

# NORTH CAROLINA FOOD AND NUTRITION SERVICES (FNS)

## DIVISION OF CHILD AND FAMILY WELL-BEING

*Supporting Families, Strengthening Communities*



The Food and Nutrition Services (FNS) program helps North Carolina families access nutritious food, improve health, and work toward self-sufficiency. The benefits are given on an EBT card, which works like a debit card. You can use it to buy food at stores that accept EBT cards.

### OUR SERVICES INCLUDE:



**Food and Nutrition Services (FNS):** Federal food assistance for eligible families in need



**Summer EBT (SUN Bucks):** Extra benefits to help families buy healthy food during the summer, when children are out of school and hunger rates are highest



**More Than A Job NC:** A program that helps FNS recipients build job skills and find employment



**SNAP Education and Outreach:** Supports FNS recipients with resources to make healthier food choices and live active lifestyles

### WHO WE SERVE:

FNS assists households in need across North Carolina, ensuring they have access to food for a healthy, balanced diet. Eligibility is determined by income, household size, assets, and many other factors. Because the calculation is complex, the best way to find out if you're eligible is to apply. You may be able to receive benefits if you:



Have no job or a low-paying job



Are experiencing homelessness



Are elderly or disabled, and low-income



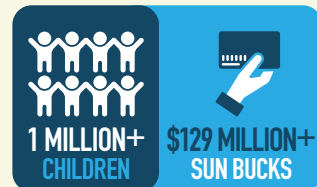
Receive Work First Family Assistance (WFFA), TANF (also known as welfare), or SSI benefits (for people with disabilities)

### KEY IMPACT & OUTCOMES:



Over 700,000 NC households receive FNS benefits each month

1 million+ NC children received \$129 million+ SUN Bucks benefits in summer 2024



5.2 million people reached through FNS outreach



76,615 individuals received nutrition and physical activity education through SNAP Outreach



From October 2023–September 2024, 242 individuals gained employment through More Than A Job NC, with a median quarterly wage of \$5,168. This program has expanded from 15 to 58 counties over the past two years



## FNS IMPACT ON NORTH CAROLINA'S ECONOMY:



Nearly **100% of FNS benefits** received by NC households are spent in North Carolina



More than **90% of FNS benefits** received by NC households are spent at supermarkets, grocery stores, or superstores

**>\$1.2 BILLION**  
IN FNS BENEFITS

FNS benefits help boost local economies and rural communities by increasing food-related spending. From January to June 2024, **over \$1.2 billion in FNS benefits** were spent in North Carolina

### FAST FACTS:



FNS benefits are **100% federally funded**



FNS is the **largest nutrition program in the state** and the second-largest program at the NC Department of Health and Human Services (NCDHHS)

### CONTACT INFORMATION:



To learn more about Food and Nutrition Services, how to apply for FNS benefits, and how the Division of Child and Family Well-Being supports North Carolina's children and families, visit [ncdhhs.gov/DCFW](https://ncdhhs.gov/DCFW)

*The North Carolina Department of Health and Human Services (NCDHHS) Division of Child and Family Well-Being (DCFW) consists of 1000 employees dedicated to delivering services and resources to more than 2 million NC children and their families in the areas of nutrition, early development, behavioral health, and physical health.*

*Our teams serve children and families in all 100 counties and contribute significant financial benefits to the state. North Carolina allocates \$55 million in state funds to support DCFW programs, which leverage an additional \$5 billion in federal funding, the majority of which goes directly to children and families while stimulating the state's retail economy. Recently, in response to Hurricane Helene, DCFW provided Disaster SNAP and Food and Nutrition Services benefits to 380,000 individuals in western North Carolina, injecting \$85 million in federal funds into the local economy.*

*In just three years since its establishment, DCFW has already achieved notable early wins such as implementing the SUN Bucks program, which provided over 1 million NC students with \$120 each for summer food purchases, contributing \$129 million to the state's economy. Investments in early development, nutrition security, physical health, and behavioral health are vital for enhancing the lives of children and families. At DCFW, we are guided by that mission: to ensure North Carolina's children are healthy and thriving in safe, stable, and nurturing families, schools, and communities.*



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Child and Family Well-Being

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