

Healthy Incentives Pilot



Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!

A pilot of the Massachusetts
Department of Transitional Assistance

Table of contents

Know your balance.....	1
How to use your benefits	2
Where you can shop	3
Fresh fruit examples.....	4
Fresh vegetable examples.....	5
Canned fruit examples	6
Canned vegetable examples	7
Frozen fruit examples.....	8
Frozen vegetable examples.....	9
Dried fruit examples.....	10
Dried vegetable examples.....	11
Examples of foods NOT covered	12

Know your HIP balance

EDDIE'S BODEGA

1230 Main Street

Springfield, MA 01105

08/10/11 10:46:55 am

Card Num: xxxxxxxxxxxx6394

HIP Incentive Balance Summary:

HIP Earned this Trans: \$1.35

HIP Earned month to date: \$1.35

SNAP Balance Summary:

FS Begin Bal: \$300.00

FS Purchase: -\$10.50

HIP Earned: \$1.35

FS End Bal: \$290.85

Cash Balance: \$0.00

How to use your HIP benefits

- Choose a market or grocery store listed as a HIP retailer.
- Be sure to let the cashier know that you are a HIP participant.
- Choose HIP target fruits and vegetables (see list of foods in the following pages).
- In stores where you now separate SNAP eligible foods, separate HIP foods too.
- The HIP benefit you earn is printed on your receipt.
- HIP benefits can be spent on any SNAP eligible foods.

Where you can shop to earn the HIP benefit

There are over 100 participating HIP retailers across Hampden County. Kinds of stores include:

Convenience stores

Bodegas

Farmers Markets

Supermarkets

Grocery stores

- See the HIP retailer list for details on stores in your area.
- You can also look for the HIP logo at a retailer near you.
- If you want to find a HIP retailer in your town or if you want a local store to become a HIP retailer, you can call 1-888-987-4487.



Examples of HIP target foods

Fresh fruits

(without added sugar, salt, fats or oils)

Apples	Figs	Pears
Avocados	Grapes	Persimmons
Bananas	Grapefruit	Pineapples
Blueberries	Guanabana	Plums
Breadfruit	Guava	Pomegranates
Cacao	Honeydew	Pomelos
Cantaloupe	Kumquats	Prickly pear
Cherimoya	Lychee	Quince
Cherries	Mangoes	Strawberries
Clementines	Nectarines	Tamarind
Coconuts	Oranges	Tangerines
Cranberries	Papayas	Watermelons
	Peaches	

Examples of HIP target foods

Fresh vegetables

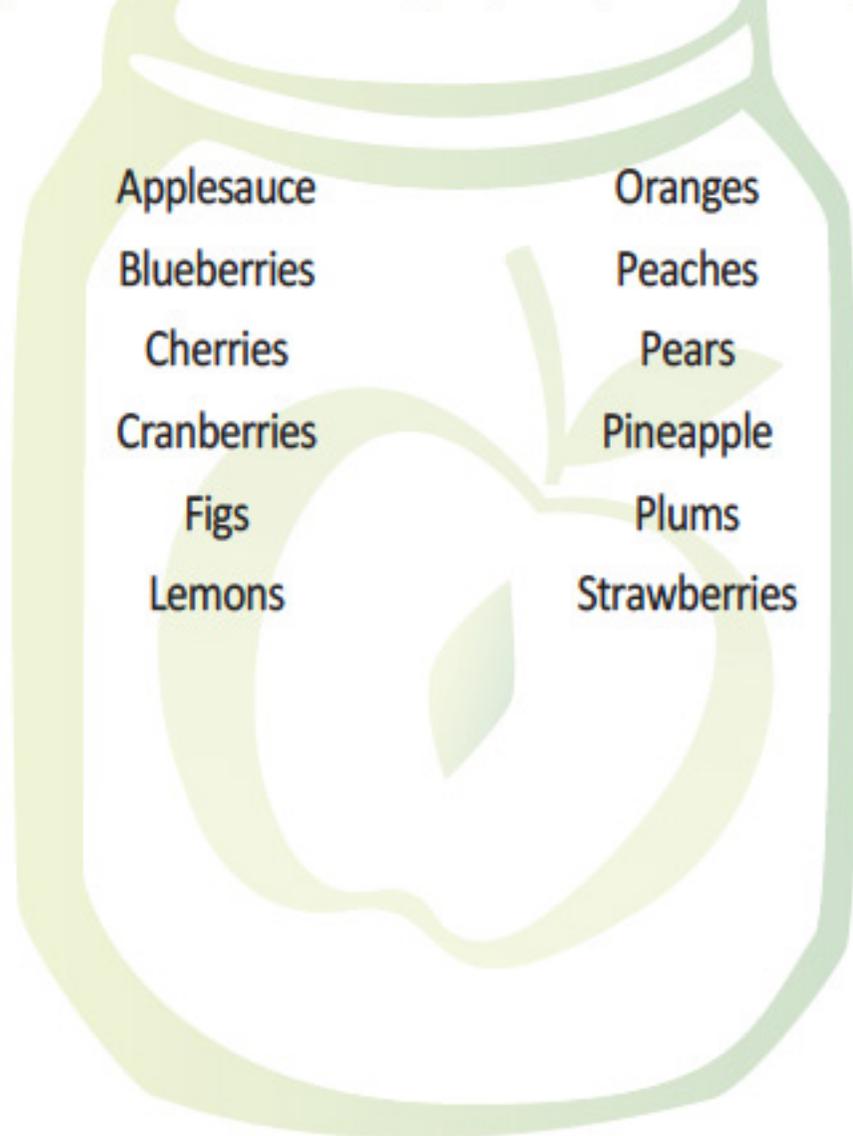
(without added sugar, salt, fats or oils)

