Tips for Using SNAP

SNAP CAN BUY

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages
- Seeds and plants, which produce food for the household to eat

SNAP CAN NOT BUY

- Vitamins, medicines, and supplements. If an item has a Supplement Facts label, it is considered a supplement and is not eligible for SNAP purchase.
- Live animals (except shellfish, fish removed from water, and animals slaughtered prior to pick-up from the store).
- Foods that are hot at the point of sale
- Any nonfood items such as:
  - Pet foods
  - Cleaning supplies, paper products, and other household supplies.
  - Hygiene items, cosmetics

OPEN AN ONLINE ACCOUNT TO VIEW YOUR BENEFITS AND BALANCE

Report any changes, like income, address and number of people in the household by the **10th day of the month**

DON'T LET YOUR BENEFITS EXPIRE

SNAP benefits roll over month-to-month but can **expire after 9 months**