to reduce these barriers. You can participate by orienting your employees and by partnering with community groups to raise awareness of the nutritional benefits to which they are entitled. Common myths that prevent underserved populations from receiving the benefits to which they are entitled are listed below and on the next page. As you conduct outreach, incorporating tools to dispel such myths can play an instrumental role in increasing participation.

### WHAT YOU CAN DO:

As a retailer you may come into contact with eligible, nonparticipating people much more frequently than other community members. Through your Food Stamp Program outreach efforts, you can get the facts out and help dispel these myths that often times serve as barriers to participation. Offering space for nutrition education and health fairs held at retail locations are a great way to do this. Further examples of what you can do to alleviate hunger in your community are found throughout this toolkit.



### Myths and Truths about Food Stamp Benefits and Seniors

- MYTH:** Elderly people have to go to the food stamp office for an interview.
- TRUTH:** If an elderly person is not able to go to the food stamp office, he or she may request a telephone interview.
- MYTH:** You have to go to the food stamp office every few months to keep getting benefits.
- TRUTH:** Elderly people can get benefits for up to 2 years at a time.
- MYTH:** Elderly people are only allowed \$2,000 in resources.
- TRUTH:** The limit for elderly households (containing at least one elderly person) is \$3,000 (excluding their home or car).
- MYTH:** Elderly people do not receive credit for medical and prescription drug bills.
- TRUTH:** Medical bills that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays them.
- MYTH:** Other people need food stamps more than the elderly and if an elderly person is certified for food stamps, they will be taking them away from others.
- TRUTH:** The Food Stamp Program is an entitlement program—everyone who applies and qualifies will get benefits.
- MYTH:** Elderly households who receive food stamps cannot receive meals-on-wheels.
- TRUTH:** Many households can receive food stamps and still get meals-on-wheels. Sometimes these meals can be purchased with food stamp benefits.



## Myths and Truths about Food Stamp Benefits and Working People



**MYTH:** Food stamps are welfare.

**TRUTH:** The Food Stamp Program is a nutrition assistance program.

**MYTH:** Only unemployed people can get food stamps.

**TRUTH:** Most people who work at low-wage jobs can get food stamp benefits.

**MYTH:** You can't get food stamps if you get unemployment.

**TRUTH:** People who get unemployment may still qualify for food stamp benefits.

**MYTH:** If you have too many assets, you can't get food stamps.

**TRUTH:** Your household may have up to \$2,000 in assets (excluding your home or car).

**MYTH:** You can't get food stamps if you own a car.

**TRUTH:** You can get food stamp benefits, even if you own a car.

**MYTH:** You can't get food stamps if you have a savings account.

**TRUTH:** Your household may have up to \$2,000 in assets (excluding your home or car).

**MYTH:** Food stamps have to be paid back.

**TRUTH:** People who get the amount of benefits they are eligible for do not have to pay them back.

**MYTH:** Food stamps are not worth applying for since you only get \$10.

**TRUTH:** The amount of benefits depends on household size, income and certain expenses. The average household monthly benefit in FY 2005 was over \$212.

**MYTH:** Other people will know I use food stamps.

**TRUTH:** People who get food stamp benefits get an electronic card and other people will most likely not know you use food stamp benefits.

**MYTH:** Food stamps are only for families.

**TRUTH:** Food stamp benefits are for anyone who applies and qualifies.



"To reach common ground, we need to go to higher ground. Together with our business and government leaders, we can build community and economic prosperity for all."

Daniella Levine, Executive Director  
Human Service Coalition  
Miami, FL



PARTNERSHIPS

HOOK 'EM,  
THEN REEL THEM IN





## HOW DO I GET STARTED?

Although you can conduct food stamp outreach alone, your efforts will be more successful if you work with other organizations. Developing partnerships with such organizations is vital as you begin your outreach planning.

Because only local food stamp offices can certify clients for benefits, one of your most critical partners is your local food stamp office. Other potential partners are listed on the next page. These community and faith-based groups, retailers, and anti-hunger advocacy groups across the country have a common goal to reduce hunger and improve nutrition. By coming together in partnership, we can advance our efforts to inform individuals and families in our communities about the benefits of the FSP.

Although you can conduct food stamp outreach alone, your efforts will be more successful if you work with like-minded organizations. Partnerships with other groups can expand your ability to get the word out.

“Pathmark is partnering with...local organizations to provide information and screenings on various health issues... We are delighted to partner with so many organizations on this important community outreach. Our partnership will provide useful information to the area’s residents and create an awareness of the valuable resources which are at their disposal.”

Rich Savner  
Director of Public Affairs  
Pathmark, Carteret, NJ

### How partners can play a role in outreach:

- Financial contribution for production of materials such as pamphlets, bus/subway ads, potholders, and recipe cards.
- In-store space to conduct nutrition events and prescreening.
- PSA placement or donated print advertisement space.
- Support to help fill out food stamp application forms and obtain verification documents.
- Company name appearing in food stamp media materials.
- Company’s logo on food stamp signage and in outreach materials.
- Opportunity for a company representative to attend or participate at events.

 <p><b>Keys to establishing and maintaining a strong partnership</b></p>	<ul style="list-style-type: none"> <li>• Present the partnership as a “win-win” for all parties</li> <li>• Agree on goals and objectives</li> <li>• Develop and clearly define roles and responsibilities</li> <li>• Practice clear and frequent communications</li> <li>• Show appreciation through recognition</li> </ul>
---	---

## Reaching Out to Community Partners

Community, faith-based and antihunger advocacy groups across the country have a common goal to reduce hunger and improve nutrition. Retailers can offer facilities and allow community groups to conduct outreach. By coming together in partnership, we can advance our efforts to inform individuals and families in our communities about the FSP, ensuring that everyone can eat right, even when money's tight.



If a relationship is not currently in place, a good way to initiate a partnership is by sending a letter to a community relations, marketing, or communications contact. Your letter should outline your outreach effort, provide background information, and describe the nature of your request. Be sure to follow up your letter with a phone call.

### NEIGHBORHOOD SUPERMARKETS

123 Any Road  
Anytown, USA

[DATE]  
[NAME]  
[TITLE]  
[STORE NAME]  
[ADDRESS]  
[CITY], [STATE] [ZIP]

Dear Mr./Ms. [NAME]:

The Food Stamp Program (FSP) is the first line of defense against hunger. On behalf of [STORE NAME], I am writing to invite you to lend your support to [STATE/CITY/ TOWN'S] food stamp outreach effort by *[Describe the request — an activity you would like the organization to participate in, such as: hosting a health fair or prescreening event; volunteering; distributing informational flyers or promoting events].*

The goal of this outreach effort is to ensure that everyone who is eligible for the FSP knows about the Program and is able to access benefits. Our store is helping to promote the nutrition assistance benefits of the FSP. *[Provide local information on what your store is doing, who you plan to target in your campaign, and the need in your community (number of potentially eligible individuals that are not being served for this type of effort.)]*

We hope you will join us in supporting [STORE or COALITION NAME's] outreach efforts; we would be honored to work with you. With your support, we are confident that we can reach more of [CITY/STATE's] individuals and families not yet enrolled in the Food Stamp Program. By participating, *[List benefits to organization such as: reinforces position as community leader; provides opportunity for positive media exposure; offers community service opportunities; etc.].*

I will contact you in the next few days to further discuss the vital role you can play in helping our community. In the meantime, feel free to contact me at [PHONE NUMBER] should you have any questions. I have also enclosed additional information on food stamp benefits for your review.

Again, we hope you can join us in supporting this important effort, and look forward to speaking with you soon.

Sincerely,  
[NAME]  
[TITLE]



***What if I have questions about outreach and partnerships?***

Learn from your colleagues by joining the Food Stamp Outreach Coalition, a nationwide network of retailers, advocacy groups and partner organizations that works to promote the health and nutrition benefits of the FSP. The Coalition works together to end hunger and improve nutrition. For more information about the Coalition and how you can join, please check out the web site at:

[www.fns.usda.gov/fsp/outreach/about.htm](http://www.fns.usda.gov/fsp/outreach/about.htm).

**Potential Partners**

Food Banks and Pantries	Community Action Agencies
Homeless Shelters and Soup Kitchens	Family Support Centers
Legal Aid	Salvation Army
Goodwill	Voluntary Income Tax Assistance (VITA) Locations
Local Health Departments	Employment Assistance Offices
Schools	Departments of Motor Vehicles
Property Tax Offices	Mayors or City/County Officials
Housing Projects	Corrections Departments (Imminent Release)
Local Social Security Offices	Local Military Bases or Installations
Local or Regional IRS Offices	Churches
Temples	Mosques
Synagogues	Employers
Transit Providers	Local Unions
Utility Companies	Other Grocery Stores/Retail Associations
Doctors	Hospitals
Pharmacies	Community Health Centers
Assisted Living Facilities	Area Agencies on Aging
AARP Chapters	Meals-On-Wheels Programs
TV	Internet
Radio	Newspapers

***Outreach Events***

Conducting an outreach event in your store is one of the best ways to reach those who are eligible. Partnerships with community groups to undertake outreach activities can help to make your event a success. You may also find reaching out to your local, State, or national retailer association such as the Food Marketing Institute or the National Grocers Association beneficial. These groups are interested in your success and can provide additional assistance.

## Five Helpful Hints for Hosting an Outreach Event

**Evaluate demographics.** Who are the most underserved in your area? Gear your event towards your customers: working families, new parents or seniors.

**Find the right partners.** Traditional social service organizations like food banks, religious organizations or homeless shelters are a great place to start, but many retailers also find success partnering with less traditional organizations like schools or senior centers.

**Determine the interests of your customers.** Focus your outreach efforts towards meeting your customers' needs. Will an information campaign alone do the trick? What about the use of public service announcements? Or should you host an outreach event? What types of information should you provide at your event? What will attract your customers?

**Focus on health.** Customers respond best when outreach events are focused on health or nutrition. Make sure your event has something for the whole family. Successful events have included healthy cooking demonstrations; dental screenings for kids; blood pressure and mammography screenings; distributing recipe cards for adults; easy no-cook recipe cards for kids; puzzles and games; sampling of local produce and other locally made products; and prescreening for the FSP as well as Special Supplemental Nutrition Program for Women, Infants, and children (WIC) (this works best in private areas such as a manager's office). The USDA and local FSP staff can also be invited to answer questions and distribute literature.

**Find the right space.** Outreach events generally work best in stores with a lot of front-end space or parking lots. However, even the smallest stores in places like New York City have found their events to be hugely successful and seen sales increase with the right planning ahead of time.

