



# ONLINE SHOPPING WITH SNAP EBT

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

**Currently in Rhode Island there are three grocery retailers that accept SNAP EBT online: Walmart, Amazon and ALDI**

## 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**.



- To see items on sale in your search category, choose "**Rollback**" items under "Special Offers".



- Choose "**Subscribe & Save**" if you plan on using an item often. You can choose how often you would like that item delivered.
- **Amazon Groceries:** Select "**Free Shipping by Amazon**" located on left hand side to see items eligible for free shipping when you spend \$35 or more.



- Choose "**Savings**" to shop items that are on sale.
- **Plan your delivery during off-peak hours and days** to avoid "busy pricing fees".
- If you are not in a rush to receive your groceries, select the "**fast & flexible**" delivery option to avoid any additional delivery charges.

## 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**.

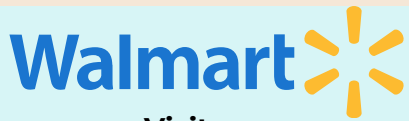


**A note for canned fruits and vegetables:**  
When you can, choose fruits in 100% juice and vegetables that are "low sodium".



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**Visit:**

<https://walmart.com/grocery>

## Participating Locations:

- North Kingstown - 1031 Ten Rod Rd.
- Westerly - 258 Post Rd.
- North Smithfield - 7 Dowling Village Blvd.
- Coventry - 650 Centre of New England Blvd.
- Cranston - 1776 Plainfield Pike
- Warwick - 840 Post Rd.
- Providence - 51 Silver Spring St.

## Pick up is free.

Delivery is available at N. Smithfield, Coventry, N. Kingstown and Westerly. Fees apply. SNAP EBT funds cannot pay for delivery fees.

During checkout, select "**EBT Card**" as payment method.

**\$35 minimum order for pick up and delivery; any SNAP eligible foods are available.**



**To Register Visit:**

<https://www.amazon.com/snap/register>

**NOTE: SNAP EBT funds cannot pay for shipping or delivery fees.**

SNAP EBT funds can be used to purchase from **Amazon Groceries** AND **Amazon Pantry**.

Look for "**SNAP EBT eligible**" label near the product name.

**Amazon Groceries:** All customers get FREE shipping on orders over \$35 that are shipped directly by Amazon.

**Amazon Pantry:** When you spend \$35 or more, delivery is free.



**ALDI via Instacart**

**Visit:**

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

## Participating Locations:

- Providence - 539 Smith St.
- Warwick - 444 Quaker Lane
- Cranston - 1015 Cranston St. & 1138 Pontiac Ave.
- Johnston - 1386 Atwood Ave.
- North Smithfield - 11 Dowling Village Blvd
- Westerly - 100 Franklin St.
- Middletown - 872 West Main Road
- Rumford - 70 Newport Ave.

**Delivery fees will be waived by Instacart on the first 3 EBT SNAP orders within 90 days starting December 16, 2020!**

SNAP EBT funds cannot pay for delivery fees.

Be sure to enter SNAP EBT card information as form of payment linked to your Instacart account.

**The standard delivery fee starts at \$3.99; Every order also has a 5% service fee. Pick up is free.**