


Food and Nutrition Services



**You may be eligible
for North Carolina
benefits and services.**

ePASS is a quick
and easy way for you
to get information
about benefits and
services that may
help you.

Visit
**www.epass.
nc.gov**
to learn more.

Food and Nutrition Services (FNS) is a federal food assistance program that helps low-income families and individuals. Monthly allotments of FNS benefits are issued via Electronic Benefit Transfer card (EBT cards). The purpose of Food and Nutrition Services is to end hunger and improve health and nutrition.

All eligible individuals and households can receive assistance. Benefits may be used to purchase most foods at participating stores. Items that may not be purchased with benefits include: tobacco, pet food, paper products, soap products and alcoholic beverages.

Who can receive Food and Nutrition Services?

You must meet certain requirements to receive assistance. You must be a U.S. citizen or qualified legal immigrant. You must have or applied for a Social Security number and you must meet income requirements.

How do I apply for Food and Nutrition Services?

Applications are taken Monday through Friday, 8:30 AM – 5:00 PM.

Online Screening Tool

An online screening tool called **ePass** will help individuals identify if they are potentially eligible for benefits. **ePass** provides a list of documents that the individual will need to bring to Social Services.

The online screening tool can be found at <https://epass.nc.gov>.

An application for Food and Nutrition Services can be downloaded via online at

<http://info.dhhs.state.nc.us/olm/forms/dss-8207.pdf>