## Additional Tips for Conducting Outreach Events

1. Select a busy day to hold your outreach event. The most successful events are on the weekends and during busy sales periods.
2. Educate your employees on food stamp benefits and the community impact. It is possible that some employees might benefit from the FSP. They also feel rewarded for having been a part of an event that helps so many people.
3. Encourage partners to conduct eligibility prescreening using laptops. Be sure that an Internet connection is available if needed.
4. If you choose to do eligibility prescreening, be sure to select as private an area in the store as possible to make the customer feel at ease and comfortable.
5. Arranging for product demonstrations of healthy foods with in-store demonstration companies can encourage customer participation. Vendor companies will often donate products.
6. Invite representatives from your local hospital to conduct blood pressure and diabetes testing. Medical students often can volunteer to provide these much needed preventative services.
7. Always have written materials on hand because some customers may not want to stop or have the time. However, they or someone they know might be eligible.



## Sample outreach event setup



1



2

Pathmark (Spanish)



3

Pathmark (English)



4



5



6

1 An eligibility worker with the United Way of New York City helps an individual at a Food Stamp Program prescreening event in Chinatown. *Photo credit: United Way of New York City*

2 & 3 Food Change eligibility workers hold a healthy cooking demonstration at a local grocery store and provide shoppers with information on the Food Stamp Program. *Photo credit: Food Change, NYC*

4 Students learn how to prepare healthy snacks at this Kids in the Kitchen event in St. Paul, MN. *Photo credit: USDA*

5 An eligibility worker helps an individual at a Food Stamp Program prescreening event in Philadelphia. *Photo credit: Pathmark*

6 An eligibility worker helps an individual at a Food Stamp prescreening event in Los Angeles. *Photo credit: Cardenas Market*

# PROMISING PRACTICES

PLANT THE SEEDS,  
**REAP THE  
BENEFITS**



**WHAT IS A PROMISING PRACTICE?**

“Promising Practices” are everywhere. New ideas or refinements of ideas are continuously being implemented by Federal and State governments, community and faith-based organizations, and retailers to educate, assist individuals in accessing the FSP and create economic opportunities for retailers in our communities. Promising practices may involve large or small changes to existing marketing or outreach initiatives to improve service delivery. They may or may not have evidence of positive results from evaluations; in fact, they might just have a general intuitive appeal rather than a proven effect. Promising practices sometimes prompt completely different ideas. Sometimes, promising practices are those “Aha” moments--something that makes sense but you did not think significant right away. Unfortunately, practical knowledge in one community that could lead to significant improvements in another often goes unshared.



***Who is compiling our promising practices?***

The FSP is compiling promising practices to assist States, local agencies, community and faith-based organizations, retailers and others share their best ideas. They are updated periodically on the web site listed below.

***How can I share my promising practice?***

Submit your practice to us through the FNS web site. Tell us about something new you are doing or how you put an innovative twist on an existing idea. Go ahead and brag about the response you received from your coworkers, managers, or your customers. This is an opportunity to shine while you give others ideas to improve or develop their projects. Worried that your idea may not be new? Not to worry: something that is “old hat” to some may be a complete revelation to others.

<b>PROMISING PRACTICES ARE ONLINE</b>
Go to: <a href="http://www.fns.usda.gov/fsp/outreach">www.fns.usda.gov/fsp/outreach</a> and click on “Promising Practices.”
<b>ARE YOU LOOKING FOR A NEW IDEA?</b>
On the website, you will find information that you can use in your own project. You can learn about promising practices from around the country as well as from other programs.
<b>WHO CAN USE THE WEB SITE?</b>
The web site is for State and local food stamp agencies as well as Federal/State program staff, volunteers, community members, retailers, policy makers, funders, researchers or anyone else who wants to develop a project or improve the quality of their existing programs.



## EXAMPLES OF PROMISING PRACTICES

**Massachusetts** – The Department of Transitional Assistance (Food Stamp Program) designed an index card with a toll-free number for Food Stamp Program assistance that can be posted at grocery store check out counters. For more information, contact Lauren Arms at (617) 348-5452 or [lauren.arms@state.ma.us](mailto:lauren.arms@state.ma.us).

**Washington** – Old Town Christian Ministries, an outreach contractor for the Department of Social and Health Services in the State's Region 3, successfully conducts outreach events at stores of Grocery Outlet, an authorized Food Stamp Program retailer. They have found that the best method for convincing local store managers to allow outreach activities at the stores is by showing them that more people enrolling in the Food Stamp Program equals more revenue for the store. For more information, contact: Patti Clark, DSHS Basic Food Education and Outreach Program Manager, (360) 725-4613, [clarkpj@dshs.wa.gov](mailto:clarkpj@dshs.wa.gov).

**Pennsylvania** – Pathmark grocery chain, in partnership with the Greater Philadelphia Coalition Against Hunger, hosted outreach events in their Philadelphia stores. The nutritionists prepared healthy meals and were on hand to answer questions and hand out samples. They also took applications using Pennsylvania's online application system. They are working with FNS to identify local partners to work with them in hosting these events at stores throughout the region. For more information, contact: Rich Savner, Director of Public Affairs, Pathmark, 200 Milk Street, Cataret, NJ 07008, [rsavner@pathmark.com](mailto:rsavner@pathmark.com), (732) 499-3000.

**Kansas** – The Department of Social and Rehabilitation Services has established a partnership to fight hunger with Dillon Stores (80 grocery stores statewide) and the Kansas Food Bank. The kickoff event was held at the Dillon Store in Hutchinson to coincide with National Hunger Awareness Day. Nineteen organizations sponsored booths and approximately 500 food stamp applications and informational packets were distributed to attendees. Another 900 applications and informational brochures were provided to Dillon Stores for distribution at nine of their stores in the surrounding area. Ongoing outreach is being provided at all Dillon Stores. Food Assistance (food stamps) and Kansas Food Bank information as well as a prescreening tool and applications are available at Dillons Stores customer service desks. Outreach messages are also included in Dillon Stores advertisements to the public. For more information, contact: Alice Womack, Assistant Director, Capacity and Resource Development, Kansas DSRS, DSOB, 915 S.W. Harrison, 681W, Topeka KS 66612, (785) 291-3314, [acw@srskansas.org](mailto:acw@srskansas.org).

**Ohio** – The egg industry offered to print free of charge Food Stamp Program information on the egg cartons distributed through Ohio food banks to low-income Ohioans. A Food Stamp Program outreach message was printed on the outside of the carton and the FSP eligibility requirements were printed inside the carton. The eggs were purchased as part of a State-funded market clearing initiative called the Ohio Agricultural Surplus Production Alliance. For more information, contact: Marilyn Braun, Ohio Department of Job and Family Services, 30 East Broad Street, 31st Floor, Columbus, Ohio 43266, (614) 466-6814.

**New York** – FoodChange developed a one-stop recipe book entitled *Quick! Delicious! Healthy Recipes on a Budget!* demonstrating how Food Stamp Program benefits can help households improve their nutrition with food that is both affordable and healthy. Culturally accessible recipes are accompanied by nutritional composition and estimated cost per serving (based on seasonal produce prices at a local Bronx supermarket). Also included are food stamp eligibility and application guidelines; and information on Medicaid, WIC, Headstart, school meals, the advantages to buying local produce, buying tips, and the value of farmers markets and Community Supported Agriculture shares. Cooking demonstrations and distributing the book at New York City Pathmark grocery stores complement the success of FoodChange's prescreening operations at these sites. For more information, contact: Food Access at FoodChange, 39 Broadway, 10th Floor, New York, NY 10006, (212) 894-8053.

**FNS** – Updates can be obtained by contacting Susan Sheets at [susan.sheets@fns.usda.gov](mailto:susan.sheets@fns.usda.gov) or by visiting [www.fns.usda.gov/fsp/outreach](http://www.fns.usda.gov/fsp/outreach).



## 10 FOOD STAMP PROGRAM OUTREACH IDEAS FOR RETAILERS



Help your customers learn about the nutrition benefits of the FSP. FSP benefits bring Federal funds into your community that can increase sales in your store. With food stamps, your low-income customers can purchase more healthy foods such as fruits and vegetables, whole-grain foods and dairy products.

As a retailer, you can:

1. Display FSP posters and other materials. Go to [www.fns.usda.gov/fsp/outreach/info.htm](http://www.fns.usda.gov/fsp/outreach/info.htm) for free USDA materials.
2. Invite local groups such as food banks, antihunger groups, or other community or faith-based groups to staff an information table to give out FSP information or prescreen customers for eligibility. Use the prescreening tool available at [www.foodstamps-step1.usda.gov](http://www.foodstamps-step1.usda.gov).
3. Put FSP information such as national (1-800-221-5689) or local FSP toll-free numbers on grocery bags and in weekly circulars and bulletins.
4. Publish FSP materials in languages spoken in your community. Available at [www.fns.usda.gov/fsp/outreach/translations.htm](http://www.fns.usda.gov/fsp/outreach/translations.htm).
5. Print FSP promotional messages on store receipts.
6. Broadcast FSP public service announcements in your store. Available at [www.fns.usda.gov/fsp/outreach/radio/default.htm](http://www.fns.usda.gov/fsp/outreach/radio/default.htm).
7. Host nutritious food tasting or cooking demonstrations. Give out recipe cards that contain nutritious information and the national (1-800-221-5689) or local food stamp toll-free number. Check out the recipe finder at <http://foodstamp.nal.usda.gov/recipes.php>.
8. Form partnerships with local community and advocacy groups. Host a health fair to conduct FSP eligibility prescreening ([www.foodstamps-step1.usda.gov](http://www.foodstamps-step1.usda.gov)). Invite local media to the event.
9. Partner with Electronic Benefits Transfer (EBT) processors to train cashiers about the under utilization of FSP.
10. Encourage EBT processors to add recorded messages to their help-desk numbers promoting the nutrition benefits of FSP and encouraging FSP clients to tell a friend.

Sharing ideas can stimulate program changes, spark creative exchanges, and serve as a launching pad for the next generation of program innovations.



MEDIA OUTREACH

PAIRING  
YOUR MESSAGE  
TO THE RIGHT AUDIENCE



## **WHY CONDUCT MEDIA OUTREACH?**

One of the most efficient and cost-effective ways to inform members of the community about the FSP is through local television, radio, and newspapers. Media outreach takes many forms—from a simple call to a reporter to suggest a story, to a formal press release or organized event.

There are many compelling sides to the food stamp story. It is about the strength of a local community working together to help those who are less fortunate. It is about people facing challenges and doing what is right for themselves and their families. It has all the elements of an interesting story that local media want to cover. Your local media have both a community responsibility and a business interest in providing readers and viewers with valuable information.

### ***Public Service Announcements (PSAs)***

With a little effort and no out of pocket expenses, you can use the media to promote your outreach efforts. Using your store's public address system is a great way to inform your customers of your outreach efforts.

PSAs are public service messages that broadcasters air free of charge as part of their community service programs. The USDA has a number of radio PSAs that are available for download at [www.fns.usda.gov/fsp/outreach/radio/default.htm](http://www.fns.usda.gov/fsp/outreach/radio/default.htm). The best way to pitch PSAs is to work with your experienced community partners. They can contact the PSA director at your local radio station, present the local problem or situation, and show how you are providing a solution.

