



## Summer EBT Frequently Asked Questions

### **Q: Who qualifies for Summer EBT?**

- A: For the 2022-2023 school year, children must meet both requirements:
- Children must have been enrolled in a participating school district in grades Pre-K and above. A list of participating schools can be found at [Chickasaw.net/SummerEBT](http://Chickasaw.net/SummerEBT).
  - Children must qualify for free or reduced-cost meals and have submitted the 2022-2023 free or reduced-cost meals application to their school, OR be enrolled in a school participating in the Community Eligibility Provision (CEP) or Provision 2 or 3 federal program in 2022-2023.

### **Q: My child qualifies for free and reduced-cost meals but attends an online virtual charter school. Does my child qualify for Summer EBT?**

- A: No. Only children enrolled in a school serving in-person meals through the National School Lunch Program qualify for Summer EBT benefits. These rules are set by the U.S. Department of Agriculture. For information about other programs and services, call the Summer EBT office at (580) 272-1178 or (844) 256-3467 (8 a.m. to 5 p.m., Monday-Friday).

### **Q: When can I purchase foods?**

- A: Funds are available on the first of each month for three benefit months:
- May 1
  - June 1
  - July 1
- Unused benefits roll over each month and all benefits expire at midnight, Sept. 14.

### **Q: Can I use my Summer EBT card at self-checkout?**

- A: Yes, you can use your Summer EBT card in self-checkout lanes at approved Walmart stores.
- Separate Summer EBT foods from WIC foods, if using both cards. Summer EBT and WIC cannot be used in the same transaction.
  - Scan Summer EBT-approved foods.
  - Search for fresh fruits and vegetables by using the four-digit PLU number located on the item's sticker.
  - Swipe Summer EBT card and follow on-screen instructions to checkout.

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**Q: Can I use my Summer EBT card for online shopping?**

A: Yes, your Summer EBT card can be used to shop online with Sooner Grocery stores by using SoonersFoods.com online grocery ordering option with in-store transactions.

**Q: What if my item does not scan as an approved product at the register?**

- A: You may have selected a food item that is the wrong size or wrong brand.
- You may not have enough of that item in your balance.
  - You can choose to pay for that item or ask the cashier to void the item.
  - You can report the item to our office so we may investigate. In the WIC Shopper app, go to “I can’t buy this!” located on the home page, fill in the required fields and take a clear picture of the product barcode (this is important as the app asks for nutrition facts/barcode) and the front of the product. You can also take a picture of the barcode and front of the product and call the Summer EBT office at (580) 272-1178 or (844) 256-3467 while in the store (8 a.m. to 5 p.m., Monday-Friday). We can review items and add them to our approved foods list if they meet requirements.
  - You can use the Summer EBT Shopper app feature “Scan Barcode” to help find approved foods and confirm they are in your balance. The scan barcode feature works best when you have registered your Summer EBT card in the app.
  - When purchasing fresh fruits or vegetables, try using the four-digit PLU number located on the item sticker rather than scanning the barcode.
  - You can shop at PrimeTime Nutrition locations. These stores stock only WIC-approved items. A list of all approved grocery stores can be found on the printed Grocery Store list included in your EBT packet, the WIC Shopper app or Chickasaw.net/SummerEBT.

**Q: If the store is out of certain items like milk or bread, will I lose my benefits?**

- A: Summer EBT benefits roll over each month. All benefits expire at midnight, Sept. 14.
- We recommend you start shopping at the beginning of the benefit period and shop throughout the month to ensure you get all your items. You can shop multiple times in a month.
  - Try shopping at another approved store in your area.

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**Q: Can I get 2% or whole milk with summer EBT?**

- A: No, Summer EBT cards cannot be used to buy whole milk or 2% milk. Summer EBT allows low-fat (1% or ½%), fat-free (skim) milk and buttermilk.
- Low-fat milk is a healthy choice for you and your family.
  - We understand some people are not used to the taste of low-fat milk. Here are some tips for introducing low-fat milk to your family:
    - When moving to low-fat milk, take your time.
    - Try mixing whole or reduced fat (2%) with the low-fat milk for a few days. This will help adjust to the new taste. After a few days, try using only the low-fat milk.
    - Try using the low-fat milk in cereal.

**Q: My child is lactose intolerant. Are there other milk options?**

- A: Yes, you can buy lactose-free milk with your Summer EBT card. It must be fat-free or low-fat.

**Q: My family cannot drink all the milk before it expires. What should I do?**

- A: If you have freezer space, milk can be frozen.  
There are also shelf-stable milk options such as dry milk (powder milk) and evaporated milk (canned milk).