Aloe Vera	Chiles	Mushrooms	Summer-squash
Artichokes	Collard-greens	Okra	Taro
Bamboo shoots	Cucumbers	Onions	Tomatillo
Beets	Eggplant	Peppers	Tomatoes
Beet greens	Gandules	Plantains	Turnips
Bok choy	Garlic	Radishes	Water chestnuts
Broccoli	Jicama	Rutabagas	Wax beans
Butternut-squash	Kale	Seaweed	Yams-(orange, red, white)
Cactus	Kohlrabi	Snow peas	Yellow beans
Carrots	Lettuce	Sweet-potatoes	Yucca
Cassava	Lima beans (Baby)	Sofrito	Zucchini
Cauliflower	Malanga	Spinach	
Chayote	Mungbean-sprouts	Swiss chard	
Chicory		String beans	

Examples of HIP target foods

Canned fruits

(without added sugar, salt, fats or oils)

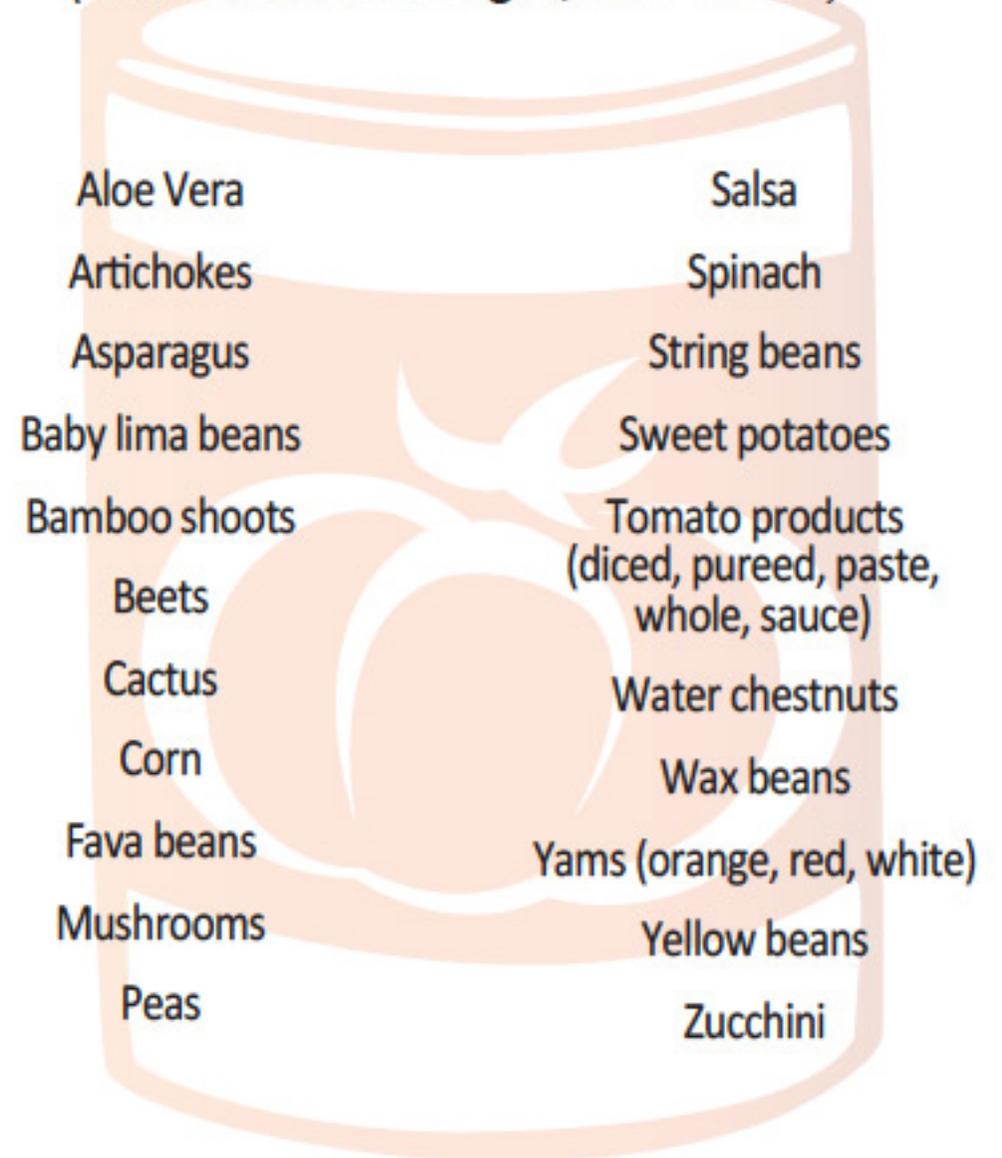


6

Examples of HIP target foods

Canned vegetables

(without added sugar, fats or oils)

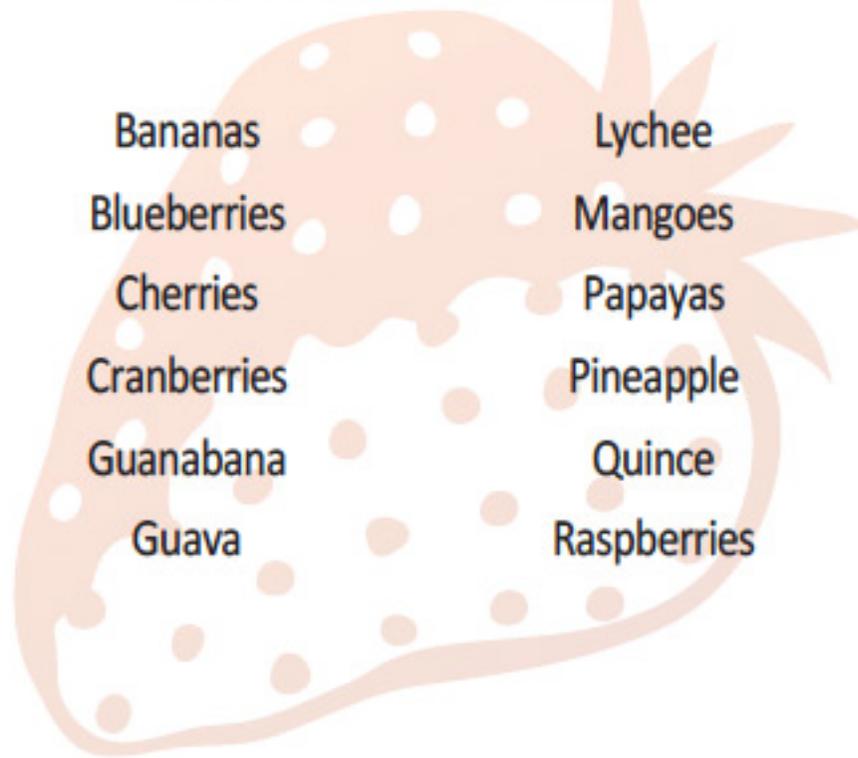


7

Examples of HIP target foods

Frozen fruits

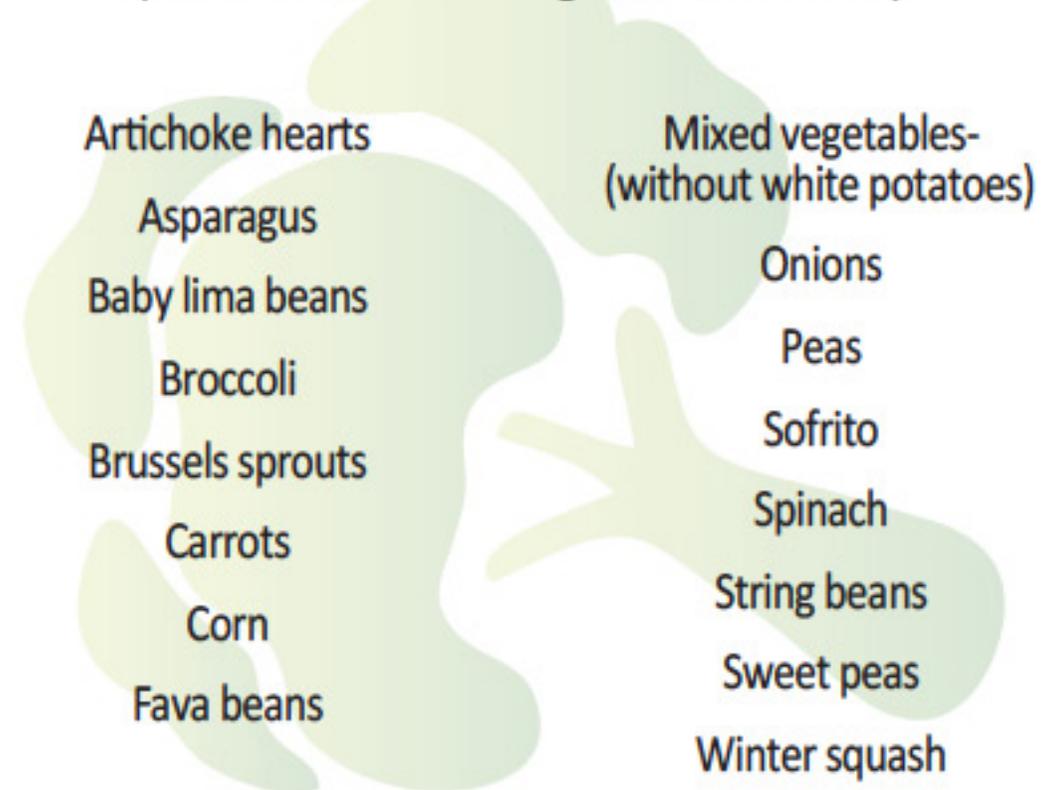
(without added sugar)



