

Changes to SNAP: The Basics You Should Know!

In 2026 there are changes to what you can buy with SNAP in Iowa. SNAP, the Supplemental Nutrition Assistance Program, is sometimes called an EBT Card. SNAP and EBT are the same things.

You can buy foods that are not taxed, seeds to grow food, and plants that make food. **You usually cannot buy foods that are already made and ready to eat.** This rule may change in the future. Examples of these foods could include rotisserie chicken, pizza, and pre-made sandwiches.

These items also can no longer be bought with SNAP benefits.

- Soda and sugary drinks with little or no real fruit or vegetable juice (less than 50%): A few examples include: sports drinks like Gatorade, lemonade and HI-C
- Candy and foods covered in candy. This also includes sweetened chocolate chips and marshmallows.
- Any taxable food item

If the item is food or something used to make food, **and** it is not taxed, it is okay to buy with SNAP.

Many stores already have signs by items that are no longer able to be purchased with SNAP.

For more information about the upcoming changes and the SNAP program, visit: hhs.iowa.gov/snap. To see what is considered taxable versus non-taxable, visit revenue.iowa.gov/taxes/tax-guidance/sales-use-excise-tax/iowa-sales-tax-food.