

Supplemental Nutrition Assistance Program (SNAP)

What can SNAP Buy?

- Foods for the household to eat, such as:
- breads and cereals;
- fruits and vegetables;
- meats, fish and poultry; and
- dairy products.
- Seeds and plants which produce food for the household to eat.

What SNAP be used to buy ENERGY DRINKS?

- Energy drinks that have a NUTRITION FACTS label **are eligible** foods
- Energy drinks that have a SUPPLEMENT FACTS label are classified by the FDA as supplements, and are **not eligible**

WHAT CAN YOU BUY WITH S.N.A.P. BENEFITS?

The Food and Nutrition Act of 2008 says that participants can use SNAP benefits for "any food or food product for home consumption except alcoholic beverages, tobacco, and hot foods or hot food products ready for immediate consumption." The USDA provides a simple breakdown of what can and cannot be purchased.

YES:

- Breads and cereals
- Fruits and vegetables
- Meats, fish, and poultry
- Dairy products
- Seeds and plants that produce food
- Soft drinks
- Candy
- Cookies
- Snack crackers
- Ice cream

NO:

- Beer, wine, or liquor
- Cigarettes or tobacco
- Non-food items
- Vitamins or medicine
- Hot food or food eaten in the store
- Live animals
- Gift baskets that contain non-food items
- Cosmetics
- Ornamental gourds

Source: USDA