What Can I Buy with SNAP?

Supplemental Nutrition Assistance Program

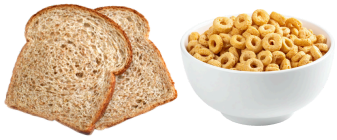
Are There Changes to What I Can Buy with SNAP?

There are no changes in Rhode Island to what you can or cannot buy with SNAP. You may have heard other states have a SNAP purchases restriction waiver, but Rhode Island does not.

The updated dietary guidelines for Americans and new food pyramid also do not affect what you can or cannot buy with SNAP.

What I Can Buy with SNAP

Breads and cereals



Eggs, seafood, poultry, and steak

Dairy products
This includes nonfat, low-fat and full-fat.

Seeds and plants that grow food to eat

Fruits and vegetables
This includes fresh, frozen and canned.

Soft drinks, candy, cookies, snack crackers, ice cream, and bakery cakes

You can buy birthday or special occasion cakes with SNAP if the non-edible decorations cost less than half of the total price of the item (most of these cakes are OK).

Grocery items that have a Nutrition Facts label

Nutrition Facts
Serving Size tablespoons (30g)
Servings Per Container

Amount Per Serving	
Calories	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 1g	0%
Sugars 1g	
Protein 1g	
Vitamin A • Vitamin C	
Calcium • Iron	

What I Cannot Buy with SNAP

- Beer, wine, liquor, cigarettes or tobacco
- Hot foods or foods that will be eaten in the store
- Any non-food items, such as:
  - pet foods
  - soaps and paper products
  - household supplies
- Vitamins and medicines
- Live animals
- Items that have a Supplement Facts label

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value for Children Under 4 Years of Age	% Daily Value for Adults and Children 4 or more Years of Age
Calories	5		
Total Carbohydrate	1 g	†	< 1%*
Sugars	1 g	†	†
Vitamin A (50% as beta-carotene)	2500 IU	100%	50%
Vitamin C	40 mg	100%	67%
Vitamin D	400 IU	100%	100%
Vitamin E	15 IU	150%	50%
Thiamin	1.1 mg	157%	73%
Riboflavin	1.2 mg	150%	71%
Niacin	14 mg	156%	70%
Vitamin B_6	1.1 mg	157%	55%
Folate	300 mcg	150%	75%
Vitamin B_{12}	5 mcg	167%	83%

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Sucrose, sodium ascorbate, stearic acid, gelatin, maltodextrins, artificial flavors, dl-alpha tocopheryl acetate, niacinamide, magnesium stearate, Yellow 6, artificial colors, stearic acid, palmitic acid, pyridoxine hydrochloride, thiamin mononitrate, vitamin A acetate, beta-carotene, folic acid, cholecalciferol, and cyanocobalamin.

A balanced diet has fruits, vegetables, whole grains, dairy, and protein. For information about healthy eating and quick, easy recipes, visit the URI Community Nutrition website.

uri.edu/community-nutrition

Did You Know?

You can double your SNAP at the farmers' market! For every $1 you spend through your SNAP benefits, you get an extra $1 in Bonus Bucks to spend there.

An example of how to spend SNAP and get extra to spend:

1. Bring your EBT (SNAP) card to the farmers' market welcome table. Swipe for the amount to spend. Let's say you want to spend $3 of your SNAP benefits.

2. $3 from your SNAP benefits gives you $3 in Fresh Bucks tokens to use at vendors.

3. You also get $3 in Bonus Bucks to spend on fresh fruits, vegetables, and herbs from local farms.

To find a local market near you, visit **farmfreshri.org/programs/farmers-markets**.

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