Frequently Asked Questions About Iowa's New SNAP Changes

1. What is changing with SNAP in Iowa?

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 eligible for purchase with SNAP.

2. When will this change take effect?

January 1st, 2026.

3. What will I be able to buy after the change?

Non-taxable food items. In Iowa, these items include, but are not limited to, things like fruits and vegetables, meat, poultry and fish, dairy products, bread and cereals, and infant formula.

4. What won't I be able to buy with SNAP after the change?

In Iowa, these items include, but are not limited to, pop and sugary drinks with less than 50% fruit or vegetable juice, and things that are considered candy or are coated with candy.

5. Why is Iowa making this change?

With this change, SNAP benefits will be directed toward the foods that promote good nutrition, like fruits, vegetables, and proteins, and away from foods like pop and candy.

6. Can I request an exception to this rule?

No. All Iowans must adhere to this rule.

7. Will my monthly SNAP benefits change because of this?

No. This change does not impact any current SNAP eligibility criteria or monthly SNAP allotment amounts.

8. Can I still buy the restricted items with my own money?

Yes.

9. Can I still use my EBT card and other forms of payment in the same transaction if I purchase the newly restricted foods?

Yes, you may still purchase any taxable items with non-SNAP monies during the transaction.

10. Does this apply only to Iowa SNAP participants?

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

11. Are all retailers required to make this change to SNAP-eligible foods?

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

12. Questions?

Call the Customer Service Number at 877-347-5678.

Scan the QR codes to learn more

Visit **Iowa Sales Tax on Food** for more information on taxable/non-taxable foods.

SNAP Putting Healthy Food Within Reach

USDA Supplemental Nutrition Assistance Program

IOWA Health and Human Services