

Using Food Stamp Benefits



Food Stamp Benefits **CAN** Buy:

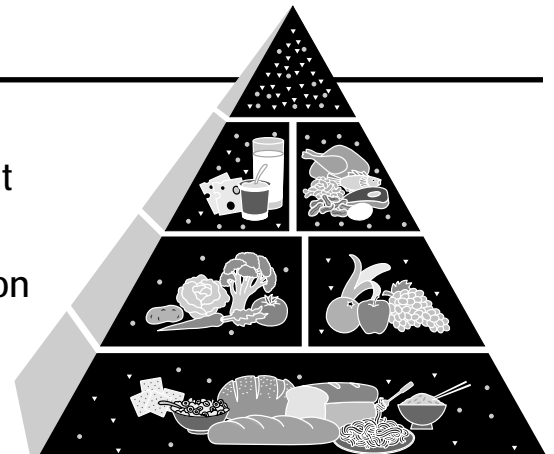
- Foods for you and your household to eat, such as:
 - breads and cereals;
 - fruits and vegetables;
 - meats, fish and poultry; and
 - dairy products.
- Seeds and plants which produce food for you and your household to eat.

Food Stamp Benefits **CANNOT** Buy:

- Beer, wine, liquor, cigarettes or tobacco.
- Any nonfood items, such as:
 - pet foods;
 - soaps, paper products; and
 - household supplies.
- Vitamins and medicines.
- Food that will be eaten in the store.
- Hot foods.

Remember:

- Do not exchange food stamp benefits for cash.
- Food stamp benefits may not be used to pay a credit account.
- Retailers shall not collect state or local sales taxes on purchases made with food stamp benefits.
- Food stamp benefits expand your ability to eat a variety of foods.



For information on applying for food stamp benefits, call 1-800-221-5689

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