



## 5 Easy Steps to Food & Nutrition Services

Learn if You or Someone You Know  
Might Be Eligible

**Food & Nutrition Services (FNS) is the new name for the Food Stamp Program in North Carolina. It's easier than ever before to qualify for nutrition benefits!**

### 1 Use the Pre-Screening Tool.

Visit [www.fns4nc.org](http://www.fns4nc.org) and answer the questions on the pre-screening tool to find out if you might be eligible for FNS. Your local library usually has computers you can use. To find out for sure if you qualify for FNS, fill out and return an application.

### 2 Get an Application.

There are four ways to get a FNS application:

- Pick it up at a local Department of Social Services (DSS) office
- Call the DSS office and ask to have an application mailed to you
- Call the DSS office and ask if there are other places where you can pick up an application
- Visit [www.fns4nc.org](http://www.fns4nc.org) and print the application
- Call your local food bank and ask if an application can be mailed to you

#### **Once you receive the application...**

Fill out as much as you can. If you need help, ask the FNS caseworker. You can also ask a friend or someone you know and trust to help you fill out the application.

### 3 Return the Application to Your Local DSS Office.

Return the application to your local DSS office as soon as possible. You can send it by mail, fax, or drop it off in person. The sooner the DSS office gets your application, the sooner you will start getting benefits, if you are eligible.

### 4 Schedule an Interview.

The DSS office will contact you to set up an interview. You can go to the DSS office for the interview, or you can ask for a telephone interview. You can also ask a trusted friend or relative to go to the interview for you.

## 5 Get Papers for the Interview.

The checklist below will help you get ready for the interview. You don't need everything on the list. The FNS caseworker will tell you which papers you will need. Let the caseworker know if you need help getting the papers or other information.

If you are approved for FNS benefits, you will receive an EBT card (similar to an ATM card). Your benefits will be put onto the EBT card each month.

### Identity

- Birth certificate
- Driver's license
- Work or school ID card
- Health benefits card
- Voter registration card

### Residency

- Utility bills, like electric, gas, or water
- Rental agreement or mortgage statement
- Letter from shelter

### Medical Expenses

- For households with seniors (age 60 or older) or disabled members*
- Medical billing statements
  - Medical receipts for prescriptions, eyeglasses, dentures, hearing aids, etc.
  - Medicare Part B coverage

### Earned Income

- Pay stubs
- Statement from employer with gross wages
- Income tax forms
- Self-employment records

### Unearned Income

- Bank statements
- Proof of money received from Social Security, alimony, unemployment, child support, etc.

### Immigration

- Immigration or naturalization papers (if you were born outside of the United States)

To learn more call **919-334-1224**, or visit [www.fns4nc.org](http://www.fns4nc.org).



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