

ATTENTION



The South Carolina Department of Social Services (SCDSS) is implementing enhanced fraud-prevention measures to further safeguard Supplemental Nutrition Assistance Program (SNAP) recipients and protect their benefits.

As part of this effort, DSS will begin blocking all out-of-state and online Electronic Benefit Transfer (EBT) transactions effective Tuesday, April 28, 2026.

YOU WILL NEED TO UNLOCK YOUR EBT CARD TO MAKE ONLINE PURCHASES.

TO UNLOCK YOUR EBT CARD FOR ONLINE TRANSACTIONS CALL THE EBT CUSTOMER CALL CENTER AT 1-800-554-5268.

FOR MORE INFO VISIT

<https://dss.sc.gov>

OR SCAN THIS QR CODE WITH YOUR PHONE



How to Cut A Mango



- (1)** The first step is to cut away sides from the pit. Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. **(2)** With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit. **(3)** Then repeat with the other side. **(4)** You should end up with three pieces: two halves, and a middle section that includes the pit. **(5)** Next, make crosswise cuts in flesh. Take a mango half and use a knife to make lengthwise and crosswise cuts in it, but try not to cut through the peel. **(6)** Invert the mango half so that the cut segments are sticking out like a hedgehog. **(7)** At this point you may be able to peel the segments right off of the peel with your fingers. **(8)** Or, you can use a small paring knife to cut away the pieces from the peel. Finally, take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit and remove the peel. You may be able to extract a little extra mango from around the pit.

Adapted from [simplyrecipes.com](https://www.simplyrecipes.com)

NEXT BOX:



ORDER BY THURSDAY, MAY 14. PICK-UP WEDNESDAY, MAY 20.
ORDER BY THURSDAY, MAY 28. PICK-UP WEDNESDAY, JUNE 3.

Mushroom Breakfast Burritos



Servings: 2 Burritos

Ingredients

- 1 Tablespoon oil
- ¼ onion, diced
- 1 garlic glove, minced or ¼ teaspoon garlic powder
- 1 cup mushrooms, chopped
- 2 cups loosely packed rainbow chard, chopped
- 4 eggs
- 1 ½ Tablespoons milk
- 1 large whole wheat tortilla
- 1/4 cup cheese of your choice
- Salt and pepper, to taste

Instructions

1. Heat a large pan over medium-high heat and add oil to the pan.
2. Add the onion, garlic and cook for 2-3 minutes or until fragrant.
3. Add the mushrooms and cook until they are golden brown (about 3-4 minutes).
4. Flip the mushrooms, so the other side can cook. Place the chard in the pan and cook until it's wilted or about 3-4 minutes.
5. Season with salt and stir all the veggies together. Remove from heat and set aside.
6. In a large bowl, whisk together eggs and milk. Season with salt and pepper to taste.
7. In the same pan add a drizzle of oil and add egg mixture.
8. Cook for 4-5 minutes, stirring frequently, until the eggs have set. Remove from heat.
9. Heat the tortillas in the microwave for 10 seconds (they are easier to roll when warm).
10. Evenly distribute the roasted vegetables and scrambled eggs among the four tortillas.
11. Sprinkle with cheese.
12. Folding the ends in first, then roll each tortilla and enjoy!

Adapted from mushroomcouncil.com

Lemony Chard Soup



Ingredients

- 3 Tablespoons oil
- 1 onion, diced
- 1 bunch chard
- 4 cloves garlic, finely chopped or 1 teaspoon garlic powder
- 1 tablespoon ground cumin
- ½ teaspoon paprika
- 8 cups water
- 1 (15 oz.) can of Navy beans, or any white bean of your choice
- 1 ½ teaspoons salt
- ½ cup lemon juice (from 3-4 lemons)
- Black pepper, to taste

Instructions

1. Heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until golden, 8 to 12 minutes.
2. Meanwhile, separate chard greens from stems.
3. Thinly slice the stems; chop the greens.
4. Add garlic, cumin, paprika and cayenne to the pot; cook until fragrant, about 30 seconds.
5. Add water, beans and the chard stems; bring to a boil over high heat.
6. Reduce heat and simmer, stirring occasionally, until the beans are tender, about 10 minutes.
7. Stir in the chard leaves and cook until tender, about 5 minutes.
8. Stir in salt, lemon juice and black pepper before serving.

Adapted from eatingwell.com