



STATE REPRESENTATIVE
8TH LEGISLATIVE DISTRICT



LA SHAWN K.
FORD



Use Your SNAP Benefits to Buy Groceries Online



USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

AMAZON

Amazon delivers groceries to your home. Depending on what food you need and whether you want to purchase bulk quantity, Amazon offers three options.



Amazon Core Groceries

- Bulk non-perishable items
- Free shipping if you spend over \$25
- Available statewide



Amazon Pantry

- Individual non-perishable items
- Free shipping if you spend over \$35
- Available statewide



Amazon Fresh

- Non-perishables and perishables (dairy, produce, meats)
- Free shipping if you spend over \$35
- Limited availability (65% of Cook County zip codes)

WALMART

Walmart allows you to order groceries online and pick-up at the store. Some stores also offer delivery.



Online Pick-up

- Non-perishables and perishables (dairy, produce, meats)
- No service fees
- Minimum order of \$30
- Available at most Walmart stores



Online Delivery

- Non-perishables and perishables (dairy, produce, meats)
- Delivery fee between \$7.95-\$9.95 (not covered by SNAP)
- No minimum order
- Available in most communities, but not every store