

SNAP FOOD RESTRICTION WAIVER

EFFECTIVE FEBRUARY 18, 2026

WHAT'S CHANGING:

Beginning February 18, 2026, Louisiana residents participating in the Supplemental Nutrition Assistance Program (SNAP) will be unable to purchase certain food items offered in stores using their SNAP benefits.

NEW RESTRICTIONS:

Soft Drinks: Carbonated, non-alcoholic beverages that contain high-fructose corn syrup or artificial sweeteners.

Does not include flavored carbonated water, milk or milk substitutes, or drinks with cane sugar, monk fruit sweeteners, other natural sweeteners, or $\geq 50\%$ fruit/vegetable juice.

Energy Drinks: Beverages with added stimulants (e.g., caffeine, guarana, taurine).

Often labeled as enhancing energy, alertness, or performance.

Candy: Sugary preparations with chocolate, fruit, or nuts (bars, drops, or pieces), including candy that contains flour.

Does not include protein bars, granola bars, or baking ingredients like chocolate chips or sprinkles.

WHO THE WAIVER APPLIES TO:

The waiver applies to all Louisiana SNAP benefit recipients. No individual or household can opt out.



LOUISIANA
DEPARTMENT OF HEALTH

QUESTIONS?

Call: 888-524-3578 | **Visit:** ldh.la.gov/SNAPWaiver

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