

## **.01 Programs Administered by FAA - NA - Allowable Purchases**

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.