

SNAP & EBT NEWS

15 Best EBT Discounts for 2024



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In this presentation, we will cover:

The 15 Best EBT Discounts you NEED to know, including:

- Discounted or Free Phone Service
- Discounted Walmart+ Membership
- Free or Discounted Admission
- Discounted Instacart Membership
- Free Laundry Service
- Discounted Amazon Prime
- Discounted Lyft Transportation
- Double EBT Bucks
- Discounted YMCA Membership
- Discounted Internet Service
- Free or Reduced Price Meals for Children
- Utility Bill Discounts
- Discounted E-Bikes & Scooters
- Free Eye Exams & Eyeglasses
- Free Diapers

Read our complete article at: foodstampsnow.com/ebt-discounts-for-2024

Find out the **15 Best**
EBT Discounts you
NEED to know about
for 2024!

Discount #1

**Discounted or Free
Phone Service**

Lifeline Program



Since 1985, the Lifeline program has provided discounted phone service to qualifying low-income consumers to ensure that all Americans have the opportunities and security that phone service brings.

This includes the ability to connect to jobs, family and emergency services.

The Lifeline program is available to eligible low-income consumers in every state, territory, commonwealth, and on Tribal lands.

Eligible consumers can get up to **\$9.25 off** per month (\$34.25 for tribal lands) on the cost of phone, internet, or bundled services.

Lifeline Program Eligibility



You can get Lifeline if your income is 135% or less than the Federal Poverty Guidelines. The guideline is based on your household size and state.

You can get Lifeline if you (or someone in your household) participate in one of these programs:

- SNAP, formerly known as Food Stamps
- Medicaid
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (FPHA)
- Veterans Pension and Survivors Benefit

You may have to show proof of participation, like a benefit letter or official document, when you apply for Lifeline.

How to Apply for the Lifeline Program



After you've determined that you qualify for the Lifeline Program, you can now begin the application process.

Choose a phone or internet company near you and sign up for service with them.

You can also ask your current company to apply your Lifeline benefit to a service you are already getting.

For more information, visit the Lifeline Program website at: [**www.lifelinesupport.org**](http://www.lifelinesupport.org).

Discount #2

**Discounted Walmart+
Membership
(Walmart+ Assist)**

Walmart+ Discount for SNAP EBT

Walmart+ Assist: **50% OFF** Memberships for Those on Government Assistance

Walmart now offers a new Walmart+ Assist membership for those receiving SNAP, WIC & Medicaid.

Get a Walmart+ Assist Membership for just **\$6.47/month** or **\$49/year!** That's over a 50% savings!

A Walmart+ membership helps save time and money, with benefits like free shipping and grocery delivery, discounts on fuel, free video streaming with Paramount+ and much more!

Get a complete list of discounts that come with your Walmart+ Assist membership on the next page.



50% OFF Walmart+ Assist Membership

Meet Walmart+ Assist

All of Walmart+, 50% off!

With Walmart+ Assist, qualifying government assistance recipients of SNAP, WIC, Medicaid & more can always get a W+ membership for just \$6.47/month or \$49/year!*

[Start your free 30-day trial](#)

*See Walmart+ Terms of Use. Don't qualify? [Try a full priced plan for free.](#)

[Use this link to Sign-up for a FREE 30-Day Membership & 50% OFF Walmart+!](#)

A Walmart+ Assist Membership includes:

- FREE Shipping & Grocery Delivery
- Save 10¢ per gallon at 14,000+ gas station locations nationwide including Exxon, Mobil, Walmart & Murphy.
- FREE Video Streaming with Paramount+
- FREE at-home return pick-up
- Early access to special prices, product releases, Black Friday deals & more.
- Access to Walmart+ Travel – get up to 5% Walmart Cash when you travel.
- FREE Video streaming with Pluto TV

Discount #3

**Discounted or Free
Admission to 2,500+
Locations**

Museums for All Program



an initiative of the
Institute of Museum and Library Services

[Museums for All](#)

If you currently have an EBT card, you are eligible for free or discounted admission to **over 1,200** museums nationwide through the [Museums for All Program](#).

