

West Virginia Healthy Choices Soda Waiver

Identifying the 4 criteria for restricting items from SNAP purchases

In order to restrict a beverage from a SNAP purchase in WV, the item must be carbonated, water-based, contain a sweetening agent, and contain added flavoring. To determine if a product meets this criteria, ask the following questions:

01

Is this product carbonated?

Beverages must be carbonated in order to be a restricted item. Sparkling, seltzer, club, and fizzy may be interchanged with carbonated water or carbon dioxide.

02

Is this product waterbased?

Beverages must be water-based. To determine if a product is water-based, check for water among the first few ingredients. Water may be listed with another ingredient, such as carbonated water or filtered water.

03

Does this product contain a sweetening agent?

High fructose corn syrup, dextrose, sucrose, sugar, and agave nectar are some examples of sugar aliases on nutrition labels.

04

Does this product contain added flavoring?

Flavoring agents may be natural or artificial. Some examples of flavoring agents include vanilla extract, cinnamon, ginger, and blueberry syrup.

Questions?

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