

# SNAP Waiver and Healthy Kids Iowa

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Health and  
Human Services



# Supplemental Nutrition Assistance Program (SNAP) Overview

- ▶ Currently, SNAP benefits can be used to purchase any food or food product for home consumption.
- ▶ This is a very broad and inclusive standard for SNAP purchases with only a few clearly defined exceptions, such as:
  - Alcoholic beverages, tobacco products, vitamins and medicines, hot foods or foods sold for on-premises consumption, non-food items

**The SNAP landscape is evolving, and Iowa is at the forefront of these initiatives.**

# Opportunities with SNAP and Healthy Foods



SNAP supports **food security** for Iowa families



By ensuring access to nutritious foods, SNAP can help prevent or manage conditions such as **heart disease, diabetes, and obesity**



SNAP can enhance self-reported health, **lower healthcare costs**, and improve quality of life

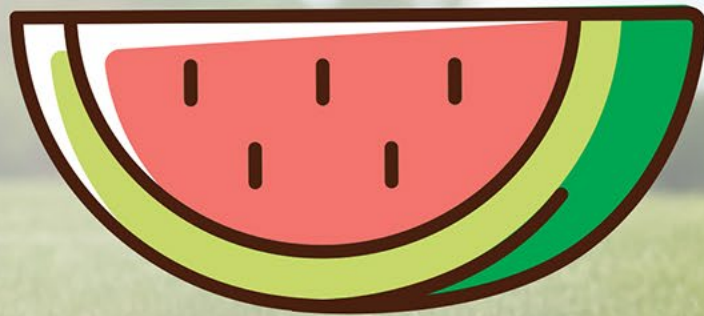
# Aligning SNAP with Iowa's Sales Tax

- ▶ Iowa has been approved for a federal demonstration waiver that allows the state to limit SNAP purchases to **non-taxable food items**, which excludes items such as soda, sugary drinks with less than 50% fruit or vegetable juice, and candy that are subject to sales tax.
- ▶ The only taxable items that Iowa will continue to allow to be purchased with SNAP are **seeds** and **plants** that grow food for your family.
- ▶ Begins January 1, 2026.



# Healthy Kids Iowa

from Iowa HHS



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# How does it work?



Families will visit their local participating pantry, complete an application at each site, and self-attest to eligibility to be approved for the program. Each child will receive up to \$40 of healthy foods per month for the months of June, July, and August.



Healthy Kids Iowa food is only available once per month, per eligible child, for the months of June, July, and August.



Eligible children may only visit one site per month for Healthy Kids Iowa foods.



# Eligibility

Eligible families do not need to register or do anything before arriving during the Healthy Kids Iowa distribution time at the site locations. Sites will also be able to establish eligibility during their distribution time.

## Requirements:

- Households at 185% or below the Federal Poverty Level (FPL).
- Households with children aged 4-18.
- Households that have already self-attested to eligibility for The Emergency Food Assistance Program (TEFAP) with children aged 4 to 18 are eligible to participate in this program.



# Find an HKI Site

- ▶ Website: [hhs.iowa.gov/healthy-kids-iowa](https://hhs.iowa.gov/healthy-kids-iowa)
- ▶ Interactive Map: [hhs.iowa.gov/find-healthy-kids-iowa-location](https://hhs.iowa.gov/find-healthy-kids-iowa-location)
- ▶ HKI Questions? Contact: [hki@hhs.iowa.gov](mailto:hki@hhs.iowa.gov)



# Questions?

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