

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Buying Food with SNAP

Eligible Food Items

Any food for the household, such as:

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

Households CANNOT use SNAP benefits to buy:

- Beer, wine, liquor, cigarettes, or tobacco
- 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

Retailer Eligibility Resources

- [What are Staple Foods?](#)
- [Prepared and Heated Foods](#)
- [Accessory Foods List](#)

AskUSDA

If you have a question about the eligibility of product for purchase using SNAP benefits, read answers to popular questions in the [AskUSDA](#) system.



Contact Us

- Email your question to: RPMDHQ-WEB@fns.usda.gov.

For More Information

- [All About Virginia SNAP Benefits](#)

Article Source

U.S. Department of Agriculture

Source URL

<https://www.fns.usda.gov/snap>

Last Reviewed

Tuesday, January 16, 2024