

# Do you have SNAP/EBT? Get **FREE** fruits, vegetables and beans.

For every \$1 you spend with Supplemental Nutrition Assistance Program (SNAP/EBT\*) benefits, get \$1 on a Get the Good Stuff card to pay for your next purchase of eligible foods.



## What foods are eligible for the Get the Good Stuff program?



- Fresh, frozen, canned and dried fruits, vegetables, beans and lentils without added sugar, salt or fat.

- Check for **added salt and fat** on the packaged item's ingredients list. If present, it will not be eligible.
- Food that lists only one ingredient, such as a fruit, vegetable, herb, bean or lentil, is eligible.

## How do you know if a frozen, canned or dried food is eligible?

- Check for **added sugar** on the Nutrition Facts label on the back of the packaged item. If the label indicates 0 grams of added sugar, the product may be eligible.

Nutrition Facts	
7 servings per container	
Serving size	1 Cup (87g)
Amount Per Serving	
<b>Calories</b>	<b>25</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## What are some examples of added salt, fat and sugar in an ingredients list?

Some examples include but are not limited to:

- **Salts:** Sea salt, sodium benzoate, sodium chloride, monosodium glutamate (MSG)
- **Fats:** Oil, butter, margarine, lard
- **Sugars:** Cane sugar, syrup, honey, high-fructose corn syrup



Sign up for Get the Good Stuff by visiting a participating supermarket's customer service desk. For more information or for a list of participating supermarkets, visit [nyc.gov/health/goodstuff](http://nyc.gov/health/goodstuff) or email [getthegoodstuff@health.nyc.gov](mailto:getthegoodstuff@health.nyc.gov).

\*SNAP/EBT: Supplemental Nutrition Assistance Program/electronic benefit transfer. EBT is an electronic system to pay for food using SNAP benefits. For more information on SNAP and other food assistance programs, call 311 or visit [access.nyc.gov](http://access.nyc.gov).