Examples of HIP target foods

Frozen vegetables

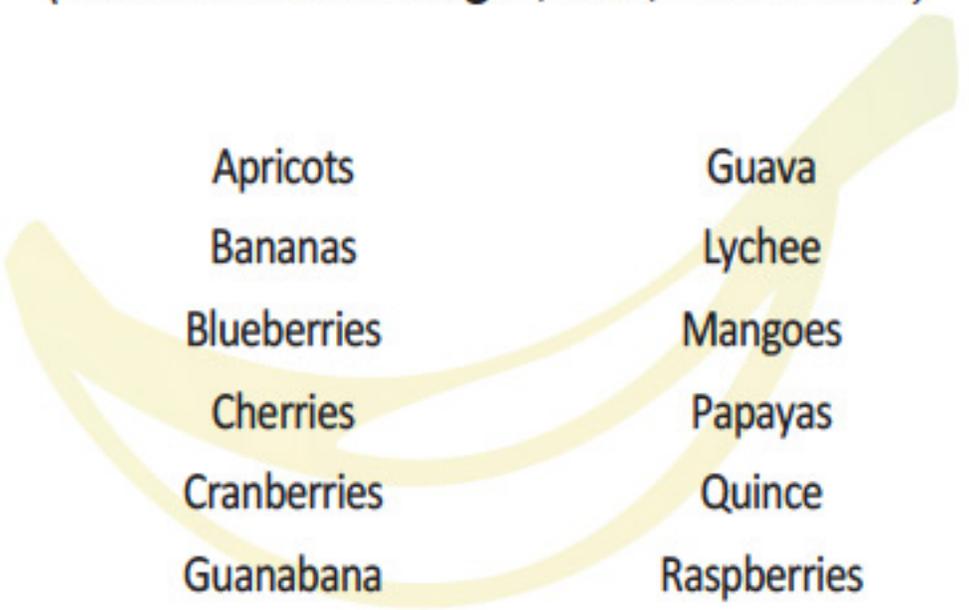
(without added sugar, fats or oils)



Examples of HIP target foods

Dried fruits

(without added sugar, salt, fats or oils)



Apricots	Guava
Bananas	Lychee
Blueberries	Mangoes
Cherries	Papayas
Cranberries	Quince
Guanabana	Raspberries

Examples of HIP target foods

Dried vegetables

(without added sugar, salt, fats or oils)



Carrots	Sea vegetables
Chiles	Sweet potatoes
Jalapeño	Spinach
Mushrooms	Sweet peas
Onions	Tomatoes
Pumpkin	Zucchini

The following examples are **NOT** HIP target foods:

Condiments
(such as ketchup)

Creamed or sauced
vegetables

Decorative garlic
braids, peppers, etc.

Dried beans
(such as garbanzo,
black, kidney,
chickpeas)

Edible blossoms
and flowers

Fruit juices

Fruit leathers
and rollups

Herbs

Infant food

Nuts

Pickled vegetables

Spices

Vegetable juices

White potatoes

Where to find more information about HIP:

- Call **1-888-987-4487**, Monday to Friday between 9:00 AM and 5:00 PM
- Email questions to:
DTA.HIP@state.ma.us
- For EBT card questions (including checking your SNAP or HIP balance), call **Customer Service at 1-800-997-2555**
- Visit **www.mass.gov/dta/hip**

**EBT cards that are no longer in use
or are found can be returned to:**



MA Department of
Transitional Assistance
P.O. Box 67
Boston, MA 02112

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For more information about HIP call 1-888-987-4487.



**Supplemental
Nutrition
Assistance
Program**

Putting Healthy Food
Within Reach