Museums for All removes the financial barrier for low-income families and encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

The program includes a variety of museums — including art, history, natural history/anthropology, and general museums, children's museums, science centers, planetariums, nature centers, historic houses/sites, zoos, aquariums, botanical gardens, and arboretums.

Who is eligible for Museums for All?

MUSEUMS FOR ALL



[Get FREE Admission to Zoos with EBT & Free Admission to Aquariums with EBT](#)

Although the program is targeted at Food Stamps and EBT Cardholders, many locations allow EBT cards from other programs, including:

- WIC EBT Card
- EBT Card from TANF
- EBT Card from Cash Assistance
- P-EBT Card

Participating locations provide reduced-price admission, ranging from **free to \$3.00**, for visitors with an eligible SNAP EBT Card.

The discounted rate is available during all normal operating hours to up to 4 individuals per EBT Card.

To find an eligible location near you, visit the Museums for All website at: www.museums4all.org.

Discount #4

**Discounted Instacart
Membership**

Instacart for SNAP EBT Cardholders



Instacart says that this change is “helping more families overcome transportation barriers and maximize their food budgets using our platform,” Sarah Mastrorocco, vice president and general manager of health at Instacart.

With the Kroger expansion, Instacart now accepts EBT benefits from more than 130 retailers and 12,000+ stores in all 50 states and Washington, D.C., reaching almost **95% of the 42 million people enrolled in SNAP.**

[Yahoo Finance](#)

Instacart+ Discount with EBT Card

instacart+



Limited time
offer: 50%
off
Instacart+
membership

If you recently placed an EBT order,
you're eligible for 1 year of Instacart+ at
just \$4.99/month. After 1 year,
membership automatically renews at
\$9.99/month. You can cancel anytime.

Get started



[Use this link to Sign-Up for a Discounted Instacart+ Membership!](#)

If you have an EBT Card you can take of a discounted Instacart+ membership for SNAP EBT Cardholders!

Customers who placed an EBT SNAP order within the last 6 months are eligible to buy a discounted monthly Instacart+ membership for only **\$4.99/month** for 1 year.

That's **50% OFF** the regular cost! The membership unlocks free delivery and pickup on orders over \$35, a 5% credit on pickup orders and reduced service fees.

Discount #5

**Free Laundry Service
(Laundry Love)**

Laundry Love Free Laundry Program



[Laundry Love](#)

Laundry Love is a non-profit organization that washes the clothes and bedding of low-income families and individuals across the United States for free.

They brighten the lives of thousands of people through love, dignity, and detergent by partnering with diverse groups and laundromats nationwide.

The Laundry Love initiative helps people struggling financially by assisting them with their laundry.

How does Laundry Love work?



Laundry love partners with groups and local laundromats in cleaning clothes and linens of low-income or no-income families and individuals.

They see the laundromat as a place where strangers become friends, people are known by name, hope is hustled, and the worth of every human being is acknowledged and celebrated.

They've completed **over 2 million loads of laundry** and helped more than 1.5 million people since 2003, with an estimated 100,000 people cared for annually.

How do I get free laundry?



To get free laundry assistance, find an eligible Laundry Love location near you.

To do so, use the Laundry Love map on their website. This will help you find a local laundry love effort in your town, city or neighborhood.

Visit their website at:

www.laundrylove.org/locations

Discount #6

**Discounted Amazon
Prime Membership
(Prime Access)**

Amazon Prime Discount for EBT Cardholders

Get over **50% OFF** Amazon Prime Access Membership for government assistance recipients

Income-verified and SNAP, Medicaid, or other qualifying government assistance recipients get Amazon Prime for **just \$6.99/month** – regularly \$14.99/month.

Plus, sign up today and get a **FREE 30-Day Trial of Amazon Prime Access** – get all the great benefits that Amazon Prime has to offer at a fraction of the price.

This includes fast, free delivery, free access to Prime Video, Prime Music, Prime Reading, Prime Gaming, and unlimited photo storage with Amazon Photos.



Shop with SNAP EBT on Amazon Prime

All of Prime, half the price.