### ***Media Events***

Media events are a great way to get your message out to a broader audience at little or not cost. If you are interested in inviting the media to an outreach event, work with partners who have experience organizing media events or consult with your company's public affairs office. Additional information on media events is available in the *Community and Faith-Based Groups Toolkit* online at: [www.fns.usda.gov/fsp/outreach/tool-kits.htm](http://www.fns.usda.gov/fsp/outreach/tool-kits.htm).

### ***Who should I invite?***

Consider inviting community leaders, including the mayor, local council members, or a notable nutritionist to speak at a news conference. Work with your local food stamp office to select speakers and develop an initiation list. The media usually takes an interest in the human side of an issue. See if you can identify a family that has a positive story to tell.

Media events or press conferences are used to convey information and attract attention. They allow you to deliver time-sensitive news to many media outlets at once.



ADDITIONAL RESOURCES

A BUNDLE OF  
RESOURCES

AND INFORMATION



**SAMPLE LITERATURE**

The following few pages contain sample outreach materials that you and your partners may want to borrow ideas from. The FNS materials shown here and many more are available free of charge at our web site at: [www.fns.usda.gov/fsp/outreach.htm](http://www.fns.usda.gov/fsp/outreach.htm). You can add your store name and logo as well as a phone number and contact information to any of the FNS materials.

**New York State**

**Working Hard?**

**Need help feeding your family?**

**Food Stamps can help.**

NYS Office of Temporary & Disability Assistance Hotline  
**1-800-342-3009**

**MAXIMUM INCOME ELIGIBILITY GUIDE**  
(October 1, 2009 - September 30, 2010)

Household Size	Yearly Income (Before Taxes)	Yearly Income (After Taxes)
1	\$10,000	\$7,500
2	\$13,000	\$10,000
3	\$16,000	\$12,500
4	\$19,000	\$15,000
5	\$22,000	\$17,500
6	\$25,000	\$20,000

Your allowed maximum income may be higher than those stated above if someone in your household is 65 or older or receiving disability benefits.

**It also pays to check out:**

- Using the FOOD CARD for fresh produce at farmers' markets throughout NYC.
- Free school breakfast and free or low-cost lunch every day for all NYC public school students.
- The Women, Infants and Children (WIC) program: call 311, NYC's helpline.
- Free or low-cost health insurance from HealthNet: call 311, NYC's helpline.
- Free tax assistance at CFRC's Money Central: call toll free 1-866-WAGE-PLUS (1-866-991-3758).

**PAID for by the FOOD CARD**

CALL TOLL FREE  
**1 866 FOOD NYC**  
(1-866-366-3692)

Plastic bags like this one can be used to distribute outreach materials.

**THE FOOD CARD**

It Pays to Check Out the Food Stamp Program

**CALL TOLL FREE**  
**1 866 FOOD NYC**  
(1-866-366-3692)

Prepared by a project of the Nutrition Consortium of NY State, Inc. Funding provided by the NYSDOH, NYSOTDA, and the USDA/FNS. This is an Equal Opportunity Provider.

It Pays to Check Out the Food Stamp Program

**CALL TOLL FREE**  
**1 866 FOOD NYC**  
(1-866-366-3692)

Many retailers choose to hand out cards like this one at check out stands.

**The FOOD CARD is FREE**

Are you one of the thousands of New Yorkers who would qualify if they would just apply?

**It's now easier to:**

- APPLY - online, by mail, or in person
- REDEEM - at more than 10,000 participating retailers
- USE - for more than 10,000 participating retailers

**It Pays to Check it out**

Greenies for your family are a snap away with the Food Card at supermarkets, delis and farmers markets.

**FOR MORE INFORMATION CALL TOLL FREE 1 866 FOOD NYC (1-866-366-3692)**

You can easily produce brochures like this one to distribute in grocery bags or at outreach events.







# NYS Wants You to Know About Food Stamps



**You may be able to get Food Stamps**

**1-800-342-3009**

NYS Office of Temporary & Disability Assistance

Food Stamp Eligibility is based on income guidelines



Family Size	Monthly Gross Income*
1	\$1,905
2	\$2,219
3	\$2,533
4	\$2,847
5	\$3,161
6	\$3,475
7	\$3,789
8	\$4,103
9	\$4,417
10	\$4,731

\*Gross income includes all income from all sources before deductions for taxes, Social Security, and other mandatory deductions.

To reorder contact 518-475-1179 and request PUB - 4702  
NYS Office of Temporary & Disability Assistance  
Boris J. Wieg, Commissioner

New York State  
George E. Pataki, Governor

Other innovative signage includes posters with tear-offs for customers to call for more information at a later time.

**New York State**

**Wants You to Know About Food Stamps**

**El Estado de Nueva York**

**Desea Informarle sobre los Cupones de Alimentos**



**You may be able to get Food Stamps**

**1-800-342-3009**

NYS Office of Temporary & Disability Assistance

**Food Stamp Eligibility is based on income guidelines**

Family Size	Monthly Gross Income*
1	\$1,905
2	\$2,219
3	\$2,533
4	\$2,847
5	\$3,161
6	\$3,475
7	\$3,789
8	\$4,103
9	\$4,417
10	\$4,731

\*Gross income includes all income from all sources before deductions for taxes, Social Security, and other mandatory deductions.

**Puede ser que usted pueda obtener Cupones de Alimentos**

**1-800-342-3009**

Oficina de Asistencia Temporal y Asistencia para Incapacitados del Estado de Nueva York

**La elegibilidad para Cupones de Alimentos se basa en los niveles de ingresos**

Cantidad de la familia	Ingresos Brutos Mensuales*
1	\$1,905
2	\$2,219
3	\$2,533
4	\$2,847
5	\$3,161
6	\$3,475
7	\$3,789
8	\$4,103
9	\$4,417
10	\$4,731

\*Ingresos brutos incluye todos los ingresos antes de deducciones de impuestos, Seguro Social y otras deducciones obligatorias.

To reorder contact 518-475-1179 and request PUB - 4702  
Para reordenar PUB - 4702, llame al 518-475-1179  
NYS Office of Temporary & Disability Assistance • Boris J. Wieg, Commissioner  
Oficina de Asistencia Temporal y Asistencia para Incapacitados del Estado de Nueva York • Boris J. Wieg, Comisionado

New York State • George E. Pataki, Governor  
Estado de Nueva York • George E. Pataki, Gobernador



## Massachusetts

Massachusetts retailers hand out numbered cards and ask callers to mention their number when they call. This way they can track their success.

**LOST A JOB?  
WORKING TWO JOBS?**



Call the Food Stamp Program at  
**1-866-950-FOOD**  
You and your kids may be eligible.

When you call, please refer to your card number below.

**49982**

**FOOD STAMPS  
CAN GIVE YOU  
EXTRA MONEY  
FOR FOOD**



To find out if you qualify for the Food Stamp Program call  
**1-866-950-FOOD**  
When you call, please refer to your card number below.

**39980**

**ONE  
out of  
TEN  
FAMILIES**  
in Massachusetts Qualified for  
**FOOD STAMPS**



To find out if you qualify for the Food Stamp Program call  
**1-866-950-FOOD**  
When you call, please refer to your card number below.

**19982**

**Nutrition Fact:**  
**EAT A VARIETY OF  
NUTRIENT-RICH FOODS.**

You need more than 40 different nutrients for good health, and no single food supplies them all.

Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods.



A message from the Massachusetts Department of Transitional Assistance

**Nutrition Fact:**  
**Do you know the Healthful Benefits of Fruits and Vegetables?**

The nutritional goodness of fruits and vegetables, with a diet that is low in fat, saturated fat and cholesterol, and that contains whole-grain breads and cereals may:

- Reduce the risk of coronary heart disease
- Lower the risk of some cancers
- Help reduce the risk of certain serious and common birth defects



A message from the Massachusetts Department of Transitional Assistance

**Nutrition Fact:**  
**Do you know the Healthful Benefits of Fruits and Vegetables?**

The nutritional goodness of fruits and vegetables, with a diet that is low in fat, saturated fat and cholesterol, and that contains whole-grain breads and cereals may:

- Reduce the risk of coronary heart disease
- Lower the risk of some cancers
- Help reduce the risk of certain serious and common birth defects



A message from the Massachusetts Department of Transitional Assistance

**Know someone struggling to put food on the table?**

For information about food stamps and other free and low-cost food resources, call:

Monday - Friday  
8 a.m. to 5 p.m.

**Project Bread**   
**FoodSource Hotline**  
**1-800-645-8333**

The FoodSource Hotline is funded by the Massachusetts Department of Transitional Assistance

3/05 Sp/E

Para español vea el reverso.





**Your Family may be eligible for food stamps...**

To find out if you qualify for the Food Stamp Program call **1-866-950-FOOD**

When you call, please refer to your card number below.

29976



**Nutrition Fact:**  
*What is a "Healthy Diet"?*  
Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

*A message from the Massachusetts Department of Transitional Assistance*

**LOST A JOB?  
WORKING TWO JOBS?**



Call the Food Stamp Program at **1-866-950-FOOD**  
You and your kids may be eligible.

When you call, please refer to your card number below.

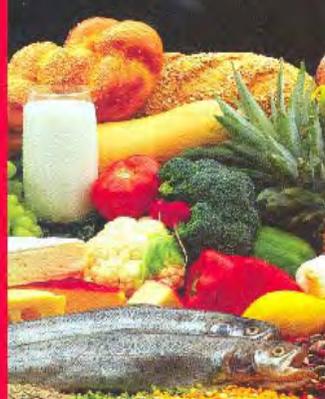
49980

**Nutrition Fact:**  
**EAT A VARIETY OF NUTRIENT-RICH FOODS.**

You need more than 40 different nutrients for good health, and no single food supplies them all.

Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods.

*A message from the Massachusetts Department of Transitional Assistance*



**GOOD HEALTH**



Call the Food Stamp Program at **1-866-950-FOOD**  
to find out if you qualify and how to apply.

When you call, please refer to your card number below.

59985

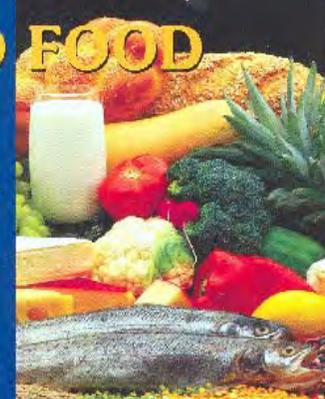
**GOOD FOOD**

**Nutrition Fact:**  
**EAT A VARIETY OF NUTRIENT-RICH FOODS.**

You need more than 40 different nutrients for good health, and no single food supplies them all.

Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods.

*A message from the Massachusetts Department of Transitional Assistance*



Para más información sobre cupones de alimentos y otros recursos alimenticios tanto gratuitos como de bajo costo llame al

De lunes a viernes  
Desde las 8 a.m. a las 5 p.m.

**Project Bread**  
**FoodSource Hotline**  
**1-800-645-8333**

La línea directa y gratuita FoodSource es financiada por el Departamento de Asistencia Transitoria de Massachusetts

Sp05



## Rhode Island

### Common Food Stamp Myths Concerning Legal Immigrants

These misconceptions might be keeping legal immigrants from applying for food stamp benefits.

