

Healthy Incentives Program (HIP) Eligible Food Guidelines



Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!

Requirements and Specifications for HIP Fruit and Vegetable Purchases*

Any variety of **fresh whole or cut fruits and vegetables** without added salts, sugars, fats, or oils.¹

Any variety of **canned,² dried or frozen fruits and vegetables** without added salts, sugars, fats, or oils.³

**The types of fruits and vegetables incentivized in this program include a preference for, all locally grown fruits and vegetables, at the four points of sale. These same qualifying fruits and vegetables are also considered SNAP staple foods in the fruit and vegetable staple food group.*

Staple foods do not include accessory foods such as coffee; tea; cocoa; carbonated and non-carbonated drinks, candy; condiments; and spices.

¹*Products that are considered accessory foods, as well as multiple ingredient foods that are not primarily composed of qualifying fruits and vegetables, are **NOT** HIP eligible foods such as: Spices; ornamental and decorative fruits and vegetables; gourds; painted pumpkins; items such as blueberry muffins and other baked goods; infant food in fruit and vegetable variety; and fruit and vegetable juices.*

²*“Canned” refers to processed food items in cans or other shelf-stable containers, e.g., jars, pouches. Small amounts of sugar are added to some foods that are naturally sugar containing, during the canning process to maintain the integrity of the vegetable (sweet peas and corn) and are allowed.*

³*Also **excludes** catsup or other condiments; olives; honey, maple syrup.*

Examples of HIP Eligible Fruits and Vegetables (without added salt, sugar, fat, or oil)

- ALL fresh whole or cut fruits and vegetables
- SNAP eligible seeds and plants intended for cultivation and consumption (e.g., tomato seeds or tomato plants)
- White potatoes
- Dried beans
- Herbs (fresh)
- Mushrooms
- Nuts
- Garlic, onions, scallions
- Tomatoes: diced, pureed, paste, sauce, whole
- Applesauce
- Pickled vegetables or fruits (e.g., includes sauerkraut, lacto-fermented products, and pickles)

Examples of HIP non-Eligible Fruits and Vegetables

- Catsup or other condiments
- Olives
- Dried herbs and spices
- Creamed or sauced vegetables
- Vegetable-grain (pasta or rice) mixtures
- Breaded vegetables
- Ornamental and decorative fruits and vegetables; gourds; painted pumpkins; fruit baskets
- Foods that come in baskets, ceramic or decorative containers
- Items such as blueberry muffins and other baked goods
- Fruit and vegetable juices, cider, smoothies

Frequently Asked Questions

Q. Can foods other than fruits and vegetables be purchased with the HIP earned incentive?

A. Any eligible SNAP foods can be purchased with the incentive earned from purchasing approved HIP fruits and vegetables. For example, a HIP incentive is not earned when purchasing spices, however spices may be purchased with the earned HIP benefit.

Q. What are HIP (FINI) qualifying fruits and vegetables?

A. The definition of HIP (FINI) qualifying fruits and vegetables includes any variety of fresh, canned, dried, or frozen whole or cut fruits and vegetables without added sugars, fats, or oils, and salt (i.e. sodium). If sugars, fats, oils, or salts are present as a listed ingredient on the product's nutrition label, then that product is generally not considered a HIP (FINI) qualifying fruit or vegetable.