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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?



How can Congress keep SNAP strong?

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

Protect SNAP's purchasing power

so that benefits align with grocery prices and provide adequate support during tough economic times. 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, veterans, working families, 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.



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If you have questions, email the Feeding America Government Relations Team. **QUESTIONS**policy@feedingamerica.org

