Healthy SNAP Florida

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Small changes can help support a healthy lifestyle. Consider these alternatives to **soda, energy drinks, candy,** or **desserts** the next time you shop.



Juice
Refreshing beverage without added sugars



Green Tea
Caffeine beverage without added sugars



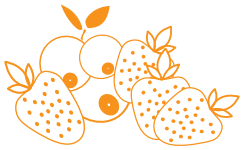
Sparkling or Infused Water
Hydration without added sugars



Coffee
Provides caffeine for energy



Apple and Peanut Butter
Fiber and protein for steady energy



Fresh Berries
Naturally sweet with vitamins, and fiber



Yogurt
Calcium and protein for bones and muscles



Granola
Good source of fiber and whole grains

The Florida Department of Children and Families (Department) has received approval from the U.S. Department of Agriculture (USDA), Food and Nutrition Service (FNS) to implement a Healthy Food Choice Demonstration Waiver for the Supplemental Nutrition Assistance Program (SNAP).
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