

# HEALTHYHELPING

People who receive SNAP and Medicaid services are eligible to receive \$40/mo for fruits and vegetables at Food Lion

**CALL 1 -877-566-0943 TO ENROLL TODAY!**

## LOAD AND SPEND HEALTHYHELPING



### 1 ENROLL

Enroll in the program with a care manager by phone.



### 2 LOAD

To load \$40 onto your MVP card, buy an item with your SNAP EBT card. Be sure to scan your MVP card or type in your phone number at checkout!



### 3 SPEND

Spend Healthy Helping dollars each time you shop by using your MVP card (or phone number) to purchase eligible fruits and vegetables.



### 4 NEXT

Each month of your \$40 benefits will autoloading onto your Food Lion MVP card. Continue purchasing fruits and vegetables.

LEARN MORE AT  
[WWW.HEALTHY-HELPING.ORG](http://WWW.HEALTHY-HELPING.ORG)

## DETAILS ON HEALTHYHELPING

- You can buy fresh, frozen, or canned fruits and vegetables without added salt, sugar, or fat.

- For frozen or canned foods, look for the WIC label!



- If you have difficulty loading your benefit, save your receipt and call 984-213-4133.
- Participants can receive allotments of \$40 for fruits and vegetables **for up to three months.**

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