

NEW SNAP FOOD RULES IN MONTANA

Effective November 1, 2026

Montana is launching the Healthy Supplemental Nutrition Assistance Program (SNAP) Food Restriction Demonstration Waiver. Some items can no longer be purchased with SNAP benefits at SNAP-authorized retailers in Montana, including online retailers.

Why Are These Changes Happening?

This waiver supports state public health goals related to obesity, type 2 diabetes, cardiovascular disease, and improved dietary quality.

Qualifications for SNAP, and benefit amounts do not change. This waiver applies to all SNAP households.

What SNAP Benefits Do Not Cover:

- ✗ Candy
- ✗ High-sugar beverages
- ✗ Energy drinks
- ✗ Shelf-stable prepared desserts

What SNAP Still Covers

SNAP benefits still cover most everyday groceries and many healthy options. Examples include:

- ✓ Plain or naturally flavored water
- ✓ Artificially sweetened beverages
- ✓ Drinks with more than 50% fruit or vegetable juice
- ✓ Coffee and tea
- ✓ Protein bars and meal replacement bars
- ✓ Certain fruit snacks with real fruit and no added sugar
- ✓ Store-made bakery items



Need More Information?

Visit: healthysnap.mt.gov
Email: healthysnap@mt.gov
Or contact your local SNAP office



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Putting Healthy Food
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