



4 Ways to Stretch Your SNAP Benefits

GROW YOUR OWN FOOD

Use your benefits to purchase seeds and plants to grow your own nutritious food at home or in a community garden. For every \$1 dollar spent on seeds and fertilizer, home gardeners can grow an average of \$25 worth of produce!



FREE OR DISCOUNTED INTERNET AND CELL SERVICE



Through the Affordable Connectivity Program and Lifeline, SNAP participants are eligible for monthly discounts on their home internet and cell phone plans through participating providers. Sometimes these services are even fully covered!

DOUBLE UP FOOD BUCKS

You can earn up to \$10 a day and spend up to \$10 a day in Double Up Food Bucks at all participating Double Up locations, including grocery stores, farmers markets, and farm stands with your EBT card.



TAKE ADVANTAGE OF OTHER DISCOUNTS



From discounted memberships at participating YMCA locations or Amazon Prime to free or reduced admission to over 1,000 museums through Museums for All, there are many additional ways to save with your SNAP benefits.

1-888-544-8773

Apply for the Food Assistance Program (SNAP benefits) online at michigan.gov/mibridges or call the F.O.R. Helpline for assistance over the phone available in over 240 languages.