**Neither my family nor I are U.S. citizens, therefore we can't get food stamps.**

Households with legal immigrants may be eligible for food stamps if they:

- ✦ Have been residing in the U.S. for 5 years as a qualified immigrant or,
- ✦ Are serving or did serve in the U.S. Armed Forces or
- ✦ Are receiving disability benefits regardless of their date of entry or,
- ✦ Immigrants who came to the U.S. as a refugee, asylee, or withholding of deportation, and certain other immigrants regardless of when they came to the U.S., or
- ✦ Legal immigrant children, no matter when they came to the U.S., or
- ✦ Legal permanent residents who have worked in the U.S. for at least 10 years

**I am not an eligible immigrant but my children are legal citizens. My ineligibility disqualifies my children.**

Not true! Your children can still receive benefits! You will have to provide documents about all household members when you apply for your children, but all information is kept confidential.

**Receiving food stamps will hurt my chances if I (we) want to become a citizen(s).**

An immigrant will not be deported, denied entry to the U.S., or denied permanent status or a "green card" because he or she or their family receives food stamps. The U.S. Bureau of Citizenship and Immigration Services does not consider you a "Public Charge" if you receive Food Stamps.

**I heard that a new law would make it harder for immigrants to receive food stamps.**

Actually the new 2002 Farm Bill law will allow more low-income non-citizen and legal immigrants to receive food stamps if they meet the Food Stamp Program's income and resource requirements. The law does not change the rules for immigrants who are already eligible.

**If I or someone in my household is working, we don't qualify for food stamps.**

Not true! Many individuals working full time or part time at low wage jobs throughout the year do not make enough to lift themselves out of poverty. Food stamps are crucial in assisting low-

Immigrant Myths-English  
URI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/02

income households feed their families and are a critical income support when household members have been laid off from work or have had their working hours reduced.

**Food stamps have to be applied for in person.**

Not so! Households may pick up an application at a local Department of Human Services (DHS) office, may call to receive one by mail, or have someone else pick up an application for them. Once the application is completed, mail it back or drop it off in person as soon as possible. The office will accept the form on the same day you turn it in, even if they cannot interview you on that day. An in-person interview is normally part of the application process. But a telephone interview may be conducted if the head of the household is unable to visit a DHS office because they are elderly, disabled or have work or transportation difficulties.

**If I or someone in my household owns a car then we don't qualify for food stamps.**

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

**If I am receiving food stamps then I am taking money away from someone who is needier than me.**

The Food Stamp Program is an entitlement program. Anyone who applies and qualifies will receive benefits.

Still have questions about the Food Stamp Program? Call toll free:

Providence area residents: 222-7276

Newport residents: 849-6000 or 1-800-675-9397

Northern RI area residents: 235-6300 or 1-800-510-6988

Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989

Warwick and South County area residents: 736-6511 or 1-800-282-7021

Immigrant Myths-English  
URI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/02

### Common Food Stamp Myths Concerning Elderly Households

These misconceptions might be keeping elderly households from applying for food stamp benefits.

**The Food Stamp Program is a welfare program.**

The Food Stamp Program is not a welfare program; it is a nutrition program. Its main purpose is to end hunger and improve nutrition and health. It increases a household's ability to buy more nutritious foods from neighborhood food stores.

**I will only receive \$10 a month in food stamp benefits.**

Fiscal year 2000 statistic showed elderly people who live alone received an average of \$44 per month and elderly people not living alone received an average benefit of \$116 per month.

**Food stamps are intended to supply a household with all the food they need every month.**

The Food Stamp Program is a supplement to income and cannot be used for non-food items such as diapers, personal hygiene and paper products. However, using food stamps can free up cash normally spent on food for non-food purchases.

**I cannot own or be buying a home. If I own or am buying a home, the government will take it.**

Individuals can own or buy a home and still get food stamps. The home and its lot are not counted as a resource in the Food Stamp Program. The Food Stamp Program does not require a person to sign away their home.

**If I or someone in my household owns a car then we don't qualify for food stamps.**

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

**I must go to the food stamp office for an interview.**

If an elderly person is not able to go to the food stamp office, he or she may request a telephone interview. The person may also ask a relative, pastor, neighbor, etc., to attend the interview as an authorized representative. Applicants for and recipients of SSI may also apply for food stamp benefits at the Social Security Office.

Elderly Myths-English  
URI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/2009

**I must be re-certified for food stamp benefits every three months.**

If all adult household members are elderly or disabled, the State agency may assign this household a 24-month certification period.

**I do not receive credit for medical and prescription drug bills.**

Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them.

**I am only allowed \$2,000 in resources.**

The resources limit for elderly households or households containing one elderly person is up to \$3,000.

**Food stamps are only for families with children.**

Food stamps are for eligible individuals and families, including the elderly.

**If I am receiving food stamps then I am taking money away from someone who is needier than me.**

The Food Stamp Program is an entitlement program. Anyone who applies and qualifies will receive benefits.

**If I receive food stamps I will not be able to receive meals-on-wheels.**

Households can receive food stamps and still get meals-on-wheels. In fact, households who are currently paying cash for their meals can save money because food stamps can be used to purchase the meals.

Still have questions about the Food Stamp Program? Call toll free:

Providence area residents: 222-7276

Newport residents: 849-6000 or 1-800-675-9397

Northern RI area residents: 235-6300 or 1-800-510-6988

Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989

Warwick and South County area residents: 736-6511 or 1-800-282-7021

Elderly Myths-English  
URI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/2005

The University of Rhode Island Feinstein Center for a Hunger Free America is heavily involved in Food Stamp outreach. You may want to partner with your local university also.



## Common Food Stamp Myths Concerning the Disabled

These misconceptions might be keeping disabled persons from applying for food stamp benefits.

### The Food Stamp Program is a welfare program.

The Food Stamp Program is not a welfare program, it is a nutrition program. Its main purpose is to end hunger and improve nutrition and health. It increases a household's ability to buy more nutritious foods from neighborhood food stores.

### I get no special consideration for food stamps if I am disabled.

Most households have to meet both a monthly gross income test and a monthly net income test to be eligible for food stamps. Households with one or more disabled members only have to meet the net income test. The net income test is gross income minus certain deductions. In addition, disabled folks are allowed more deductions than most households.

### The amount of money allotted for the time and energy put into the application process is not worth it.

Food stamps can increase a household's ability to purchase more nutritious foods, such as meats, dairy products, and fresh fruits and vegetables. The average amount received by a household containing a disabled member is \$104 per month. The average amount received by a disabled person living alone is \$52 per month.

### I am not eligible for food stamps because I live in a group home where my meals are prepared for me.

Not true! Disabled persons who live in certain non-profit group living arrangements (small group homes with no more than 16 residents) may be eligible for food stamps, even though the group home prepares their meals for them. If this is not the case for you, talk to your caseworker or call your local Food Stamp office about your particular living situation. You may still be eligible for food stamps.

### Food stamps are intended to supply a household with all the food they need every month.

The Food Stamp Program is a supplement to income and cannot be used for non-food items such as diapers, personal hygiene and paper products. However, using food stamps can free up cash normally spent on food for non-food purchases.

Disabled Myths-English  
URI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/05

### Food stamps have to be applied for in person.

Not so! Households may pick up an application at a local Department of Human Services (DHS) office, may call to receive one by mail, or have someone else pick up an application for them. Once the application is completed, mail it back or drop it off in person as soon as possible. The office will accept the form on the same day you turn it in, even if they cannot interview you on that day. An in-person interview is normally part of the application process. But a telephone interview may be conducted if the head of the household is unable to visit a DHS office because they are elderly, disabled or have work or transportation difficulties.

### I do not receive credit for medical and prescription drug bills.

Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them.

### I am only allowed \$2,000 in resources.

The resources limit for disabled households or households containing one disabled person is up to \$3,000.

### If I or someone in my household owns a car then we don't qualify for food stamps.

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

### If I am receiving food stamps then I am taking money away from someone who is needier than me.

The Food Stamp Program is an entitlement program. Anyone who applies and qualifies will receive benefits.

### Still have questions about the Food Stamp Program? For more information call toll free:

Providence area residents: 222-7276  
Newport area residents: 849-6000 or 1-800-675-9397  
Northern RI area residents: 235-6300 or 1-800-510-6988  
Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989  
Warwick and South County area residents: 736-6511 or 1-800-282-7021

Disabled Myths-English  
URI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/05

## Common Food Stamp Myths Concerning Low-Income Working Households

These misconceptions might be keeping low-income households from applying for food stamp benefits.

### The Food Stamp Program (FSP) is a welfare program.

The Food Stamp Program is not a welfare program, it is a nutrition program. Its main purpose is to end hunger and improve nutrition and health. It increases a household's ability to buy more nutritious foods from neighborhood food stores.

### If I or someone in my household is working, we don't qualify for food stamps.

Not true! Many individuals working full or part time at low wage jobs throughout the year do not make enough to lift themselves out of poverty. Food stamps are crucial in assisting low-income households feed their families, and are a critical income support when household members have been laid off from work or have had their working hours reduced.

### If I leave welfare I'm no longer eligible for food stamps.

Many families leave cash assistance with the mistaken impression they are no longer eligible for food stamps once they find work. The purpose of the FSP is to end hunger and improve the nutrition and health of recipients. Just like the childcare or medical assistance programs, the FSP serves an essential role in helping low-income families' access to nutritional benefits while transitioning from welfare to self-sufficiency.

### Food stamps are intended to supply a household with all the food they need every month.

The FSP is a supplement to income and cannot be used for non-food items such as diapers, personal hygiene and paper products. However, using food stamps can free up cash normally spent on food for non-food purchases.

### My neighbors think that food stamp recipients are wasteful and use their benefits to buy junk food, beer and cigarettes.

USDA studies show that low-income households buy healthier food than any other segment of the population. Also, food stamp participants get more nutrients for their food dollars than the average American household.

### If I am receiving food stamps then I am taking money away from someone who is needier than me.

The FSP is an entitlement program. Anyone who applies and qualifies will receive benefits.

Low-Income Myths-English  
URI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/05

### I am an unemployed single person without children; therefore, I'm not eligible for food stamps.

If you're an able-bodied adult between the ages of 18 and 49, are unemployed, don't have children, and eat your meals alone or with others in the same household, then you may be eligible for food stamp benefits for a limited time.

### The amount of money allotted for the time and energy put into the application process is not worth it.

Food stamps can increase a household's ability to purchase more nutritious foods, such as meats, dairy products, and fresh fruits and vegetables. The average amount received by a working-poor family in RI is \$68 per month per person.

### Food stamps have to be applied for in person.

Not so! Households may pick up an application at a local Department of Human Services (DHS) office, may call to receive one by mail, or have someone else pick up an application for them. Once the application is completed, mail it back or drop it off in person as soon as possible. The office will accept the form on the same day you turn it in, even if they cannot interview you on that day. An in-person interview is normally part of the application process. But a telephone interview may be conducted if the head of the household is unable to visit a DHS office because they are elderly, disabled or have work or transportation difficulties.

