

SNAP FOOD YOU CAN BUY WITH NORTH CAROLINA EBT CARD

- Breads and cereals
- Bottled water
- Fruits and vegetables
- Meats, fish and poultry
- Dairy products
- Seeds and plants which produce food for the household to eat
- Infant formula, cereals, juices
- Baby food in boxes and jars
- Soft drinks
- Candy, cookies, snack crackers, and ice cream
- Seafood such as lobster and shellfish
- Steaks
- Bakery cakes
- Energy drinks with a nutrition facts label
- Pumpkins
- Gift baskets, if the value of the non-food items doesn't exceed 50% of the purchase price
- Items such as birthday and other specialty cakes, as long as the value of non-edible decorations does not exceed 50% of the purchase price of the cake
- Bows and arrows (In rural Alaska only)
- In some areas, restaurants can be authorized to accept North Carolina food stamps from qualified homeless, elderly, or disabled people in exchange for low-cost meals

SNAP FOOD YOU CANNOT BUY WITH NORTH CAROLINA EBT CARD

- Baby diapers or baby wipes
- Beer, wine or liquor
- Cigarettes or tobacco
- Nonfood items such as pet foods, soaps, paper products, household supplies
- Vitamins and medicines
- Food that will be eaten in the store
- Hot foods
- Grooming items or cosmetics

- Energy drinks with a supplement facts label (FDA classified as supplements)
- Generally live animals and birds