

Healthy SNAP Tennessee

Please check the ingredient label to determine if an item is available to purchase using Supplemental Nutrition Assistance Program (SNAP) benefits. Beginning July 31, 2026, certain processed foods and carbonated beverages that list sugar, cane sugar, corn syrup or high fructose corn syrup as a first ingredient will no longer be eligible for purchase using SNAP benefits.



Eligible Ingredients

Nutrition Facts

Serving Size 55g
Servings Per Container

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160g 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Sugars 12g 20%

Protein 3g

Vitamin A 10%

Vitamin C 20%

Calcium 45%

Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Enriched flour, high fructose corn syrup, soybean oil, bleached wheat flour. Contains 2% or less of wheat starch, salt, dried strawberries, dried apples, baking soda, citric acid, gelatin, modified wheat starch, yellow corn flour, caramel color, xanthan gum, cornstarch, and turmeric extract color.



Non-Eligible Ingredients

Nutrition Facts

Serving Size 55g
Servings Per Container

Amount Per Serving

Calories 380

% Daily Value*

Total Fat 11g 14%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 450g 20%

Total Carbohydrate 67g 24%

Dietary Fiber 1g 5%

Sugars 33g 60%

Protein 4g

Vitamin A 0%

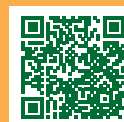
Vitamin C 0%

Calcium 40%

Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Sugar, Enriched Flour, Water, High Fructose Corn Syrup, Tallow, Dextrose, Egg, Contains 2% Or Less Of: Soybean Oil, Modified Food Starch, Glycerine, Whey, Corn Starch, Salt, Baking Soda, Soy Lecithin, Cellulose Gum, Natural And Artificial Flavors, Yellow 5.



For more information about
Healthy SNAP Tennessee scan
the QR code