

## Requirements and Specifications for SNAP HIP Fruit and Vegetable Purchases

Any variety of fresh whole or cut fruit without added sugars.<sup>1</sup>

Any variety of fresh whole or cut vegetable, except white potatoes, without added sugars, fats, or oils (yams and sweet potatoes are allowed).<sup>1</sup>

Any variety of canned<sup>2</sup> fruits (must conform to FDA standard of identity (21 CFR Part 145); including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e. sodium). Any variety of frozen fruits without added sugars.<sup>3</sup>

Any variety of canned<sup>2</sup> (except mature legumes) or frozen vegetables without added sugars, fats, or oils. Varieties may be regular or lower in sodium.<sup>3</sup> Varieties must conform to FDA standard of identity (21 CFR Part 155). White potatoes are NOT included. Yams (e.g. orange, red, and white) and sweet potatoes are allowed.

Any type of dried fruit or dried vegetable (except dried mature legumes) without added sugars, fats, oils, or salt (i.e., sodium).<sup>1</sup>

<sup>1</sup>Herbs (e.g. parsley, dill, cilantro, mint ) fresh or dried, or spices; edible blossoms and flowers, e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed); creamed or sauced vegetables; vegetable-grain (pasta or rice) mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; peanuts; ornamental and decorative fruits and vegetables such as chili peppers on a string; garlic on a string; gourds; painted pumpkins; fruit baskets and party vegetable trays; items such as blueberry muffins and other baked goods; infant food in fruit variety; and fruit juices are **NOT** authorized.

<sup>2</sup>“Canned” refers to processed food items in cans or other shelf-stable containers, e.g., jars, pouches. Home canned fruits and vegetables, such as those sold at Farmers’ Markets, vegetable juices, infant food in vegetable variety, and mature legumes in **dry or canned** form are **NOT** authorized. **Fresh and frozen** forms of mature legumes are authorized. Examples of mature legumes: black-eyed peas, garbanzo beans, chickpeas, kidney beans, black beans, lima, navy, soy, small red and great northern beans . Immature legumes, e.g., green peas, green beans, snap beans, yellow and wax beans in any form are allowed.

*Definition of mature legumes:* beans, peas or lentils grown to the mature stage, allowed to dry and harvested for the seeds within the pods.

<sup>3</sup> Also **excludes** catsup or other condiments; pickled vegetables, olives; soups; fruit roll-ups.

Note: Small amounts of sugar are added to some foods that are naturally sugar-containing during the canning process to maintain the integrity of the vegetable (sweet peas and corn) and are allowed.

## **Frequently Purchased Foods and HIP Eligibility Status**

### **Examples of Foods NOT Eligible Under HIP:**

- Infant food – any variety of any commercial infant food vegetable or fruit
- Juices (fruit and vegetable)
- White potatoes (any white potato such as, but not limited to, fingerlings, red bliss, Yukon gold, purple, frozen hash browns)
- Generally fruits and vegetables with added sugar, fat, oils or salt
- **Mature Legumes\*** (defined as beans, grown to the mature stage, allowed to dry and harvested for the seed within the pods) are NOT allowed. More specifically:

**Dry beans, peas and lentils in packaged form**  
**Canned mature beans and peas**

**(Frozen and fresh forms of mature legumes ARE allowed.)**

***Examples* of mature legumes not eligible:**

Pinto beans  
Navy (pea) beans  
Great Northern beans  
Black beans  
Fava beans  
Small White beans  
Large Lima beans (butter beans)  
Baby Lima beans  
Small Red beans  
Light Red Kidney beans  
Dark Red Kidney beans  
White Kidney beans (cannellini)  
White Marrow beans  
Adzuki beans  
Pink beans  
Roman beans  
Soybeans  
Cranberry beans  
Pigeon peas  
Split peas  
Yellow Split peas  
Black-eyed peas  
Garbanzo beans (large chickpeas)  
Small chickpeas  
Yellow Eye  
Lentils

**\*Dry and canned mature legumes may be purchased with regular SNAP benefits.**

- Catsup or other condiments
- Pickled vegetables
- Olives
- Dried white potatoes
- Soups, sauces (e.g. pizza)
- Herbs (fresh or dried) or spices
- Edible blossoms and flowers e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed)
- Creamed or sauced vegetables
- Stewed tomatoes
- Vegetable-grain (pasta or rice) mixtures
- Fruit-nut mixtures
- Breaded vegetables
- Fruits and vegetables for purchase on salad bars
- Peanuts
- Ornamental and decorative fruits and vegetables such as chili peppers on a string, garlic on a string; gourds; painted pumpkins; fruit baskets, and party vegetable trays
- Items such as blueberry muffins and other baked goods
- Fruit leathers and fruit roll-ups
- Mixed vegetables containing white potatoes

**Examples of HIP *Eligible* Fruits and Vegetables:**

- **Immature legumes** (canned, frozen, fresh or dry without added sugar, fats, oils) such as, but not limited to:

Snow peas  
Green peas  
String beans  
Green beans  
Snap beans  
Wax beans  
Yellow beans  
Spinach  
Sweet Corn  
Kale  
Cauliflower  
Broccoli

- **Frozen and fresh** mature legumes (see mature legume section)
- Artichokes
- Hominy (without added sugar, oils, or fat)
- Orange , white, and red yams
- Sweet Potatoes
- Tomatoes- diced, pureed, paste, sauce, whole ( without added sugar, salt, or fat)
- Applesauce (no sugar added, unsweetened)

- Spaghetti sauce (without added sugar, fats, oils, or meat)
- Salsa (without added sugar, fats, oils)

Frequently Asked Question:

**Q. Can I buy food other than fruits and vegetables with my HIP earned incentive?**

A. You can purchase any eligible SNAP foods with the incentive you earned from purchasing approved HIP fruits and vegetables. For example, dry and canned mature legumes excluded from purchase with HIP incentive can be purchased with the SNAP benefit.

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