

Issued: January 8, 2026

Dear Louisiana SNAP Recipients,

This email is to inform you of important changes coming to the Supplemental Nutrition Assistance Program (SNAP) in Louisiana, effective **February 18, 2026**. These changes will affect what food items can be purchased with your SNAP benefits.

The Louisiana Department of Health (LDH), with approval from the U. S. Department of Agriculture (USDA) Food and Nutrition Service (FNS), will implement a new demonstration project that will redefine the legal definition of food for SNAP purchases, leading to certain previously eligible items no longer being covered by SNAP benefits.

What is changing?

Beginning **February 18, 2026**, you will no longer be able to use your SNAP benefits to purchase **soft drinks, energy drinks, and candy**. This initiative is part of a broader effort to promote healthier choices and outcomes for SNAP participants.

Why are these changes happening?

Governor Jeff Landry and LDH are making policy changes aimed at promoting healthier eating habits and combating chronic diseases like obesity and diabetes.

What can you still purchase?

You will still be able to purchase most other food items for home consumption, including fruits, vegetables, meats, dairy products, and other staples. The general rule remains that SNAP benefits can be used for “any food or food product for home consumption,” with the new exclusions for **soft drinks, energy drinks, and candy**.

Where can you find more information?

For further information regarding your SNAP benefits and these upcoming changes, please monitor official communications from the LDH. You can also visit our website (ldh.la.gov/SNAPWaiver) for updates.

Thank you for your understanding as Louisiana implements these changes to improve the health and well-being of its residents.