



Iowa Healthy Eating SNAP Waiver

Medicaid Members

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SNAP Waiver Background

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.

Healthier Purchases

- ▶ Iowa aims to refocus SNAP on its intended purpose, “to promote the general welfare and safeguard the health and well-being,” by encouraging SNAP participants to **purchase healthier food items.** by modifying the definition of allowable purchases.



Explaining the SNAP Waiver

What is changing with SNAP in Iowa?

- ▶ Starting **January 1st, 2026**, Iowa is changing what can be purchased with SNAP in Iowa. Only non-taxable food items, seeds for food-producing plants, and food-producing plants will be still eligible for purchase with SNAP.
- ▶ Some items that will no longer be allowable with SNAP after Jan. 1st, 2026, are (including but not limited to):
 - Pop and sugary drinks with less than 50% fruit or vegetable juice.
 - Items that are considered candy or are coated with candy.

Eligible Foods

- ▶ **Allow the purchase** of only non-taxable food items in Iowa with SNAP.
 - Cereals, bread and flour products
 - Bottled water, tea, coffee, milk, beverages that contain fruit or vegetable juice of more than 50% by volume
 - Dairy products
 - Cooking ingredients
 - Meat, poultry, fish, eggs
 - Fruits and vegetables
 - Frozen foods
 - Garden Seeds and Plants (taxable but still allowable)

Non-Eligible Foods

- ▶ **Prohibit the purchase** of taxable items like soda and most candy. Also including (but not limited to):
 - Candy, candy-coated items, and candy products
 - Certain beverages, including those with 50% or less fruit and vegetable juice
 - Taxable prepared foods such as custom-made-on-site deli sandwiches sold at the same price, regardless of weight, and salads or fruit cups prepared on-site, if sold with utensils.
 - Dietary Supplements
 - Chewing Gum
 - Vitamins and Minerals

Is this Iowa-specific?



This applies to anyone purchasing food **in Iowa** with SNAP benefits, no matter what state has approved their SNAP benefits.

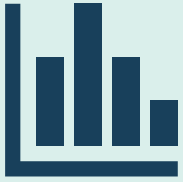


EBT cards can still be used in all 50 states, no matter which state issued the benefits; however, different states may have different rules.



All stores in Iowa that accept SNAP are required to make these changes.

What will we learn?



Iowa HHS will analyze changes to purchases and behaviors.



Survey SNAP participants about their choices and how additional nutrition education assists in eating healthier.



The long-term goal: influence healthier outcomes, reduce chronic disease and obesity rates, and ensure a healthy and well Iowa.

Questions?

Learn more and stay updated
at hhs.iowa.gov/snap



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