



Fighting hunger and poverty in northeast North Carolina

Serving Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Gates, Hertford, Hyde, Martin, Northampton, Pasquotank, Perquimans, Tyrrell and Washington Counties.

4 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. Fill Out an Application. There are several ways to get an application.

- Pick up an application 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 and print the application
- Call Food Bank of the Albemarle's Food & Nutrition Service Workers-Darlene Reid (252-312-6282) or Ann Thomas (252-312-4236) to inquire about application assistance.
- Apply online at www.epass.nc.gov

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

2. Return the Application to Your Local Department of Social Services.

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. If you apply online, the application will go directly to the DSS office. The sooner the DSS office gets your application, the sooner you will start getting benefits, if you are eligible.

3. 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.

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4. 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 DSS 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.

<p style="text-align: center;">Identity</p> <p><input type="checkbox"/> Birth certificate</p> <p><input type="checkbox"/> Driver's license</p> <p><input type="checkbox"/> Work or school ID card</p> <p><input type="checkbox"/> Voter registration card</p>	<p style="text-align: center;">Earned Income</p> <p><input type="checkbox"/> Pay stubs</p> <p><input type="checkbox"/> Statement from employer with gross wages</p> <p><input type="checkbox"/> Income tax forms</p> <p><input type="checkbox"/> Self-employment records (income & expenses)</p>
<p style="text-align: center;">Residency</p> <p><input type="checkbox"/> Utility bills (electric, gas or water)</p> <p><input type="checkbox"/> Rental agreement or mortgage statement</p> <p><input type="checkbox"/> Letter from shelter</p>	<p style="text-align: center;">Unearned Income</p> <p><input type="checkbox"/> Bank statements</p> <p><input type="checkbox"/> Proof of money received from Social Security, alimony, unemployment, child support or any other unearned income source</p>
<p style="text-align: center;">Medical Expenses For households with seniors (age 60 or older) or disabled members</p> <p><input type="checkbox"/> Medical billing statements</p> <p><input type="checkbox"/> Medical receipts for prescriptions, eyeglasses, dentures, hearing aids, etc.</p> <p><input type="checkbox"/> Medicare Part B coverage</p>	<p style="text-align: center;">Immigration</p> <p><input type="checkbox"/> Immigration or naturalization papers (if you were born outside of the United States)</p>

To learn more call 1-866-719-0141, or visit www.fns4nc.org

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