



Use Your SNAP Benefits to Buy Groceries Online

Illinois now allows SNAP participants to purchase groceries online for delivery or pick-up. This new program is currently only available through Amazon and Walmart and there are some limits depending on your location. Use this guide to find the best option for your grocery needs.

AMAZON

Amazon delivers groceries to your home. Depending on what food you need and whether you want to purchase bulk quantity, Amazon offers three options.

[Frequently Asked Questions](#)

[Register your SNAP EBT card](#)



Amazon Core Groceries

- Bulk non-perishable items
- Free shipping if you spend over \$25
- Available statewide



Amazon Pantry

- Individual non-perishable items
- Free shipping if you spend over \$35
- Available statewide



Amazon Fresh

- Non-perishables and perishables (dairy, produce, meats)
- Free shipping if you spend over \$35
- Limited availability (65% of Cook County zip codes)

WALMART

Walmart allows you to order groceries online and pick-up at the store. Some stores also offer delivery.

[Frequently Asked Questions](#)

[Shop for Groceries](#)



Online Pick-up

- Non-perishables and perishables (dairy, produce, meats)
- No service fees
- Minimum order of \$30
- Available at most Walmart stores



Online Delivery

- Non-perishables and perishables (dairy, produce, meats)
- Delivery fee between \$7.95-\$9.95
- No minimum order
- Available in most communities, but not every store

USEFUL TIPS FOR USING SNAP BENEFITS TO SHOP ONLINE

- SNAP benefits may only be used to purchase food items.
- SNAP benefits cannot be used to pay for delivery fees. Meet minimum order amounts to qualify for free shipping or pay for shipping using another form of payment.
- If you already have an account with Amazon or Walmart, be sure to update the form of payment to your Link EBT card.
- You do not need an Amazon Prime membership to use your Link EBT card on Amazon.
- Other retailers will be joining the program in the future. For the latest information, visit chicagosfoodbank.org/benefits-outreach
- **Need help with your SNAP benefits?** In Cook County, contact the Greater Chicago Food Depository benefits hotline at **773-843-5416**. Statewide contact the Illinois Department of Human Services at **800-843-6154**.