



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!

The Department of Social Services' programs are available to all applicants and recipients without regard to race, color, religious creed, sex, marital status, age, national origin, ancestry, criminal record, political beliefs, sexual orientation, mental retardation, mental disability, learning disability or physical disability, including but not limited to blindness. This information is available in alternate formats. Phone (800) 842-1508 or TDD/TTY (800) 842-4524. DSS pub#07-06