



FOR EVERY MEAL THE FEEDING AMERICA NETWORK OF 200 FOOD BANKS PROVIDES, SNAP PROVIDES NINE

# The Supplemental Nutrition Assistance Program

## WHAT IS SNAP?

SNAP is the most effective hunger-relief program in the United States. In 2022, this federal program helped approximately 40 million people put food on the table during tough times.

### How does SNAP work?

People participating in SNAP receive monthly benefits through Electronic Benefits Transfer (EBT) cards, which they can use like debit cards to purchase groceries at over **250,000 authorized retailers nationwide**. These benefits are timely, targeted and temporary. They are only redeemable for food, boosting the grocery purchasing power of eligible families.

The amount of benefits a person receives each month depends on their income and family size. In fiscal year 2023, after the end of temporary COVID measures, the average SNAP benefit per person is estimated to be about \$6.10 per day.

### Who is helped by SNAP?

Households receiving SNAP benefits have very low incomes.

In fiscal year 2019, two-thirds of SNAP participants were children, seniors or people with disabilities.

### How does SNAP affect the economy?

SNAP is an economic multiplier that infuses money into local economies. Every dollar in SNAP benefits spent helps generate an estimated \$1.50 in economic activity.

SNAP is well-designed to respond quickly and effectively to support families with low incomes and communities during times of increased need, expanding when the economy weakens and contracting as the economy recovers.

SNAP supports all types of communities but is especially helpful for rural communities. In rural areas, SNAP boosts employment and reduces the poverty rate for families.

### How does SNAP affect health?

SNAP promotes long-term health and well-being. Adult SNAP participants save an average of \$1,400 per year in health care costs compared to non-participants.



# How can Congress keep SNAP strong?

**IN THE 2023 FARM BILL, FEEDING AMERICA CALLS ON CONGRESS TO:**

## **Increase SNAP's purchasing power**

by basing benefits on the Low-Cost Food Plan. This will bring benefit amounts in line with higher grocery prices and need. **One in six people in the U.S. turned to the charitable food sector for help in 2021.** Increasing SNAP benefits will shorten the lines of individuals and families waiting for assistance at food banks.

## **Streamline SNAP eligibility and enrollment**

to improve access for older adults, college students, immigrants and other people facing barriers.

## **Better assist individuals seeking employment**

by bolstering support for effective state employment and training programs and ensuring people receive adequate SNAP benefits as they find work.

**Ensure parity in food assistance for U.S. territories** by allowing them to participate fully in SNAP **and sovereignty for Native communities** in administering SNAP.



**LEARN MORE**  
[FeedingAmericaAction.org](https://FeedingAmericaAction.org)

If you have questions,  
email the Feeding America  
Government Relations Team.

**QUESTIONS**  
[policy@feedingamerica.org](mailto:policy@feedingamerica.org)



**Support Feeding America and help end hunger. Donate. Volunteer. Advocate. Educate.**

Feeding America is the largest hunger-relief organization in the United States. Through a network of more than 200 food banks, 21 statewide food bank associations, and over 60,000 faith-based and charitable partner agencies, food pantries and meal programs, we helped provide 5.2 billion meals to tens of millions of people in need last year. [FeedingAmerica.org](https://FeedingAmerica.org)