

HEALTHYHELPING

A produce prescription program
for those impacted by COVID19

HOW TO LOAD AND SPEND HEALTHYHELPING

TIPS FOR USING YOUR HEALTHYHELPING



1 ENROLL

Enroll in the program
with a care manager by
phone



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

**TO LEARN MORE, CALL 877-490-6642 AND ASK ABOUT
COVID19 RELIEF & THE HEALTHY HELPING PROGRAM!**