

# Healthy Incentives Program (HIP) FINI Eligible Food Guidelines



## Requirements and Specifications for HIP (FINI) Fruit and Vegetable Purchases\*

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

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

*\*The types of fruits and vegetables incentivized in this program include, with a preference for, all locally grown fruits and vegetables, reflective of seasonal availability 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.*

<sup>1</sup>*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: Herbs (e.g. parsley, dill, cilantro, mint ) fresh or dried, or 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.*

<sup>2</sup>*“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.*

<sup>3</sup>*Also **excludes** catsup or other condiments; pickled vegetables; olives; honey, maple syrup, fruit roll-ups.*

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

- ALL fresh whole or cut fruits and vegetables
- White potatoes
- Dried beans
- Mushrooms
- Nuts
- Garlic, onions, scallions
- Tomatoes: diced, pureed, paste, sauce, whole
- Applesauce
- Party fruit and vegetable (only) trays

## Examples of HIP non-Eligible Fruits and Vegetables

- Catsup or other condiments
- Pickled vegetables
- Olives
- Herbs (fresh or dried) or spices
- Creamed or sauced vegetables
- Vegetable-grain (pasta or rice) mixtures
- Breaded vegetables
- Ornamental and decorative fruits and vegetables; gourds; painted pumpkins; fruit baskets
- Items such as blueberry muffins and other baked goods
- Fruit roll-ups
- Fruit and vegetable juices, cider, smoothies

## Frequently Asked Question

**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 fresh herbs, however fresh herbs may be purchased with the earned HIP benefit.