### If I have money in a savings account, I have to spend it before I can get food stamps.

Not true! A household is allowed up to a total of \$2,000 in "countable" resources and up to \$3,000 if at least one member of the household is age 60 or older, or disabled. "Countable" resources are cash, stocks, bonds, IRA's, and checking/savings accounts.

### If I or someone in my household owns a car then we don't qualify for food stamps.

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

### Still have questions about the Food Stamp Program? Call toll free:

Providence area residents: 222-7276  
Newport residents: 849-6000 or 1-800-675-9397  
Northern RI area residents: 235-6300 or 1-800-510-6988  
Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989  
Warwick and South County area residents: 736-6511 or 1-800-282-7021



## Common Food Stamp Myths Concerning Homeless Households

These misconceptions might be keeping homeless households from applying for food stamp benefits.

### The Food Stamp Program is a welfare program.

The Food Stamp Program is *not* a welfare program. It is a nutrition program. Its main purpose is to end hunger and improve nutrition and health. It increases a household's ability to buy more nutritious foods from neighborhood food stores.

### I am not eligible for food stamps because I do not have an address.

Being homeless does not mean that you must go hungry. You do not need a fixed address to be eligible for food stamps.

### A friend told me that owning a car makes me and my family ineligible for food stamp benefits.

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

### I don't have a place to cook and sometimes I stay at a shelter that provides meals. I bet this makes me ineligible.

Not so! You do not need a place to cook. Food stamps can help homeless households buy food at stores, purchase prepared meals at certain group dining centers and food from meal delivery systems. Food stamp benefits can be used to buy many nutritious foods that don't need to be cooked, for example: juices, milk, fruits, vegetables, canned meats and fish, cheeses, yogurt, and bread. Also, if you stay at a shelter run by a non-profit group, you may qualify for food stamp benefits.

### If I have money in a savings account, I have to spend it before I can get food stamps

Not true! A household is allowed up to a total of \$2,000 in "countable" resources and up to \$3,000 if at least one member of the household is age 60 or older or disabled. "Countable" resources are cash, stocks, bonds, IRA's, and checking/savings accounts.

Homeless Myths-English  
UBI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/05

## Identification must be provided when applying for food stamp benefits and I don't have any.

You do not need to have a driver's license or birth certificate to apply for food stamp benefits. You may verify who you are by having someone identify you. Shelter staff can provide this information. However, you will need to know your Social Security number or apply for one. Shelter staff can provide assistance on how to obtain a Social Security number.

## I need help right now, but it takes "forever" to get food stamp benefits.

Not true! If you have less than \$150 in monthly gross income and not more than \$100 in liquid resources (for example cash, checking/savings accounts, etc.), you may be able to qualify for Expedited Services. This means you can receive help within 7 days. However, if your income and resources are too high for expedited service, then you should receive your benefits within 30 days.

## Food stamps have to be applied for in person.

Not so! Households may pick up an application at a local Department of Human Services (DHS) office, may call to receive one by mail, or have someone else pick up an application for them. Once the application is completed, mail it back or drop it off in person as soon as possible. The office will accept the form on the same day you turn it in, even if they cannot interview you on that day. An in-person interview is normally part of the application process. But a telephone interview may be conducted if the head of the household is unable to visit a DHS office because they are elderly, disabled or have work or transportation difficulties.

## Still have questions about the Food Stamp Program? For more information call toll free:

Providence area residents: 222-7276

Newport residents: 849-6000 or 1-800-675-9397

Northern RI area residents: 235-6300 or 1-800-510-6988

Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989

Warwick and South County area residents: 736-6511 or 1-800-282-7021

Homeless Myths-English  
UBI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/05

## DOCUMENTS NEEDED FOR YOUR FOOD STAMP APPLICATION

When you apply for Food Stamps, your DHS worker may ask to see the following documents for each member of the household:

- 1) Proof of identity and verification of citizenship or alien status such as birth certificate, drivers license, US Passport, visa, or resident alien card
- 2) Social security number, or proof that an application for one has been made
- 3) Proof of Rhode Island residency and housing costs, such as rent or mortgage receipt and utility bills such as gas, oil, electricity, water, house insurance, taxes, etc.
- 4) Proof of income such as last 4 pay stubs, federal income tax return, award letters for Social Security, Workers Compensation, Temporary Disability Insurance, child support, etc.
- 5) Proof of bank accounts such as bank statements or other documents from any bank, savings & loan or credit union that show current balances in checking, savings, Certificates of Deposit, etc.
- 6) Proof of vehicle ownership or vehicle registration
- 7) If you have someone else caring for your child while you work, proof of childcare costs
- 8) Proof of payment of court-ordered child support such as cancelled checks or money order receipts and a copy of the court order
- 9) Proof of disability, such as a letter from Social Security or a DHS form your doctor fills in
- 10) If over 60 years of age or disabled, proof of medical expenses not covered by health insurance like prescriptions, glasses, hearing aids, and co-payments

Documents Needed for Application-English  
UBI Feinstein Center for a Hunger Free America  
401-277-5427  
Revised 2/1/2005

## Food Stamp Program Fact Sheet Authorized Representatives

### What Is An Authorized Representative?

If you are unable to get to the Food Stamp office or the grocery store, you might want to pick an Authorized Representative. An Authorized Representative is someone you pick to do your grocery shopping with your EBT Card, or to go to the Food Stamp office for you. To designate an Authorized Representative, you must state the authorization in writing.

### Who can be an Authorized Representative?

The Authorized Representative you choose should be someone you trust, like a family member or close friend. A trusted worker in a group living facility, or private, non-profit organization could be an Authorized Representative too. They should be aware of your relevant household circumstances, so they can answer the necessary Food Stamp questions.

### Who cannot be an Authorized Representative?

Any DHS employee involved in the Food Stamp Program and retailers who transact Food Stamps may not be an Authorized Representative unless approved in writing by a DHS Chief Casework Supervisor. Individuals disqualified from the Food Stamp Program for fraud cannot act as authorized representatives. Establishments which provide meals to the homeless may not act as authorized representatives for homeless Food Stamp recipients.

Still have questions about the Food Stamp Program? Call toll free:

Providence area residents: 222-7276

Newport residents: 849-6000 or 1-800-675-9397

Northern RI area residents: 235-6300 or 1-800-510-6988

Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989

Warwick and South County area residents: 736-6511 or 1-800-282-7021

Authorized Representative - English  
UBI Feinstein Center for a Hunger Free America  
401-277-5427  
2/1/2005



# All year Food Stamps help to feed the hungry

Food Stamps are available for households with low-incomes (below 130% of the federal poverty level) and less than \$2,000 in resources.

**Did you know...**

- Everyone who qualifies for food stamps receives them
- There are no more paper stamps; benefits now come on an EBT (debit) card
- Food Stamps are spent locally, helping grocers and families in your community

**You can use Food Stamps to purchase food at...**

- Grocery stores
- Convenience stores
- Some farmer's markets
- All SERVE sites
- Some senior meal sites

**You may qualify for Food Stamps even if you...**

- Have a car
- Have a house
- Do not have an address
- Have a job
- Do not have children
- Are not on cash assistance
- Have a criminal record

**Food Stamps...**

- Help people buy more food
- Can be used with sales and coupons
- Can be saved for up to 9 months
- Are deposited directly into an account each month
- Allow you to purchase food specific to your dietary needs and personal taste.

**For more information or to get an application for Food Stamps you can...**

- Go online to [www.dhs.state.ri.us](http://www.dhs.state.ri.us)
- Request one from DHS by calling (401) 462-5300
- Pick one up at a Food Stamp office

*Application assistance is available from the Food Stamp Outreach Project, 277-5472.*

**Important points to remember...**

- Interviews for Food Stamps can be done over the phone
- DHS has translators available
- Eligibility guidelines vary for elderly and disabled households
- Some legal immigrants may be eligible for Food Stamps.

## 2006

<p><b>January</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p><b>February</b></p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28</p>	<p><b>March</b></p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p><b>April</b></p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>
<p><b>May</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p><b>June</b></p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p><b>July</b></p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p><b>August</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>
<p><b>September</b></p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>	<p><b>October</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p><b>November</b></p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p>	<p><b>December</b></p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>

URI Feinstein Center for a Hunger Free America [www.uri.edu/endoranger](http://www.uri.edu/endoranger)  
 80 Washington St. Room 302 Providence, RI 02903 (401) 277-5472  
 URI Ranger Hall 309 Kingston, RI 02881 (401) 874-5660



*Yes?*

**Then you are eligible for a lower rate on your electric and telephone bill!!**

 To get the A-60 rate for your electric bill please send a copy of your Food Stamp verification letter to **Narragansett Electric**. You can call them at: **1-800-322-3223**

To get the Life Line Service for your telephone please send a copy of your Food Stamp verification letter to **Verizon**.  You can call them at: **800-870-9999**

- If you need a copy of your Food Stamp verification letter then please call your local DHS office and they will be able to help you.
- Questions? Please call the URI Hunger Center (401) 874-5660

A New Food Stamp Policy May Benefit You!

*Do you live in subsidized housing?*

*Do you pay for your heat or air conditioning?*



If you answered **Yes** to both those questions you may be eligible for a larger Food Stamp benefit.

 To find out for sure, send a letter to your caseworker.

Include your name, social security number, and a copy of a utility bill (or your lease if it indicates you pay for air conditioning) and your Food Stamp benefit may increase.

If you have questions about the policy, call the URI Food Stamp Outreach Program, 277-5472.

If you have questions about your food stamp case, call your caseworker or the Department of Human Services information line, 462-5300.



*Eat Better Today with the Food Stamp Program!*

URI Feinstein Center for a Hunger-Free America  
Standard Utility Allowance  
September 2005  
277-5472

**Food Stamps Benefits**  
You'd be surprised who qualifies




The Food Stamp Program helps low-income households eat well by providing extra dollars to buy food.

*Elderly (over 60) and Disabled Households*

1. Is your monthly household income at or below the guidelines in the chart, after deducting certain medical and shelter expenses?

Household Size	Maximum Monthly Net Income
1	\$798
2	\$1070
3	\$1341
4	\$1613
5	\$1885
6	\$2156
7	\$2428
8	\$2700

2. Does your household have \$3,000 or less in bank accounts, stocks, bonds, etc.?

*Family, Married and Single Adult Households*

1. Is your monthly household income (before taxes) at or below the amount in the chart?

Household Size	Maximum Monthly Gross Income
1	\$1,037
2	\$1,390
3	\$1,744
4	\$2,097
5	\$2,450
6	\$2,803
7	\$3,156
8	\$3,509
Each Additional	+354

2. Does your household have \$2,000 or less in bank accounts, stocks, bonds, etc.?



If you answered YES To both questions, you may be eligible for Food Stamp benefits!  
Call the Department of Human Services, 462-5300, to request an application.  
If you have any questions, call the Food Stamp Outreach Project, 874-4990.

