



## Healthy Food Waiver Frequently Asked Questions (FAQ)

For more information, please visit [OKDHS' Healthy Food Waiver website](#).

### 1. What is changing with SNAP in Oklahoma?

The Oklahoma SNAP Healthy Food Waiver, which goes into effect on February 15, 2026, will no longer allow SNAP benefits to be used to buy candy and soft drinks. These items are now considered “excluded” and are not SNAP-eligible.

### 2. Why is Oklahoma making this change?

The updates are part of a two-year federal pilot designed to test whether clearer food standards improve consistency and nutrition outcomes while maintaining access.

### 3. Who do these changes apply to?

This applies to all SNAP households in Oklahoma. There is no opt-out from the purchase restrictions.

### 4. Can I choose not to participate?

You cannot opt out of the purchase rules.

### 5. What is considered “candy?”

Candy means sweets made mostly from sugar, sweeteners, or chocolate that are commonly sold as candy. This includes:

- Chocolate bars (including ones with flour like Twix or Kit Kat)
- Hard candies
- Gummies
- Caramels
- Taffy
- Licorice
- Mints
- Chewing gum

## **6. What is not considered candy?**

These items are still SNAP-eligible:

Baked goods like:

- Cakes
- Cookies
- Muffins
- Brownies
- Pastries
- Bread and bakery items

Items mainly sold as bakery or bread products, even if they are sweet

## **7. What is considered a “soft drink?”**

Soft drinks are non-alcoholic drinks that contain natural or artificial sweeteners, including:

- Soda, pop, or cola
- Energy drinks and energy supplements
- Sports drinks
- Sweetened bottled or canned teas
- Sweetened lemonades
- Flavored waters with added sweeteners
- Both carbonated and non-carbonated sweetened beverages

If a drink is marketed or labeled as a soda, pop, cola, energy drink, or energy supplement, it is considered a soft drink.

## **8. What drinks are still SNAP eligible?**

You can still use SNAP to buy:

- Coffee
- Unsweetened tea
- 100% fruit or vegetable juice
- Drinks with more than 50% juice by volume
- Milk and dairy drinks
- Milk substitutes (such as soy milk or rice milk)

## **9. Can I still buy candy or soft drinks at the store?**

Yes, but not with SNAP benefits. You can use:

- Cash
- Debit or credit cards

- TANF benefits (if applicable)

**10. Will I get in trouble if I try to buy something that isn't allowed?**

No. If an item is restricted, it simply won't ring up as SNAP eligible at checkout. You will not be penalized in any way.

**11. What if I get an "item not allowed" message?**

It means the item is no longer eligible for SNAP. You can still buy it using another form of payment.

**12. What foods are still SNAP eligible?**

Grocery staples, including:

- Fruits and vegetables (fresh, frozen, or canned)
- Meat, fish, eggs, and beans
- Dairy products like milk, cheese, and yogurt
- Grains like rice, corn, farro, and pasta
- Cooking staples like oil, spices, salt, and pepper
- Infant formula and baby food

**13. What items are still not allowed under SNAP (federal rules)?**

These items remain ineligible:

- Alcohol, tobacco, and vapes
- Vitamins, supplements, and medicines
- Hot foods ready to eat (like deli soup or rotisserie chicken)
- Pet food
- Cleaning and household supplies
- Diapers and wipes
- Live animals (with limited exceptions for seafood)

**14. How will I know what is allowed when shopping?**

At checkout, restricted items will not be approved with SNAP.

Online shopping carts may label items as:

"EBT eligible"

"EBT not accepted"

**15. What are some tips to make shopping easier?**

- Keep a list of SNAP eligible foods you buy often

- Use staffed checkout if you're unsure about an item
- Test eligibility online when possible
- Remember: most healthy, basic food items are still covered

**16. What is the main thing to remember?**

SNAP in Oklahoma still covers the vast majority of food.

The only new restriction is that candy and soft drinks can no longer be purchased with SNAP benefits, though they can still be bought using other payment methods.

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