Using SNAP Benefits

SNAP
Putting Healthy Food Within Reach

USDA Supplemental Nutrition Assistance Program

SNAP Benefits CAN Buy:

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

SNAP Benefits CANNOT Buy:

- Beer, wine, liquor, cigarettes or tobacco.
- Any nonfood items, such as:
  - pet foods;
  - soaps, paper products; and
  - household supplies.
- Vitamins and medicines.
- Hot foods.

Remember:

- Do not exchange SNAP benefits for cash.
- SNAP benefits may not be used to pay a credit account.
- Retailers shall not collect state or local sales taxes on purchases made with SNAP benefits.
- SNAP benefits expand your ability to eat a variety of foods.

For information on applying for SNAP benefits, call 1-800-221-5689

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