

SUMMER EBT

FOUR FOR
\$40

1. Burgers with tomato, onion skillet sweet potatoes
2. Beef tacos with salsa, shredded cheddar, black beans
3. Pork loin with brown rice and steamed broccoli
4. Chicken drumsticks with steam-in-bag potatoes & green beans

GRAINS

- Hamburger buns (8 count)
- Tortillas
- BBQ sauce
- Brown rice
- Black beans (2 cans)
- Salsa

DAIRY

- Cheddar Cheese Block
- Cheese Singles

MEATS

- 2 lbs ground beef
- Pork tenderloin
- Chicken drumsticks

PRODUCE

- Tomatoes
- Onion
- Mustard
- Ketchup
- Steam bag broccoli
- Sweet potatoes frozen
- Steam bag potatoes and green beans

Summer EBT provides \$40/month for SNAP-eligible children when schools are closed for the summer.

Visit dhhs.ne.gov/SummerEBT for more information, and find approved retailers at fns.usda.gov/snap/retailer-locator.



Scan Here for more recipes from the University of Nebraska Extension Food Website



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