**Q: I have two kids. Can I buy a 2-pound block of cheese?**

- A: Yes, cheese can now be purchased in 8, 16 and 32 oz. sizes.

**Q: I have 8 oz. of cereal left on my benefits but I cannot buy an 8 oz. box. What can I do?**

- A: When buying cereal, planning ahead is the best way to take advantage of all your benefits. Before you make purchases, add up the total amount of boxes to ensure you are getting the most out of your benefits.  
Each child is issued 18 oz. of cereal each month. You can buy cereal boxes from 11.8 oz. to 36 oz. Benefits roll over so if you have a remaining balance from the first month, it will be added to your balance for the second month. All benefits expire at midnight, Sept. 14.

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**Q: What if the store does not have a 16 oz. loaf of bread?**

- A: Approved stores must carry bread in the correct size. The store may be out of stock.
- Ask store personnel if they have 16 oz. loaves of bread anywhere else in the store or in the back of the store.
  - If the store is out of stock, ask a store manager when their next shipment comes in so you can plan your next shopping trip.
  - You can buy other whole-grain options including brown rice, bulgur, oatmeal, soft corn tortillas, whole-wheat pasta and whole-wheat tortillas. See your food card for the approved package sizes.

**Q: My child is allergic to gluten, what can I get instead of bread?**

- A: Soft corn tortillas, brown rice and oatmeal are gluten-free alternatives to bread. Check the food card for package sizes.

**Q: Why did I have to pay for my fruits and vegetables when I have money in my balance?**

- A: Sometimes items will have a new barcode that we do not have in our system. We see this most often with fruits and vegetables. If you find something not approved by Summer EBT but you think it should be, take a picture of the barcode, front of the package or item and give us a call—The store is unable to add items to our approved list, but we can look into it and add the item if it is something that should be approved.
- When purchasing fresh fruits or vegetables, try using the four-digit PLU number located on the item sticker rather than scanning the barcode.

**Q: How do the peanut butter/beans/peas buying options work?**

- A: Each child is issued one unit in the peanut butter/beans/peas category.
- 1 container of peanut butter
- OR
- 1 pound of dry beans
- OR
- 4 cans of beans (4 cans = 1 unit)

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Your food card shows container/can sizes, brands allowed and items not allowed. You can use the Summer EBT Shopper app to help find approved foods and check to see if they are in your balance.

**Q: Can I use coupons with Summer EBT?**

A: You may use coupons. With “two for one” or similar coupons, the SEBTC program will pay for one and you will receive the other free. With “cents off” coupons, the coupon amount will be deducted from the price paid by the SEBTC program.

**Q: Can I use Summer EBT in all stores, such as Dollar General, convenience stores/quick stops and other places not on the approved grocery list?**

A: Summer EBT stores must meet WIC regulations. Not all stores have the variety of foods that WIC and Summer EBT provide, such as fresh and frozen produce, and are therefore not an approved store.

**Q: I lost or misplaced my card, what can I do?**

A: Call our office at (580) 272-1178 during business hours and we will send a replacement. Please note, once a new card is issued it will deactivate your current card.

**Q: Can I buy canned fruits?**

A: Yes, you can purchase any variety of whole or cut shelf-stable fruits without added fats, oils, sugars or sodium (salt). Canned or single-serve containers, including fruit cups in their own juice or 100% juice or fruit cups with no added spices are allowed. Applesauce with fruit flavors is allowed, such as strawberry applesauce, as well as cinnamon applesauce with no added sugar. Organic fruits and any shelf-stable canned or cut fruit that has fruit as the first ingredient listed is allowed. Fruits in syrup are not approved with your SEBTC package.

**Q: Can I buy canned vegetables?**

A: Yes, you can purchase regular or low in sodium (salt) canned vegetables and vegetables without added noodles, nuts or sauces. Immature beans including green beans and sprouts, peas or lentils are allowed. Canned or single serve containers are allowed. Vegetables must be the first ingredient listed. Organic vegetables and shelf-stable mixed vegetables with added spices or herbs are allowed. Canned potatoes of any variety are allowed.

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**Q: Can I use my Summer EBT at Farmer's Markets?**

A: Yes, you can use your Summer EBT card at approved Farmer's Market and Farm Stands. To see a list of locations, visit [ChickasawNationHealth.net/FarmersMarket](http://ChickasawNationHealth.net/FarmersMarket).

- When visiting the Farmer's Market or Farm Stand, please look for the Chickasaw Nation signage to determine approved vendors.

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