

SNAP Healthy Choice Waiver

What can I buy with my EBT card?

The Supplemental Nutrition Assistance Program (SNAP) has made updates to sweetened beverages, energy drinks and candy to help you and your family make healthier food choices that fit your lifestyle. Beginning November 2026, certain items will no longer be available to be purchased with an EBT card.

Sweetened beverages

Sweetened drinks that contain:

- Five grams or more of added sugar or any amount of artificial sweetener and/or less than 50% vegetable or fruit juice
- Drink mixes and ingredients for liquid or frozen beverages, in concentrated or ready-to-mix forms

Energy drinks

Energy drinks, shots or drink mixes that contain:

- 65 milligrams or more of caffeine per eight ounces
- Stimulants, such as fortified caffeine, guarana, glucuronolactone, ginseng or taurine

Candy

Includes but not limited to:

- Products marketed or sold as candy
- Non-bakery items dipped, coated or covered in chocolate, yogurt or other candy coating

Need help finding out if an item can be purchased with an EBT card?

To learn more, scan the QR code or visit us at hhs.nd.gov/snap-healthy-choice-waiver.

