

HEALTHYHELPING

A produce prescription program
for those impacted by COVID19

HOW TO LOAD AND SPEND HEALTHYHELPING

TIPS FOR USING YOUR HEALTHYHELPING



1 ENROLL

In Wake County, enroll in the program by calling (919) 212-7000.



2 LOAD

Load \$40 onto your MVP card by making a purchase of any amount using both your MVP and SNAP EBT cards



3 SPEND

Spend Healthy Helping dollars each time you shop by using your MVP card to purchase eligible fruits and vegetables



4 REPEAT

Repeat Step 2 each month to load another \$40 onto your Food Lion MVP card and continue purchasing fruits and vegetables

YOU CAN BUY FRESH, FROZEN, OR CANNED FRUITS AND VEGETABLES

...without added salt,
sugar, or fat

FOR FROZEN OR CANNED FOODS, LOOK FOR THE WIC LABEL!



HAVING AN ISSUE?

If you have difficulty loading your benefit, save your receipt and call the person who enrolled you in the program

HEALTHYHELPING IS A THREE MONTH BENEFIT

...and the program ends
Dec 31, 2020



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