**Have Your Medical Costs Increased With Your Medicare Part D Enrollment?**




**Higher Medical Co-Pays and Prescription Costs May Increase Your Food Stamp Benefit**

If you are interested in applying or have questions about the policy, call the URI Food Stamp Outreach Program, 277-5472.

*Eat Better Today with the Food Stamp Program!*

URI Feinstein Center for a Hunger-Free America  
Medicaid Part D  
February 2006  
277-5472

# Are You Eligible For Food Stamps?

If you're having trouble feeding your family because your income is low, Food Stamps can help you find a healthy balance.

**\*Answer the questions to see if you may qualify:**

- 1) Is your monthly household income (before taxes) at or below the amount in the chart?
- 2) Does your household have \$2,000 or less in bank accounts, stocks, bonds, etc.?

Household Size	Maximum Monthly Gross Income
1	\$1,037
2	\$1,390
3	\$1,744
4	\$2,097
5	\$2,450
6	\$2,803
7	\$3,156
8	\$3,509
Each Additional	+354

If you answered **yes** to both questions, you may be eligible for Food Stamps!  
Call DHS at 462-5300 to request an application.

Eligibility guidelines for elderly and disabled households are different...for more information about those guidelines or the Food Stamp Outreach Program call 874-4990.

*You may choose to create your own double-sided low cost outreach materials like this one including basic income guidelines.*

## Did you know...

- You can own a car!
- The Food Stamp program is a nutrition program, not a welfare program.
- If you live in subsidized housing and pay for heat or AC your benefits may increase.
- You can be in between jobs.
- You receive Food Stamp benefits on an electronic card that you use like a bankcard to buy food.
- Your interview with DHS can be done over the phone.
- There are enough Food Stamp benefits for everyone who qualifies - you are **NOT** taking money away from someone who is more needy than you.
- You can have a job.
- You can get Food Stamps even if you don't have children.

## Did you also know...

You can contact the office of Food Stamp Outreach at the University of Rhode Island and ask questions concerning eligibility and the application process at: (401) 874-4990.



**Food and Nutrition Service**



**YOU WERE THERE FOR US.**

**Now let us be there for you.**

You or someone you know may qualify for food stamps. Find out. Call **1-800-221-5689**

Food Stamps Make America Stronger.

**You and Your Family Could Qualify For Food Stamps If:**

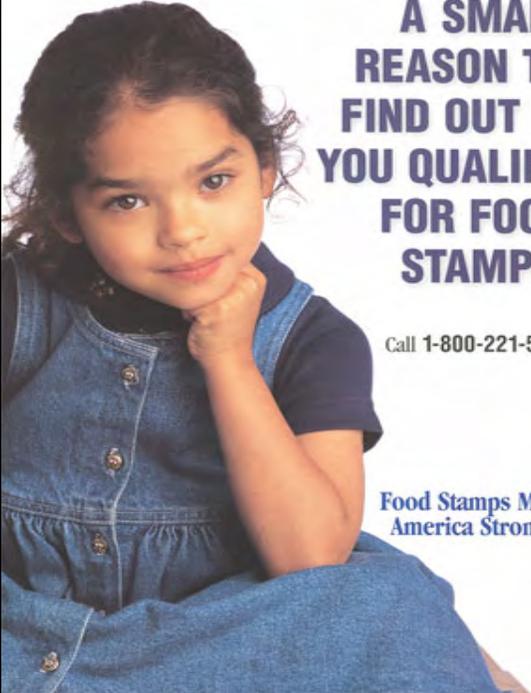
- You have low income or work for low wages.
- You have or will get a social security number.
- You will get a job if you are able and aren't working now.
- You have child or elder care costs, or pay child support.
- You have high medical bills, rent, house payments, or utilities.
- You have a car that's not worth too much.

Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact: \_\_\_\_\_

Or call toll-free **1-800-221-5689**

USDA United States Department of Agriculture Food and Nutrition Service www.fns.usda.gov FNS-300 USDA is an equal opportunity provider and employer.



**A SMALL REASON TO FIND OUT IF YOU QUALIFY FOR FOOD STAMPS.**

Call **1-800-221-5689**

Food Stamps Make America Stronger.

**You Could Qualify For Food Stamps If:**

- You have low income or work for low wages.
- You are elderly or disabled, and have high housing costs or medical bills.
- You have or will get a social security number.
- You have child or elder care costs, or pay child support.
- You will get a job if you are able and aren't working now.

Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact: \_\_\_\_\_

Or call toll-free **1-800-221-5689**

USDA United States Department of Agriculture Food and Nutrition Service www.fns.usda.gov FNS-336 USDA is an equal opportunity provider and employer.

*In addition to flyers and handouts that retailers create on their own or in partnerships, a number of outreach materials are available through FNS.*





**Food Stamps Make America Stronger.**

You or someone you know may qualify for food stamps. Find out. Call **1-800-221-5689**

**You Could Qualify For Food Stamps If:**

- You are disabled.
- You have low or fixed income.
- You have high medical bills, rent, house payments, or utilities.
- You have few assets, not counting your home.
- You have or will get a social security number.

If you can't go to the food stamp office, you may send a friend or a relative to talk to the worker. Or, you may be able to talk with a worker on the phone.

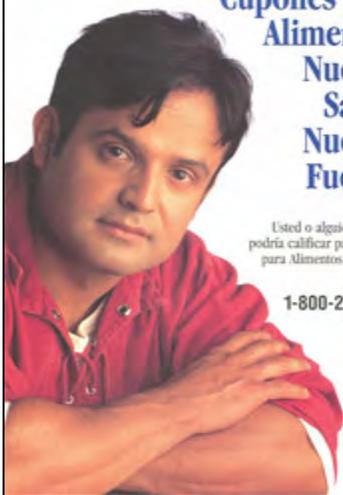
Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact: \_\_\_\_\_

Or call toll-free **1-800-221-5689**



USDA United States Department of Agriculture Food and Nutrition Assistance Programs



**Cupones para Alimentos: Nuestra Salud, Nuestra Fuerza.**

Usted o alguien conocido podría calificar para Cupones para Alimentos. Averigüelo. Llame al **1-800-221-5689**

**Usted y Su Familia Podrían Calificar Para Cupones para Alimentos Si:**

- Usted tiene ingresos bajos o trabaja por salario bajo.
- Usted tiene o obtendrá un número de seguro social.
- Usted obtendrá un trabajo según sus posibilidades y no está trabajando actualmente.
- Usted tiene costos por cuidado de niños o ancianos, o paga por la mantención de un hogar.
- Usted tiene gastos médicos, o de renta, o pagos de casa o de utilidades, que son altos.
- Usted tiene un automóvil cuyo valor no es muy alto.

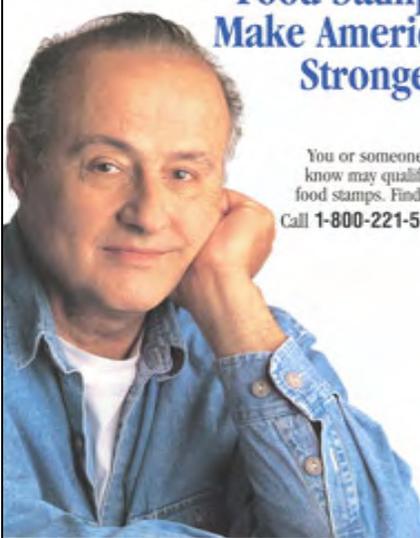
Ciudadanos y muchos inmigrantes legales pueden calificar para cupones para alimentos. Obtener cupones para alimentos no afecta los requisitos para obtener su ciudadanía.

Para más información, contacte a: \_\_\_\_\_

O llame gratis al número **1-800-221-5689**



USDA United States Department of Agriculture Food and Nutrition Assistance Programs



**Food Stamps Make America Stronger.**

You or someone you know may qualify for food stamps. Find out. Call **1-800-221-5689**

**You Could Qualify For Food Stamps If:**

- You are 60 years old.
- You have low or fixed income.
- You have high medical bills, rent, house payments, or utilities.
- You have few assets, not counting your home.

If you can't go to the food stamp office, you may send a friend or a relative to talk to the worker. Or, you may be able to talk with a worker on the phone.

Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact: \_\_\_\_\_

Or call toll-free **1-800-221-5689**



USDA United States Department of Agriculture Food and Nutrition Assistance Programs





## Cupones para Alimentos: Nuestra Salud, Nuestra Fuerza.

Usted o alguien conocido podría calificar para Cupones para Alimentos. Averigüelo. Llame al **1-800-221-5689**

## Usted Podría Calificar para Cupones para Alimentos si:

- Tiene 60 años o más.
- Tiene un bajo ingreso fijo.
- Tiene gastos médicos, o de renta, o pagos de casa o de utilidades, que son altos.

Si no puede ir a la oficina de cupones de alimentos, puede mandar a un amigo o a un familiar a hablar con el empleado.

O también puede llamar por teléfono a la oficina.

Ciudadanos y muchos inmigrantes legales pueden calificar para cupones para alimentos. Obtener cupones para alimentos no afecta los requisitos para obtener su ciudadanía.

Para más información, contacte a: \_\_\_\_\_

O llame gratis al número **1-800-221-5689**

USDA United States Department of Agriculture Food and Nutrition Service www.fns.usda.gov FNS-03-04 USDA es un proveedor y empleador que ofrece igualdad de oportunidades a todos.

## Food Stamps Make America Stronger.



You or someone you know may qualify for food stamps. Find out. Call **1-800-221-5689**

## You and Your Family Could Qualify For Food Stamps If:

- You have low income or work for low wages.
- You have or will get a social security number.
- You will get a job if you are able and aren't working now.
- You have child or elder care costs, or pay child support.
- You have high medical bills, rent, house payments, or utilities.
- You have a car that's not worth too much.

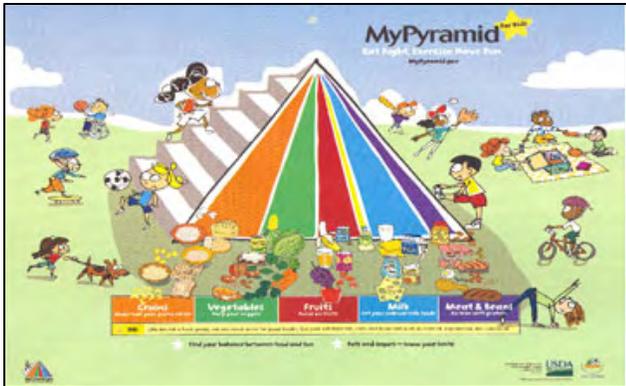
Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact: \_\_\_\_\_

Or call toll-free **1-800-221-5689**

USDA United States Department of Agriculture Food and Nutrition Service www.fns.usda.gov FNS-03-04 USDA is an equal opportunity provider and employer.

## MyPyramid



Find your balance between food and fun. Eat and drink to keep your family healthy.

