



THE UNIVERSITY OF RHODE ISLAND
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QUICK AND EASY ONLINE SHOPPING WITH SNAP EBT



Shopping from home? Here are some tips to get the most for your money.

Retailers that accept SNAP online: Walmart, Amazon, ALDI, BJ's, Price Rite and Stop & Shop

Money Saving Tips:

- 1 The default search sorts items as "Best Match". Choose sort "**Price: low to high**" to see best deals.
- 2 **Unit price** appears next to prices: use this to see what is the better buy.
- 3 Refine your search by a desired price range. Under "Price" on the left hand side enter your desired **minimum to max price point**.
- 4 Remember to look for "**SNAP EBT eligible**" label when you click on the product name or sort products by clicking on "**SNAP Eligible**" to refine your search.



Looking for more information on what items can be purchased with SNAP/EBT?

Check out the USDA's list of eligible food items by visiting:
<https://www.fns.usda.gov/snap/eligible-food-items>

NOTE: SNAP EBT funds cannot pay for shipping or delivery fees. It helps to have a credit or debit card on file for when you want to pay for items that are not SNAP eligible, when your order does not meet the minimum, shipping fees are charged, or when your SNAP funds run out.

Get the Most Nutrition For Your Dollar!

- Did you know that **canned, frozen** and **fresh fruits and vegetables** are all healthy choices?
- **Whole grains** like **whole wheat bread, oatmeal,** and **brown rice** have fiber which helps you stay full for longer.
- When looking for milk or juice, choose **low-fat plain milk** over flavored milk and **100% Juice** over 10% juice as they provide you with vitamins and minerals and have no added sugars.
- Read the Nutrition Facts label and choose items with a **% daily value** that is close to **5% or less** in **sodium, saturated fat, trans fat** and **added sugars**.



A note for canned fruits and vegetables:
When you can, choose fruits in 100% juice and vegetables that are "low sodium".

See more details for participating grocery retailers on back.



QUICK AND EASY ONLINE SHOPPING

WITH SNAP EBT (continued)



Visit:

<https://walmart.com/grocery>

Things to Know:

- To see items on sale in your search category, choose “**Rollback**” items under “Special Offers”.
- Delivery is available at all locations. Fees apply.
- By connecting your EBT card to your account, you will be able to use EBT Online with no-basket minimums.

(Please allow up to 24 hours for the no-basket minimum to take effect on your account)



Visit:

www.amazon.com/snap

Things to Know:

- If you are not already an Amazon customer, you will need to create an account.
- Customers can use their SNAP EBT benefits to purchase items on:
 - **Amazon Fresh-** To receive free delivery on Amazon Fresh orders, purchase \$35 or more (\$50 in select regions) of eligible items.
 - **Amazon Groceries-** If you are not a Prime member, you can receive free delivery on Amazon.com grocery orders by purchasing \$25 or more of eligible items.



**ALDI & Price Rite
via Instacart**

Visit:

<https://www.instacart.com>
or download the Instacart
Mobile App

Things to Know:

- Be sure to enter SNAP EBT card information as form of payment linked to your Instacart account.
- When searching for items in the Mobile App, you can add a filter by tapping Explore > EBT Eligibility and selecting "Only EBT-eligible items" to see only EBT-eligible items. If you are browsing items from a store's homepage, tap or click on a specific item to see if it is EBT SNAP eligible. If it is eligible, it will say EBT above the price of the item.
- The standard delivery fee starts at \$3.99 for same-day orders over \$35. Pick up orders have no service fee.



QUICK AND EASY ONLINE SHOPPING WITH SNAP EBT (continued)

Things to Know:



Visit:

<https://www.bjs.com/help/ebt/>

- **SNAP EBT payments** can be made on BJs.com for free pickup, shipping, and same-day delivery.
- During checkout, you will need your EBT Card Number and Pin. You may also select multiple delivery methods when paying with SNAP EBT, including free pickup, shipping, and same-day delivery.
- You will see your EBT account balance as well as the amount of eligible items in your cart. Your EBT balance must be greater than the amount of an individual item for EBT to be used for payment.

Things to Know:



Visit:

<https://stopandshop.com/home>

- A credit/debit card is required to make a purchase using an EBT card to cover any costs that are not eligible for SNAP.
- No order minimums once you have added an EBT card to your account profile under Payment Information.
- Make sure to apply all coupons and promo codes **before** attempting to use SNAP benefits with your order.

Meal planning helps you save money, waste less food and prepare healthy meals!
Follow these 3 helpful steps:

1

Before You Shop

- Note what you already have in your freezer, cabinets, and refrigerator
- Plan your meals around family favorites and foods on sale
- Write down what you will eat for each meal for 1 week or whatever works for you!
- Make a shopping list from your meal plan

2

When You Shop

- Stick to your shopping list and buy mostly store brands
- Mix in canned and frozen fruits and vegetables
- Buy fresh produce when it is in season (It will taste better and cost less!)
- Limit prepared foods and frozen meals

3

After You Shop

- Store cold foods in the refrigerator or freezer
- Put older food items in front and place new items behind them
- Try preparing ingredients over the weekend or whenever you have a little extra time
- Label and date your foods so you will use them before they spoil