

# SNAP FOOD RESTRICTION WAIVER

*Effective February 18, 2026*

THESE ITEMS CANNOT BE PURCHASED WITH SNAP BENEFITS.

## Soft Drinks

"Soft drinks" are defined as any carbonated non-alcoholic beverage containing high fructose corn syrup or artificial sweeteners. The term does not include flavored carbonated water, nor does it include any beverages that contain milk or milk products, soy rice, or similar milk substitutes, or any beverage containing equal to or greater than 50% of vegetable or fruit juice by volume.



## Energy Drinks

"Energy drinks" are carbonated or non-carbonated beverages containing a stimulant such as fortified caffeine, guarana, glucuronolactone, or taurine. They may also include herbal extracts such as ginseng, mineral salts and vitamins, or high doses of organic acids, amino acids, inositol, sugars or other similar compounds in addition to sweeteners. Juices or natural fruit pulp or concentrates may also be added. Energy drinks are specifically formulated to enhance energy, alertness, or physical performance.



## Candy

"Candy" means a preparation of sugar, honey, or other natural or artificial sweeteners in combination with chocolate, fruits, nuts, or other ingredients or flavorings in the form of bars, drops, or pieces. The candy exclusion includes any such preparation that also contains flour and is sold in the form of bars, drops, or pieces. This definition does not include protein bars, granola bars or baking ingredients such as sprinkles, chocolate melting wafers, toffee bits, or chocolate chips.



For more information, visit [ldh.la.gov/SNAPWaiver](https://ldh.la.gov/SNAPWaiver) or call 888-524-3578 (LAHELPU).

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## RESTRICTED ITEMS

### SOFT DRINKS

- Any carbonated non-alcoholic beverage containing high fructose corn syrup or artificial sweeteners.

### ENERGY DRINKS

- Any beverage labeled as “energy” with stimulants (fortified caffeine, guarana, glucuronolactone, or taurine) and/or added sugar.

### CANDY

- Chocolate bars, chewy candy, hard candy, gum and mints, and candy-coated products.

## ALLOWED ITEMS

- 100% fruit juice (no added sugar)
- Unsweetened sparkling water
- Beverages that contain cane sugar
- Flavored water without added sugar
- Fruit drinks with added sugar (Kool-Aid, fruit punch)
- Sports drinks (Gatorade, Powerade)
- Sweetened iced teas or lemonades
- Coffee and tea
- Plain water and sparkling water
- Milk and plant-based alternatives (soy, almond, oat)
- Sweetened baked goods (cookies, cakes, pastries)
- Granola bars and trail mix
- Breakfast cereals (even if sweetened)
- Pudding cups and yogurt



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