## TIPS FOR FAMILIES

### Get Active

- 1 **Make half your family active.** Choose whole grain foods, such as whole wheat bread, oatmeal, brown rice, and whole grain pasta, cereals, and snacks.
- 2 **Wash your vegetables.** Cut back grains and cereals with your vegetables—eat spinach, broccoli, carrots, and other potatoes.
- 3 **Reduce fat intake.** Eat three or four servings of low-fat dairy products, such as low-fat milk, yogurt, and cheese. Use low-fat margarine.
- 4 **Limit your children's screen time.** To build strong bones, have your child get at least 30 minutes of physical activity every day. Limit screen time to one hour per day.
- 5 **Get more whole grains.** Eat brown or wild rice, whole wheat, barley, and other grains. Choose whole grain bread, pasta, and cereal. Add whole grain, nuts, or seeds to a salad, pizza, or to a hamburger or hot dog bun.
- 6 **Change your oil.** We all need oil. Get yours from fish, nuts, and legume oils such as olive, soybean, canola, and olive oil.
- 7 **Don't forget to drink.** Choose fluids and beverages that don't have sugar and reduce consumption of one of the five major drinks. Adult beverages combine calories with less, if any, nutrition.

### Get Healthy

- 1 **Get a good night's sleep.** An average adult gets seven to nine hours of sleep each night. Get a good night's sleep. Go to bed at the same time every night.
- 2 **Take the President's Challenge as a family.** Track your individual physical activities and share awards. Be sure to include at least one activity each day.
- 3 **Establish a routine.** Set aside time each day for family time—walk, jog, stretch, or play. Adults need at least 30 minutes of physical activity every day of the week. Children need activity every day or most days.
- 4 **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or why not a family or sibling party.
- 5 **Get up a home gym.** Use household items, such as canned beans, as weights. Nuts can substitute for other snacks.
- 6 **Have fun!** Instead of relying through TV commercials, get up and move! When you talk on the phone, lift weights or walk around the house. Do some TV watching and exercise time.
- 7 **Give healthy gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

**LIVE FUN!**



<b>RECIPE:</b> Fruit Dip	<b>PREPARATION TIME:</b> 15	<b>COOKING TIME:</b> 0
	<b>SERVINGS:</b> 4	
<b>INGREDIENTS</b>	<b>DIRECTIONS</b>	
<ul style="list-style-type: none"> <li>8 oz yogurt, low-fat vanilla</li> <li>2 Tablespoons orange juice, 100% juice, frozen concentrate, thawed</li> <li>1 Tablespoon lime juice</li> <li>1/2 Tablespoon brown sugar</li> <li>2 red apples - cored and sliced</li> <li>1 pear - cored and sliced</li> <li>1 peach - pitted and sliced</li> </ul>	<ol style="list-style-type: none"> <li>1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.</li> <li>2. Mix well.</li> <li>3. Place bowl containing dip on a large plate and surround with fruit.</li> </ol>	

Food Stamp Nutrition Connection Recipe Finder  
<http://grande.nal.usda.gov/foodstamp/Library/recipes.php>

<b>RECIPE:</b> Mexican Pozole Soup	<b>PREPARATION TIME:</b> 10	<b>COOKING TIME:</b> 50
	<b>SERVINGS:</b> 10	
<b>INGREDIENTS</b>	<b>DIRECTIONS</b>	
<ul style="list-style-type: none"> <li>2 pounds cubed lean beef</li> <li>1/8 teaspoon pepper</li> <li>1 tablespoon olive oil</li> <li>1/4 cup cilantro</li> <li>1 large onion</li> <li>1 can (15 oz) stewed tomatoes</li> <li>2 ounces tomato paste</li> <li>1 finely chopped garlic clove</li> <li>1 can (1 lb. 13 ounce) hominy</li> <li>1/4 teaspoon salt</li> </ul>	<ol style="list-style-type: none"> <li>1. In a large pot, heat oil. Saute beef.</li> <li>2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.</li> <li>3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.</li> <li>4. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water.</li> </ol> <p><b>Note:</b> Skinless, boneless chicken breasts may be used instead of beef cubes.</p>	

Food Stamp Nutrition Connection Recipe Finder  
<http://grande.nal.usda.gov/foodstamp/Library/recipes.php>

<b>RECIPE:</b> Banana Split Oatmeal	<b>PREPARATION TIME:</b> 2	<b>COOKING TIME:</b> 3
	<b>SERVINGS:</b> 1	
<b>INGREDIENTS</b>	<b>DIRECTIONS</b>	
<ul style="list-style-type: none"> <li>1/3 cup dry oatmeal, quick-cooking</li> <li>1/2 sliced banana</li> <li>1/8 teaspoon salt</li> <li>1/2 cup frozen yogurt, non-fat</li> <li>3/4 cup very hot water</li> </ul>	<ol style="list-style-type: none"> <li>1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.</li> <li>2. Microwave on 100% power for 1 minute. Stir. Microwave on 100% power for another minute. Stir again.</li> <li>3. Microwave an additional 30-60 seconds on 100% power until the cereal reaches the desired thickness. Stir again.</li> <li>4. Top with banana slices and frozen yogurt.</li> </ol>	

Food Stamp Nutrition Connection Recipe Finder  
<http://grande.nal.usda.gov/foodstamp/Library/recipes.php>



# Rustle-Up Good Grub and get moving!

## WILD WEST Word Search

Use your pencil to rope the hidden words in the puzzle.

**WORD LIST:**

- chili
- beans
- fishing
- running
- tortilla
- cheese
- cornbread
- horseback-riding
- oatmeal
- beef
- tomatoes
- camping
- swimming
- rice

H	T	A	X	O	H	X	O	B	L	F	Z	A	H	K
O	U	C	O	W	I	D	T	D	A	A	A	C	C	E
R	C	H	I	L	I	D	T	D	A	A	A	C	C	E
S	Y	E	D	I	F	C	M	O	E	E	F	L	S	H
E	P	E	C	T	C	Q	E	Y	E	I	C	N	I	N
B	L	S	S	Z	O	Z	A	E	E	Y	S	A	A	T
A	K	E	Q	P	R	K	L	B	C	O	I	P	E	R
C	W	Z	C	L	N	J	D	W	C	O	I	P	E	R
K	Q	A	S	I	B	U	R	S	R	L	N	I	S	D
R	T	A	R	M	R	U	N	N	I	N	G	N	H	E
I	O	B	S	D	E	E	S	Y	P	I	A	G	Y	N
D	R	T	O	M	A	T	O	E	S	E	M	L	S	V
I	O	F	H	W	D	C	I	U	B	E	I	Y	T	E
N	S	W	I	M	M	I	N	G	G	X	L	O	E	R
G	I	B	S	O	V	T	O	R	T	I	L	L	A	X

### Toasted Cheese and Tomato Sandwich

Get an energy boost with this tasty sandwich.

You need:  
2 slices of whole wheat bread  
2 slices of American processed cheese  
1 slice fresh tomato.

Toast the bread lightly. Rip one slice of bread with 1 slice of cheese, 1 slice of tomato, and another slice of cheese as shown.

Cover with the other slice of bread.

Pop in the microwave until the cheese melts (about 15 seconds). Allow sandwich to cool.

Enjoy with a glass of milk and a piece of fruit.

Howdy Partner! I spend a lot of time on the run. To keep me going, I keep fruit and vegetable snacks close, so I can eat well, even when I'm on the range.

**Tip:** Make your moves! Be physically active at least 60 minutes a day.

### Funnies

Q: Why couldn't the pony sing?

Power Panther says... Eat Smart. Play Hard.  
www.fns.usda.gov/eat-smart-play-hard

USDA Food and Nutrition Service. The USDA is an equal opportunity provider and employer. © 2010. All rights reserved. For more information, visit www.fns.usda.gov/eat-smart-play-hard.

# Pack Your Snacks & Go!

I spend lots of time on the go! I carry snacks for energy to keep me moving. Planning ahead makes eating healthy easy!

### Snacking with Power Panther

Fill in the missing letters. Use the clues below to find some of Power Panther's favorite travel snacks.

**Down:**

- Fruit that grows on a vine and rhymes with "apes."
- A long, green vegetable that begins with "c" and the end rhymes with "see."
- Fruit that grows on a tree and is as juicy as can be.

**Across:**

- Food made from milk and begins with "Yog."
- A type of cookie whose name begins with "gra" and tastes great with milk.
- These orange vegetables grow underground and when eaten make a crunchy sound.

**Tip:** Pack carrots, nuts, or dried fruits for a snack at school or play.

### Snack Mix

You need energy to keep you moving. Try this recipe to help you get the energy you need to MOVE!

You need:  
1 cup mixed pretzels  
1 cup raisins  
1 cup of nuts (your choice)  
1/2 cup sunflower seeds

Mix ingredients together.

Makes twelve 1/4 cup servings. ENJOY!

Store in airtight container.

### Funnies

Q: Why did the orange stop in the middle of the road?

USDA Food and Nutrition Service. The USDA is an equal opportunity provider and employer. © 2010. All rights reserved. For more information, visit www.fns.usda.gov/eat-smart-play-hard.



1. U.S. Department of Agriculture, Food and Nutrition Service (2004). Average Monthly Benefit Per Household. [http://www.fns.usda.gov/pd/fsavghh\\$.htm](http://www.fns.usda.gov/pd/fsavghh$.htm).
2. Fraker, Thomas M., Sharon K. Long and Charles E. Post (1990). Analyses of the 1985 Continuing Survey of Food Intakes by Individuals—Volume I, Estimating Usual Dietary Intake, Assessing Dietary Adequacy, and Estimating Program Effects: Applications of Three Advanced Methodologies Using FNS' Four-Day Analysis File, Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service. Also: Levedahl, JW. The Effect of Food Stamps on Household Food Expenditures. Technical Bulletin No. 1794. Washington, DC: U.S. Department of Agriculture: Economic Research Service.
3. Fox, Mary Kay, William Hamilton, (editors) and Biing-Hwan Lin (2004). Effects of Food Assistance and Nutrition Programs on Nutrition and Health, Volume 3, Literature Review. Washington, DC: U.S. Department of Agriculture: Economic Research Service, 2004. Available at: <http://www.ers.usda.gov/publications/fanrr19precent2d3/>. Note: This report provides a comprehensive review and synthesis of published research on the effect of USDA's domestic food and nutrition assistance programs on participants' nutrition and health outcomes.
4. USDA, Food and Nutrition Service, Food Stamp Program, Benefit Redemption Division, Annual Report, FY 2005, 4/21/06.
5. Ibid
6. Hanson, Kenneth, and Elise Golan (2002). Effects of Changes in Food Stamp Expenditures Across the U.S. Economy. Washington, DC: U.S. Department of Agriculture, Economic Research Service. Available at: <http://www.ers.usda.gov/catalog/OneProductAtATime.asp?ARC=c&PDT=2&PID=1373>. Note: Economic effect of increasing food stamps measured for the whole U.S. economy. May vary by location.
7. Mathematica, Inc. (2005). Reaching Those in Need: State Food Stamp Participation Rates in 2004. Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service.
8. <http://www.fns.usda.gov/fsp/outreach/business-case.htm>.
9. Food and Nutrition Assistance Programs and the General Economy: Links to the General Economy and Agriculture (2002). Washington, DC: U.S. Department of Agriculture, Economic Research Service. Available at <http://www.ers.usda.gov/Briefing/GeneralEconomy/linkages.htm>. Note: Even though recipients spend all food stamps on food, the food stamps allow them to shift some of their previous cash expenditures on food to alternative uses.



