



Facts about Food & Nutrition Services (FNS) and Working People

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!

Fact: Many working people use FNS to help make ends meet.

Fact: People who get unemployment may still be able to get FNS benefits.

Fact: If you are not able to go to the DSS office, you may ask for a telephone interview.

Fact: Beginning July 1, 2010, North Carolina will no longer use the resource limit test for most households. A FNS caseworker will tell you if your household must meet a resource limit. Households may be able to get FNS benefits, even if they own a home, car, land, property, or have a retirement account or money in the bank.

Fact: People who get FNS benefits get a plastic card, like a debit card, instead of paper food stamps. Other people will not know that you use FNS benefits.

Fact: FNS benefits can be used to buy food at the grocery store, some farmers' markets, or to buy seeds to grow your own food.

Fact: Everyone who applies and qualifies for FNS will get benefits.

For more information, please call 919-334-1224, or visit www.fns4nc.org.

