



Using Your Food Stamps

What you **CAN** buy with Food Stamps:

Foods that you will take out of the store to eat, such as:

- ✓ Breads and cereals
- ✓ Fruits and vegetables
- ✓ Meats, fish and poultry
- ✓ Milk, cheese and other dairy products

What you **CANNOT** buy with Food Stamps:

- ✓ Beer, wine, liquor, cigarettes or tobacco
- ✓ Vitamins and medicines
- ✓ Food that will be eaten in the store
- ✓ Hot foods
- ✓ Anything that is not food, such as:
 - Pet foods
 - Soaps, paper products, and other household supplies
 - Grooming items, toothpaste and cosmetics

You can use coupons if the retailer accepts them!