10. U.S. Department of Agriculture, Food and Nutrition Service (2004). Average Monthly Benefits. [http://www.fns.usda.gov/pd/fsavghh\\$.htm](http://www.fns.usda.gov/pd/fsavghh$.htm). Also available at <http://www.fns.usda.gov/oane/MENU/Published/FSP/FILES/Participation/Trends99-2002.pdf>.
11. Hanson, Kenneth, and Elise Golan (2002). Effects of Changes in Food Stamp Expenditures Across the U.S. Economy. Washington, DC: U.S. Department of Agriculture, Economic Research Service. Available at: <http://www.ers.usda.gov/catalog/OneProductAtATime.asp?ARC=c&PDT=2&PID=1373>. Note: Economic effect of increasing food stamps measured for the whole U.S. economy. May vary by location.
12. Food and Nutrition Assistance Programs and the General Economy: Links to the General Economy and Agriculture (2002). Washington, DC: U.S. Department of Agriculture, Economic Research Service. Available at <http://www.ers.usda.gov/Briefing/GeneralEconomy/linkages.htm>. Note: Even though recipients spend all food stamps on food, the food stamps allow them to shift some of their previous cash expenditures on food to alternative uses.
13. U.S. Department of Agriculture, Food and Nutrition Service, Office of Analysis, Nutrition and Evaluation. Characteristics of Food Stamp Households: Fiscal Year 2003, FSP-04-CHAR, by Karen Cunyningham and Beth Brown. Project Officer, Kate Fink. Alexandria, VA: 2004. Available at <http://www.fns.usda.gov/oane/MENU/Published/FSP/FILES/Participation/2003Characteristics.pdf>
14. Ibid
15. Rosenbaum, Dorothy and David Super (2005). The Food Stamp Program: Working Smarter for Working Families. Washington, DC: Center on Budget and Policy Priorities. Available at <http://www.cbpp.org/3-15-05fa.htm>.
16. Ibid
17. Rosenbaum, Dorothy and David Super (2005). The Food Stamp Program: Working Smarter for Working Families. Washington, DC: Center on Budget and Policy Priorities. Available at <http://www.cbpp.org/3-15-05fa.htm>.



## FNS Contacts

### **NATIONAL HEADQUARTERS, 3101 Park Center Drive, Alexandria, VA 22310**

Laura Griffin, Food Stamp Outreach Coordinator, [laura.griffin@fns.usda.gov](mailto:laura.griffin@fns.usda.gov)

Dawn Washington, Outreach Coalition Coordinator, [dawn.washington@fns.usda.gov](mailto:dawn.washington@fns.usda.gov)

Pat Seward, FSP Media Contract Coordinator, [pat.seward@fns.usda.gov](mailto:pat.seward@fns.usda.gov)

National FSP Media Inquiries, Call: 703.305.2286

National Retailer Inquiries, Call: 877.823.4369

### **NORTHEAST REGION: CT, MA, ME, NH, NY, RI, VT 10 Causeway Street, Room 501, Boston, MA 02222-1069**

Eddie Ortega, Outreach Coordinator, [eddie.ortega@fns.usda.gov](mailto:eddie.ortega@fns.usda.gov)

Charles deJulius, Public Affairs Director, [charles.dejulius@fns.usda.gov](mailto:charles.dejulius@fns.usda.gov)

### **MID-ATLANTIC REGION: DC, DE, MD, PA, PR, VA, VI, WV Mercer Corporate Park, 300 Corporate Boulevard, Robbinsville, NJ 08691-1598**

Marian Wig, Outreach Contact, [marian.wig@fns.usda.gov](mailto:marian.wig@fns.usda.gov)

Margarita Maisterrena, Public Affairs Director, [margarita.maisterrena@fns.usda.gov](mailto:margarita.maisterrena@fns.usda.gov)

### **MIDWEST REGION: IL, IN, MI, MN, OH, WI 77 West Jackson Boulevard, 20<sup>th</sup> Floor, Chicago, IL 60604-3507**

Ann Eubank, Outreach Contact, [ann.eubank@fns.usda.gov](mailto:ann.eubank@fns.usda.gov)

Lawrence Rudmann, Public Affairs Director, [lawrence.rudmann@fns.usda.gov](mailto:lawrence.rudmann@fns.usda.gov)

### **SOUTHEAST REGION: AL, FL, GA, KY, MS, NC, SC, TN 61 Forsyth Street, SW, Room 8-T-36, Atlanta, GA 30303-3415**

John Wiggins, Outreach Contact, [john.wiggins@fns.usda.gov](mailto:john.wiggins@fns.usda.gov)

Karen Dean, Public Affairs Director, [karen.dean@fns.usda.gov](mailto:karen.dean@fns.usda.gov)

### **MOUNTAIN PLAINS REGION: CO, IA, KS, MO, MT, ND, NE, ND, SD, UT, WY 1244 Speer Boulevard, Suite 903, Denver, CO 80204-3581**

Elizabeth Kielian, Outreach Contact, [elizabeth.kielian@fns.usda.gov](mailto:elizabeth.kielian@fns.usda.gov)

Craig Forman, Public Affairs Director, [craig.forman@fns.usda.gov](mailto:craig.forman@fns.usda.gov)

### **SOUTHWEST REGION: AR, LA, NM, OK, TX 1100 Commerce Street, Room 5-C-30, Dallas, TX 75242-9800**

Anne Snell, Outreach Contact, [anne.snell@fns.usda.gov](mailto:anne.snell@fns.usda.gov)

Patricia Mancha, Public Affairs Director, [patricia.mancha@fns.usda.gov](mailto:patricia.mancha@fns.usda.gov)

### **WESTERN REGION: AMERICAN SAMOA, AZ, AK, CA, GUAM, HI, ID, MARIAN ISLANDS, NV 550 Kearny Street, Room 400, San Francisco, CA 94108-2518**

Dave Bailey, Outreach Contact, [dave.bailey@fns.usda.gov](mailto:dave.bailey@fns.usda.gov)

Cordelia Fox, Public Affairs Director, [cordelia.fox@fns.usda.gov](mailto:cordelia.fox@fns.usda.gov)



## Contributors

<ul style="list-style-type: none"> <li>• Jennifer Adach, Save-A-Lot</li> <li>• Lauren Arms, Massachusetts Department of Transitional Assistance</li> <li>• David Barnhart, FNS Headquarters</li> <li>• Bill Boling, Atlanta Community Food Bank</li> <li>• Marilyn Braun, Ohio Department of Job and Family Services</li> <li>• Mandy Briggs, FNS Headquarters</li> <li>• Lisa Christie, FNS Headquarters</li> <li>• Maria Cimini, University of Rhode Island</li> <li>• Patti Clark, Washington Department of Human Services</li> <li>• Community Food Resource Center</li> <li>• Peter Conti, FNS Northeast Region</li> <li>• Lee Davenport, Food Change</li> <li>• Rosemarie Downer, FNS Headquarters</li> <li>• Suzanne Fecteau, FNS Southeast Region</li> <li>• Greg Ferrara, National Grocers Association</li> <li>• Andrew Furbee, FNS Midwest Region</li> <li>• Elizabeth Garner, Food Marketing Institute</li> <li>• Andrea Gold, FNS Headquarters</li> <li>• Kathleen Gorman, University of Rhode Island</li> <li>• Laura Griffin, FNS Headquarters</li> <li>• Walt Haake, FNS Mid-Atlantic Region</li> <li>• Lindy Haffey, FNS Headquarters</li> <li>• Jodi Harawitz, Food Change</li> <li>• Jennifer Hatcher, Food Marketing Institute</li> <li>• Lynn Jordan, FNS Headquarters</li> <li>• Cheryl Kennedy, FNS Mountain Plains Region</li> <li>• Mitch Klein, Krasdale Foods</li> </ul>	<ul style="list-style-type: none"> <li>• Daniella Levine, Human Service Coalition</li> <li>• Jane Lewis, FNS Southeast Region</li> <li>• Erik Lieberman, National Grocers Association</li> <li>• Ted Macaluso, FNS Headquarters</li> <li>• George Matics, Cardenas Markets, Inc.</li> <li>• Preston Mears, FNS Headquarters</li> <li>• Vee Ann Miller, FNS Mountain Plains Region</li> <li>• Miranda Miranda, FNS Northeast Region</li> <li>• Kristy Montgomery, FNS Southwest Region</li> <li>• Pam Newton, FNS Headquarters</li> <li>• New York State Office of Temporary and Disability Assistance</li> <li>• The Nutrition Consortium of New York State</li> <li>• Marga Ortiz, FNS Headquarters</li> <li>• Julie Paradis, America's Second Harvest</li> <li>• Toni Pastre, Pathmark</li> <li>• Joanne Rando, FNS Northeast Region</li> <li>• Ken Ray, FNS Southwest Region</li> <li>• Dick Roache, FNS Southwest Region</li> <li>• Cora Russell, FNS Headquarters</li> <li>• Project Bread</li> <li>• Rich Savner, Pathmark</li> <li>• Pat Seward, FNS Headquarters</li> <li>• Shanta Swezy, FNS Headquarters</li> <li>• Mike Todd, FNS Mountain Plains Region</li> <li>• Diana Torrice, FNS Mid-Atlantic Region</li> <li>• United Way of New York</li> <li>• Madeline Viens, FNS Western Region</li> <li>• Ellen Vollinger, Food Research and Action Center</li> <li>• Jimmy Wortham, FNS Southwest Region</li> </ul>
---	---

## FNS Retailer-Based FSP Outreach Team

<ul style="list-style-type: none"> <li>• Melissa Daigle, FNS Western Region</li> <li>• Jeanne Hutchins, FNS Mid-Atlantic Region</li> <li>• Elizabeth Kielian, FNS Mountain Plains Region</li> </ul>	<ul style="list-style-type: none"> <li>• Jennifer McNabb, FNS Headquarters</li> <li>• Eddie Ortega, FNS Northeast Region</li> <li>• Camille Tharpe, FNS Jackson, MS Field Office</li> </ul>
---	---

## Project Co-Sponsors

<ul style="list-style-type: none"> <li>• Jeff Cohen, FNS Headquarters</li> </ul>	<ul style="list-style-type: none"> <li>• Kathie Klass, FNS Headquarters</li> </ul>
--	--





USDA, Food and Nutrition Service  
[www.fns.usda.gov/fsp/outreach/default.htm](http://www.fns.usda.gov/fsp/outreach/default.htm)