

B Programs Administered by FAA -Nutrition Assistance (NA) - Overview

[REVISION 07](#)
(01/01/09 – 03/31/09)

Nutrition Assistance (NA) benefits are used like cash and most grocery stores accept them. NA benefits are accessed through the Electronic Benefit Transfer (EBT) process.

The amount of NA benefits that a participant may receive is based on the [USDA Thrifty Food Plan](#). The Thrifty Food Plan is an estimate of what it costs to provide nutritious but inexpensive meals. The introduction to NA is outlined as follows:

- [Allowable Purchases](#)
- [Non Allowable Items](#)
- [Accessing NA Benefits](#)

.01 Programs Administered by FAA - NA - Allowable Purchases

[REVISION 48](#)
(01/01/20 – 12/31/20)

Nutrition Assistance (NA) benefits may be used to buy the following:

- Food products for human consumption, including baked goods
- Vegetable seeds, food-producing plants, roots, and trees
- Items considered health foods such as wheat germ, brewer's yeast, sunflower seeds packaged for human consumption, rose hips powder, and enriched or fortified foods
- Baby formula
- Diabetic or dietetic foods
- Deposits on returnable bottles or containers
- Distilled water or ice labeled for human consumption
- Items used in the preparation or preservation of food such as spices and herbs, pectin, lard, or shortening
- Meals prepared for and delivered or served to elderly or handicapped NA participants, when the organization is authorized to accept NA
- Snack food such as candy, potato or tortilla chips, chewing gum and soft drinks

Participants can buy meals with NA benefits from community dining places and restaurants that have been approved by the Food and Nutrition Services (FNS) [Restaurant Meals Program](#). The participant must meet one of the following:

- Disabled
- Elderly
- Homeless

The [Farmers' Market Project](#) allows NA participants to purchase food items at certain farmer's markets.

The EBT Online Purchase Pilot allows NA participants to purchase allowable food items online from authorized online vendors. (See [FAA Pilot Programs\(g\)](#))

.02 Programs Administered by FAA - NA - Non-allowable Items

REVISION 15
(01/01/11 - 03/31/11)

Items that cannot be bought with Nutrition Assistance (NA) benefits include the following:

- Alcoholic beverages and tobacco
- Non-food items such as soap and toiletries, paper products, cleaning products and cooking utensils
- Live animals, except shellfish and fish removed from water
- Items used for gardening such as fertilizer, peat moss and similar products
- Items not intended for human consumption such as laundry starch, dog and cat food, seeds packaged as bird seed, and decorative dye that is used to color hard-cooked eggs
- Vitamins and minerals, in any form
- All health aids such as aspirin, cough drops or syrups and other cold remedies, antacids and all prescription medicines
- Hot foods and hot food products sold in grocery stores, hot at the time of sale and ready for immediate eating
- All foods marketed to be heated and served on the premises, and any prepared food sold to be eaten on the premises

EXCEPTION

Hot foods, hot food products, and food marketed to be heated on the premises and ready to eat, are allowable at participating [Restaurant Meals Program](#) retailers for the following participants:

- Disabled
- Elderly
- Homeless

NOTE NA benefits may not be used to pay for credit or charge accounts.