Income-verified customers can access all of Prime for ~~\$14.99/month~~ \$6.99/month.

Start 30-day free trial

prime access


Don't qualify? [Review other plans](#)

[Click this link to Sign-Up for FREE a 30-Day Trial & Discounted Amazon Prime Membership!](#)

Plus, use your SNAP EBT Card to shop online using Amazon Prime and get fast, free delivery on thousands of items with your Amazon Prime Access membership!

Shop for groceries online with your EBT Card benefits on Amazon and get fast, free delivery with your discounted Amazon Prime membership!

Discount #7

**Discounted Lyft
Transportation
(Lyft Up Programs)**

Lyft Up Transportation Access Programs

The logo for Lyft Up, featuring the word "Lyft" in white and "UP" in black, set against a pink background.

[Lyft Up Transportation Access Programs](#)

Millions of people lack access to basic needs because they can't get a ride.

The Lyft Up initiative is working to make sure everyone has access to affordable, reliable transportation to get where they need to go – no matter their age, income, zip, or postal code.

They currently offer the following programs:

- Jobs Access
- Grocery Access
- Bikeshare Access
- Voting Access
- Disaster Response
- Access Alliance

How to Qualify for Lyft Up



To qualify, you must provide your reason for eligibility, your name, email, birthdate, and phone number.

Reasons for eligibility include:

- SNAP/Food Stamps
- Medicaid
- Reduced-Rate Utility Bill (e.g. CARE in California)
- Free or Reduced School Lunch Program (NSLP)
- Reduced Transit Fare Program
- Social Security Supplemental Income
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Federal Subsidized Housing
- Pell Grant Recipient

How to Apply for Lyft Up



To date, the Lyft Up Program has provided an estimated **4.6 million** discounted or donated rideshare, bikeshare, and shared scooter rides to help under-resourced communities.

To participate in Lyft Up, visit their website and select the ride program you would like to utilize.

You will be directed to a page where you can follow the instructions on how to get transportation help near you.

Visit: www.lyft.com/lyftup/programs

Discount #8

**Double EBT Bucks at
Farmer's Markets &
Stores**

Double Up Food Bucks



Double Up Food Bucks Program

The Double Up Food Bucks matches your SNAP EBT dollars so you get twice the fruits and veggies.

Double Up helps you bring home more healthy food by matching your SNAP, or food stamps, dollars spent on fresh fruits and veggies.

If you receive SNAP benefits, you're automatically eligible for Double Up Food Bucks.

Currently, Double Up is offered at more than **900 locations**, from farmers markets to grocery stores.

How Double Up Food Bucks Works



To find a participating Double Up Food Bucks location near you, visit the program website at: [**https://doubleupamerica.org**](https://doubleupamerica.org).

Once on the website, select your state and visit their individual state website. Here you will be able to find a list of all the participating Double Up Food Bucks locations in your state.

Visit an eligible location to receive double SNAP EBT dollars when you purchase fruits and veggies.

Discount #9

**Discounted YMCA
Gym Membership**

Discounted YMCA Membership



The YMCA is a non-profit organization committed to helping all members of our community to grow in mind, body and spirit.

They serve people of all ages, backgrounds, abilities and incomes.

Their fundraising efforts help them provide financial assistance and income-based membership to ensure that YMCA memberships and/or programs are available for all individuals and families in the community.

YCMA Financial Assistance



Income-based memberships are available to individuals and families who meet the eligibility requirements and would like assistance in paying for their membership.

Financial assistance is available to individuals and families meeting specified household income guidelines to assist in paying for YMCA programs such as camp, childcare, before and after school care, swim lessons, sports leagues and more.

To apply for either program, you will need:

- Copy of last year's federal tax return
- Two recent copies of pay stubs OR social security/disability checks
- Government-issued ID

How to apply for Discounted YMCA



For more information on the discounted YMCA Membership or financial assistance available to you, contact your local YMCA location.

If you are interested in applying for financial assistance, **stop by a Member Services Desk at your local YMCA.**

Discount #10

**Discounted WIFI,
Internet Service &
Eligible Device**

Affordable Connectivity Program (ACP)



[Affordable Connectivity Program](#)

Discounted, high-speed internet is available for low-income households.

