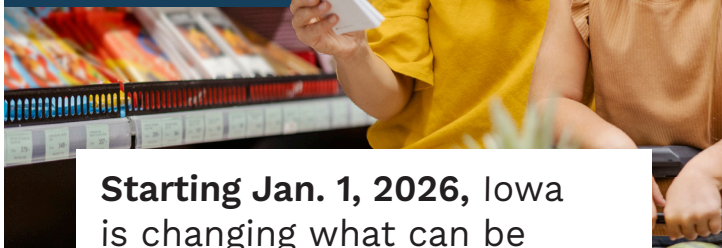




Health and
Human Services

CHECK Before You Shop!



Starting Jan. 1, 2026, Iowa is changing what can be purchased with SNAP in Iowa.

New Iowa SNAP changes in effect for:



**Candy and
Chewing Gum**



**Vitamins
and Minerals**



**Soda and
Sweetened Water**



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

Frequently Asked Questions



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.



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.



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.



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