



Fresh. Canned. Dried. Frozen.  
**It's *KIP* to be healthy!**



# Healthy Incentives Program Shopping Tips

- Find a HIP Retailer at [www.mass.gov/HIP](http://www.mass.gov/HIP).
- Check your SNAP balance before you get to the farm or farmers' market. You must have money in your SNAP balance when buying from a HIP retailer.
- Know your monthly limit, based on household size: \$40 (1-2 people) \$60 (3-5 people) \$80 (6+ people). Your HIP limit starts over on the first of each month.
- Look for the HIP logo and shop! You can buy fresh, canned, dried, and frozen fruits and vegetables. They must not have added sugar, salt, fats, or oils.
- Pay for your purchase with your EBT card. You will get your SNAP money you spend on eligible fruits and vegetables put right back onto your EBT card, up to your monthly limit.
- Check your receipt. You can see the amount of HIP dollars you earned after each sale.
- The HIP dollars you earn are added back into your SNAP balance. As always, you can spend that balance on SNAP food at the farmers' market or at any other location where SNAP is accepted.
- Once you reach your monthly limit, HIP money will no longer add onto your card. If you want, you can still spend SNAP to buy more food.





# What is a farmers' market?

A farmers' market is a market where you can buy Massachusetts-grown produce and other foods from a group of farmers.

Take your time and walk around the market and look at everything before you decide what to buy. Compare prices, varieties and quality.

If you see a new fruit or vegetable, don't be shy! Farmers like to talk about their produce so ask questions. They might have suggestions for new recipes.





For More Information:

**1-800-645-8333**

Project Bread FoodSource Hotline  
(160 languages available)

**1-800-997-2555**

Check your SNAP balance and check  
how close you are to your HIP  
monthly limit.

Online: **[www.mass.gov/HIP](http://www.mass.gov/HIP)**