The Affordable Connectivity Program (ACP) provides eligible households up to **\$30/month** (or \$75/month for households living on tribal lands) toward their internet bills.

Additionally, you can also take advantage of a one-time discount of **\$100 OFF** the purchase of an eligible laptop, desktop computer, or tablet.

ACP Eligibility Guidelines



Households are eligible if they meet one of the following requirements:

- Their income is at or below 200% of the federal poverty level (\$55,500 for a family of four).
- Have a child that was approved to receive free or reduced-price school meals within the last 12 months.
- A member of the household participates in another federal benefit program—including, SNAP/Food Stamps, WIC, Medicaid, and Federal Public Housing Assistance.

Families can check their eligibility, sign up, and find fully covered plans at [GetInternet.gov](https://www.getinternet.gov) or by calling **877-384-2575**.

Discount #11

**Free or Reduced-Price
Meals for Children
(NSLP)**

National School Lunch Program



The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions.

It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

[National School Lunch Program](#)

Eligibility for National School Lunch Program



The Community Eligibility Provision (CEP) allows schools located in low-income areas to provide free breakfast and lunch to all students.

Children attending a school within the CEP program do not need to fill out a school meal application.

In other school areas, eligibility on the school meals program is based on income levels.

Families that believe their income is under these limits **should fill out an application for free or reduced-price meals through their child's school.**

Discount #12

Discounted Utility Bills (LIHEAP)

Low Income Heating and Energy Assistance Program



LIHEAP

The Low Income Home Energy Assistance Program (LIHEAP) assists eligible low-income households with their heating and cooling energy costs, bill payment assistance, energy crisis assistance, weatherization and energy-related home repairs.

LIHEAP can help you stay warm in the winter and cool in the summer through programs that reduce the risk of health and safety problems that arise from unsafe heating and cooling situations and practices.

Currently, the program provides heating and cooling assistance to roughly 6.7 million households.

How to Qualify & Apply for LIHEAP



To be eligible for this benefit program, you must need financial assistance with home energy costs. A person who participates or has family members who participate in certain other benefit programs, such as SNAP, SSI, TANF, may be automatically eligible.

To apply, find an LIHEAP Office near you by visiting: <https://www.liheap.org/directory>.

Discount #13

**Discounted
E-Bikes & E-Scooters
(Lime Access & Citibike)**

Lime Access Program



Lime Access

Lime Access provides discounted e-bike and e-scooter rides to those with limited-income.

The goal of the program is to provide sustainable and affordable transportation to more communities.

To date, they've have served **over 1,834,057 trips** on Lime Access.

Transportation can be expensive, and Lime is working to be a solution to the problem.

How to Qualify for Lime Access



To qualify, you must provide your reason for eligibility, your name, email, birthdate, and phone number.

Reasons for eligibility include:

- SNAP/Food Stamps
- Medicaid
- Reduced-Rate Utility Bill (e.g. CARE in California)
- Free or Reduced School Lunch Program (NSLP)
- Reduced Transit Fare Program
- Social Security Supplemental Income
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Federal Subsidized Housing
- Pell Grant Recipient

How to Apply for Lime Access

Lime Access: Ride Green. Save Green.

Lime Access is our discounted program for those who qualify. Program details below. Apply now.

Share this offer

You can apply for the discounted e-bike and e-scooter program, Lime Access, online at [li.me site](https://li.me/site).

Use the link in our bio to apply today.

No Smartphone or Credit Card? No problem!

For riders without a smartphone, please text +1 (888) 495-5014 to unlock an e-bike or e-scooter and follow the prompts.

For riders without a credit card, once qualified for Lime Access, you will receive a PayNearMe payment code.

For questions about the Lime Access Program, email support@li.me.

Citibike Reduced-Fare Bike Share



[Citibike Reduced Fare Bikeshare Program](#)

The Citibike Reduced-Fare Bikeshare Program by Healthfirst provides **discounted \$5** monthly memberships for NYCHA residents and SNAP recipients.

