



# SNAP Updates

## Medicaid Providers

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# Overview

## Explaining the SNAP Waiver

- ▶ What's Changing?

## HR1 Implementation

- ▶ SNAP

# Explaining the SNAP Waiver

# What is changing with SNAP in Iowa?

- ▶ Starting **January 1<sup>st</sup>, 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. 1<sup>st</sup>, 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.



# 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.



# 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
- Some prepared foods
- 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.

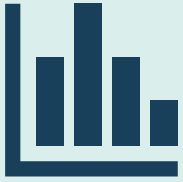


EBT cards can still be used in all 50 states, no matter which state issued the benefits; however, different states may have different rules.



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 before and after the waiver to measure how it influences shopping and dietary choices.



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



# HR1 Implementation

# HR1 - SNAP

## ► Administrative Cost Sharing

- Increases the state's share of administrative costs to 75% decreases the federal share to 25%. Currently, states receive a 50% match.
- Effective October 1, 2026

## ► Eligibility Changes for Immigrants

- Limits SNAP eligibility to those who are citizens, LPRs, Cuban/Haitian entrants, and COFA
- Effective upon enactment

# HR1 – SNAP Cont.

## ▶ **Work Requirements for Able-Bodied Adults without Dependents (ABAWDs)**

- Increases age from 54-64
- Dependent child age drops from 18 to 14
- Removes exceptions for the homeless, aged out of foster care at 18, and veterans
- Effective upon enactment

## ▶ **Availability for Standard Utility Allowances Based on Receipt of Energy Assistance**

- Limits SNAP and LIHEAP connections to only apply to households with an elderly or disabled member.
- Effective upon enactment

# Questions?

Learn more and stay updated  
at [hhs.iowa.gov/snap](https://hhs.iowa.gov/snap)



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