

# TAX-FREE HEALTHY FOODS, Healthy Diné Nation Act of 2014



The information below lists the healthy foods that are taxed and untaxed at stores on the Navajo Nation. The lists are meant to help you understand how the tax applies to foods you purchase at Navajo grocery stores and retailers near you. Removing sales tax on healthy foods is one way to make healthy foods more affordable on the Navajo Nation. While there are healthy foods that are still taxed, the money returns to communities in the form of yearly Chapter disbursements to fund Community Wellness Projects (CWPs).

<b>Fresh fruit</b>		
Apples	Citrus fruits	Melons
Berries	Grapes	Pears
Stone fruits (i.e. apricots, nectarines, peaches, plums, prunes, cherries, etc.)	Tropical fruits (i.e. bananas, kiwi, fruit, mango, coconut, guava, pineapple, etc.)	Other fruits (i.e. dates, figs, avocados, passion fruit, etc.)

<b>Vegetables</b>		
Bean and peas	Cucumbers	Eggplants
Greens	Mushrooms	Onions
Peppers	Potatoes	Radishes
Squashes	Tomatoes	Other vegetables (i.e. sprouts, artichokes, asparagus, brussel sprouts, okras, celeries, carrots, com, cauliflower, broccoli, beets, etc.)

<b>Herbs and spices</b>		
Parsley	Sage	Basil
Oregano	Bay leaves	Ginger roots
Horseradish	Garlic	Fennel
Thyme	Rosemary	Dill
Chives	Cinnamon	

<b>Special and ethnic</b>		
Bok choy	Turmeric	Chinese flowering cabbage
Yucca	Bread fruit	Sumac berries
Juniper		

<b>Raw, uncooked unprocessed by temperature modification</b>		
Baby carrots	Frozen vegetables or fruits without added seasonings or ingredients	Fresh fruits and vegetables cut and packaged at retail store
Salad bars at all retail establishments	Any prewashed, sliced/precut fruits and vegetable, fruit and vegetable mixes, prepared salad ready to eat (without disqualifying additives or preservatives)	

<b>Nut Butters</b>		
Almonds	Hazelnuts	Cashews
Peanuts	Sunflowers	Soybeans

<b>Nuts</b>		
Any nuts that are unflavored, whole, crushed, slivered, sliced, and/or shelled/unshelled	Any raw, sprouted, roasted nuts	Solid prepackaged or by weight (in bulk)
Any nuts mix, raw, roasted and/or unsalted		

<b>STILL TAXABLE</b>		
Dried fruits or vegetables	Dried mushrooms	Any pickled vegetables and fruits
Canned fruits/vegetables (com, beans, pears, etc.)	Apple sauce	Any frozen fruits and vegetables with additives of any kind
Frozen meals	Fruit/vegetable juice blends (i.e. orange juice, fruit juice)	
Prepackaged/premixed with jelly and/or spread on bread/crackers, etc.	Used as filling or coating for pastry, chocolate, candy, or any other sweet confectionaries (i.e. Reese's® Peanut Butter cups, M&M's® peanut butter, Dove® peanut butter)	'Snackable' form with crackers and/or precut fruits or vegetables
With added dairy, cocoa and chocolate (i.e. Nutella®, Jif® chocolate hazelnut/to go).		
Candy or chocolate bars with nuts filling and/or dipped in crushed/whole nuts	Salted (raw and/or roasted), prepackaged or sold by weight	Fresh fruits dipped in chocolate and crushed nuts
Nuts covered with caramel, chocolate, honey, sprinkles, sugar, yogurt, malt, colored dye, or any other coating	Trail mix with chocolate chips or any other candy	Peanut brittle
Used in combination and/or on pastry or other baked goods	Mixed with cereals such as granola and/or granola bar or health, energy or protein bars	Examples: cinnamon sugar coated candies, Peanut M&M's®, spice coated nuts, caramel coated nuts, French burnt peanuts, glazed nuts, Cornnuts, KIND® fruit and nuts bars, Planters® NUT-rition, Clif® nutritional bars, Powerbar®

Learn more at the website for the Navajo Epidemiology Center:  
[nec.navajo-nsn.gov/Projects/HDNA](http://nec.navajo-nsn.gov/Projects/HDNA)

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