Members get the following benefits:

- Unlimited FREE 45-min classic rides
- Reduced \$0.10/min ebike rides
- No bike unlock fees
- 5 FREE guest passes per year for annual members or 1x/month for monthly members

How to Qualify for Discounted Bikeshare



To qualify for Reduced-Fare Bike Share through Citibike, you must meet the following requirements:

- Must be 16 years or older
- Must provide a credit, debit, or prepaid card
- SNAP recipients must upload either a Statement of Benefits letter OR a screenshot of SNAP case details.
- NYCHA, JCHA, and HHA residents must provide a Housing Authority account number. NYCHA residents must upload a Section 8 Voucher ID Number AND proof of NYCHA residence.

How to Apply for Discounted Bikeshare



To apply for the Citibike Reduced-Fare Bike Share Program you can submit an application online at the Citibike website for the membership discount.

To apply online, click the link in our description or visit:

account.citibikenyc.com/membership-discounts

Discount #14

**Free Eye Exams &
Eyeglasses
(Eyes of Hope)**

VSP Vision Eyes of Hope



VSP Vision Eyes of Hope

VSP Vision Eyes of Hope® provides access to no-cost eye care, eyewear, and disaster relief in places where it's needed most.

VSP Vision believes that eye care is essential. Eyes of Hope addresses barriers of income, distance, and disaster to provide equitable access to eye care and eyewear where it's needed most.

To date, they've provided access to no-cost vision care for more than **3.8 million** people in need.

How to Qualify for Eyes of Hope



If you can't access or afford the vision care, adults or children can access a free eye exam and glasses at no cost to you.

Eyes of Hope offers gift certificates, mobile clinics, and disaster relief to those in-need of eye care at any age. To qualify, you must:

- Family income up to 200% of Federal Poverty Level guidelines
- Do not have coverage through a private insurer or government program for the eye exam or prescription eyewear
- Haven't received care through a VSP program during the last 12 months

How to receive care through Eyes of Hope



Gift certificates provide coverage for a comprehensive eye exam and a complete pair of prescription glasses with single vision or lined multifocal lenses.

Gift certificates are distributed through our national network of community partners.

Students through 19 years of age: Contact a school nurse. School nurses and administrators can request a VSP Eyes of Hope gift certificate through one of their education partners, including the National Association of School Nurses.

Adults and children of any age: Contact one of their community partners – Prevent Blindness, a National Association of Community Health Center location, or UnidosUS and let them know you need vision care.

How to Qualify for Eyes of Hope



For more information, contact Eyes of Hope directly to find out how you can receive free eye exams and eyeglasses.

Visit their website at:

www.vspvision.com/eyes-of-hope/

You can also call: **800-877-7195**

Discount #15

**Free Diapers
(National Diaper
Bank Network)**

National Diaper Bank Network

1 in 2

NDBN's Diaper Check 2023 reveals that diaper need affects **47%** of families.

 Listen to a National Diaper Bank Network Minute



[National Diaper Bank Network](#)

The National Diaper Bank Network (NDBN) provides basic necessities required to build the strong foundations all children, families, and individuals need to thrive and reach their full potential.

1 in 2 families in the United States struggle with diaper need. NDBN wants to change that.

They work in partnership with our Network of diaper banks, allied programs, donors, sponsors, and elected officials to end diaper need and period poverty in the United States.

How to get Free Diapers Near You



NDBN connects and supports the country's more than 225 community-based diaper banks that collect, store and distribute free diapers to struggling families.

The Network serves nearly **280,000 children** throughout the country each month.

If you need free diapers, visit a local NDBN community organization near you.

Visit their website to find a location near you at:

www.nationaldiaperbanknetwork.org/member-directory/

Have you taken advantage of these discounts for EBT Cardholders?

Let us know what your favorite EBT discount is and be sure to share it for others in the comments section below!

Let is know in the comments section!



Questions or Comments?

If you have questions about SNAP Benefits or EBT Card, we want to hear from you. Share your experience in the comments section below.

Follow us for more news and updates about SNAP Benefits and EBT by visiting our website at:

www.foodstampsnow.com

