

SHOP SMARTER ONLINE WITH SNAP

SNAP recipients in Maryland can now use their benefits to order grocery delivery or curbside pick-up. Here are some tips to make the most of your online shopping experience. Ask your clerk if your local grocery store accepts SNAP benefits online for grocery delivery and curbside pick-up!

TALK TO THE SHOPPER

- Talk to your personal shopper on your mobile phone or computer.
- Shoppers may send messages to you about substitutions and unavailable items.
- If the personal shopper selects an item you are unhappy with you can request a refund.
- Shoppers will send an alert when your order is on its way!

Thank You!

You're Welcome!

SUBSTITUTION PREFERENCES FOR ITEMS

- Look for 'substitution settings' on your grocers website.
- Select 'pick a substitute' for items that may be out of stock. For example, you can substitute baby carrots for whole carrots.
- Select 'no substitutions' if you want a refund for an item that is out of stock.
- This may take time to set up at first but will make your online shopping experience easier in the future.



WHAT'S THE DEAL WITH DELIVERY?

When placing the grocery order, pick a time that works best for you or when you know you will be at home.

- Ask for a phone call or a text message when groceries arrive.
- Have groceries left at a secure location like the front desk of a building or a side door.

SNAP Benefits do not cover the cost of delivering groceries. Delivery fees may cost between \$3 and \$7. While it is an added cost, this may be cheaper than having to pay for transportation or gas to the store.



WAYS TO SAVE TIME AND MONEY ONLINE

- Most retailers have a 'deals' or 'sales' section that lets you view all items currently on sale.
- Add filters such as 'specials' or 'SNAP eligible' when searching for an item.
- Find the 'coupons' tab to easily clip coupons for your order.
- The curbside pick up option removes delivery fees and saves time as a shopper will bring your bagged groceries out to your car.



How To: Grocery Shop Online using SNAP

1. Go to your preferred grocer's website and create an account
2. Go to account information and find "payment information"
3. Add your EBT card number and a credit/or debit card
4. Add your grocery items to your cart. Review your cart to ensure you did not skip any items or order multiples
5. Proceed to checkout
6. Schedule your grocery delivery or pick-up and enjoy!

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SHOPPING ONLINE IS A SNAP

Use your EBT (SNAP/ Food Stamp) card online!

ARE YOU

- Busy
- Wanting to save money on groceries
- Stressed about grocery shopping with children
- Interested in eating healthy on a budget
- A SNAP/EBT or P-EBT recipient

...You can save time and money on healthy food when you shop online

SAVE TIME & MONEY WITH ONLINE SHOPPING

1. Make a menu, then a list for help sticking to your goals!



<https://go.umd.edu/mealplan>

2. Searching for the items on your list is quick and easy online!

Most online grocery stores allow you to filter by dietary preferences (Gluten free?), nutritional preferences (Low sodium? High protein?), past purchases, or current deals. Each of these options allows you to create a customized grocery shopping experience and makes it even easier to shop healthy on a budget.

3. Childcare is easy when you shop from the comfort of your home!



HOW TO: GROCERY SHOP ONLINE USING SNAP!

1. Have your SNAP EBT card & PIN ready
2. Verify the store's online SNAP guidelines for your area
3. Create an account, or add SNAP to your existing account
4. Check out
5. Schedule delivery or pick up

- * Do they offer delivery or curbside pick up only? Are there delivery fees?
- * You'll need another form of payment for taxes, tips, fees and any non-SNAP eligible items
- * Plan ahead! Delivery or pick up windows may not be available the same day you place your order

READY TO TRY IT OUT? YOU'VE GOT THIS!

1. You can call and speak to a manager if you are not satisfied with an item in your delivery
2. Shoppers are trained to select quality foods for your family
3. You can add notes to your online order! Prefer green bananas or ripe bananas? Let your shopper know by including a note when you submit your order
4. You can indicate on your order what you'd like to happen if the store is out of stock of an item on your list
5. Some stores waive the delivery fee if you meet their minimum order, and there usually are no fees when you pick up your order
6. It's easier to stick to your list when you're shopping online because there are fewer distractions or impulse buys
7. Learn more about which stores are accepting SNAP online and other FAQ's here:



<https://go.umd.edu/snappilot>

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