



MORE IN MY BASKET

North Carolina State University's SNAP Outreach Program

- Learn about the household impacts of increased food income, eligibility and how to apply for SNAP benefits
- Learn tips for developing a household budget
- Learn practical tips for planning budget-friendly meals and shopping strategies to maximize a limited budget

For more information or to sign up, contact:
More In My Basket at NC State University
1-855-240-1451



"North Carolina Cooperative Extension is an equal opportunity provider."

3 Session Topics Include:

**Learn How to
Enroll in Food and
Nutrition Services
(SNAP benefits)**

**Developing a food
budget**

**Meal Planning and
Smart Shopping**

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