

B Programs Administered by FAA - Food Stamp Benefits (FS) - Overview

Food Stamp (FS) benefits are used like cash and most grocery stores accept them. FS benefits are accessed through the Electronic Benefit Transfer (EBT) process.

The amount of FS that a participant may receive is based on the [USDA Thrifty Food Plan](#). The Thrifty Food Plan is an estimate of what it costs to provide nutritious but inexpensive meals. The introduction to FS is outlined as follows:

- [Allowable Purchases](#)
- [Non Allowable Items](#)
- [Accessing FS Benefits](#)