



## What is HIP?



The Healthy Incentives Program (HIP) helps you to access more produce (fruits, vegetables, herbs, and seedlings) from participating farmers' markets, mobile markets, farm stands, and CSA's, using your SNAP benefits. Qualifying purchases will be instantly added back to your SNAP balance, to use immediately or at another time. All SNAP recipients are automatically enrolled in HIP, regardless of their monthly SNAP benefit amount.

## How much HIP Do I Receive?

There is a monthly maximum depending on your household size:

<u>Household Size</u>	<u>Monthly HIP Amount</u>
1-2 Persons	\$40
3-5 Persons	\$60
6+ Persons	\$80

## When Do I Receive HIP?

Your monthly HIP limit starts on the first of every month. It comes separate from your SNAP dollars, which you most likely receive on a different day. HIP does not roll over. If you do not use one month's HIP, it will reset to the original amount on the first of the next month.

Note: You will not see additional dollars in your SNAP balance. Instead, your HIP purchases will show as instant rebates to your SNAP balance (see example below).

## How Do I Use It?

### Find A HIP Retailer

HIP can only be used at participating farmers' markets, mobile markets, farm stands, and CSA's, including the [Watertown Farmers' Market](#). The Watertown Farmers' Market is open on Wednesdays, June 10 - October 14, 2020, from 2:30 - 6:30 PM (closes at 6 PM in October) at Saltonstall Park, next to Town Hall. Additional HIP retailers can be found on the [MA Grown Map](#). Select "HIP" under Nutrition Programs.

Mass Food Delivery is offering free delivery to SNAP customers and offering HIP boxes:  
[www.massfooddelivery.com](http://www.massfooddelivery.com)

Note: You can't receive HIP reimbursements by purchasing fruits and vegetables at a grocery store.

### Shop & Get Reimbursed

Purchase fruits and vegetables using your EBT card and the amount of sale will be automatically reimbursed, it's an instant rebate.

Note: You don't have to use your monthly HIP amount all at once. You can spend it all in one visit or break it up into a couple visits. **You have to have a SNAP balance to use HIP.**

### Example

This customer receives \$60 in monthly HIP. This is their first HIP purchase for the month.

A SNAP balance is **required** to use HIP

The purchase amount and HIP earned are equal

Balance Summary:	
SNAP Begin Bal:	20.81
SNAP Purchase :	-20.00
HIP Earned :	20.00
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SNAP End Bal :	20.81
Cash Balance :	0.00
HIP Earned MTD:	20.00

The SNAP balance has **not changed**. This customer got \$20 worth of produce using HIP and spent \$0 SNAP.

Shown here is the HIP earned (used) for the month. Receipts will not show HIP left. This customer receives \$60 monthly in HIP. They've used \$20 and have \$40 leftover for the month.

### How do I keep track of how much HIP I have left to use?

There are two ways to check.

1. When you buy HIP-eligible fruits and vegetables, look at your receipt. Your receipt will show:

- your SNAP/EBT account balance
- how much HIP you earned (used) for this purchase
- how much HIP you earned (used) this month

2. Call the number on the back of your EBT card (1-800-997-2555). This will tell you:

- your SNAP/EBT account balance
- how much HIP you earned (used) this month

To find out how much HIP you have left, you must subtract the amount of HIP you earned (used) from your monthly HIP limit (\$40, \$60, or \$80)

### Additional Questions?

If you have questions about HIP that are not covered above, or need assistance in another language, call the Project Bread Food Access Hotline at **1-800-645-8333**. If you have questions specific to using your HIP benefits at the Watertown Farmers' Market, email: [watertownmarket@gmail.com](mailto:watertownmarket@gmail.com)