



# SNAP Matters to Millions

## **The Supplemental Nutrition Assistance Program (SNAP) is an Effective and Efficient Program that Increases the Well-Being of Millions of Families**

SNAP is largest and farthest-reaching federal food and nutrition program in the United States. SNAP reduces poverty, increases nutrition, and stimulates economic growth by providing monthly benefits to families with low incomes to supplement their grocery budgets.

People receive SNAP if they are eligible through income level and application requirements. For example, a household of 4 may qualify for benefits if their total household income is at or under \$3,380/month (130 percent of the federal poverty level).<sup>1</sup>

SNAP provides very modest benefits to purchase groceries with Electronic Benefits Transfer (EBT) cards that are accepted like debit cards at grocery stores and other retailers. The average SNAP benefit amount is \$6.20/day/person or a little over \$2.00/meal/person. Households with less income receive a higher amount of benefits than households with more income to help fill the gap to afford an adequate diet.

About 42 million people in the U.S. participated in SNAP at the beginning of 2025; 80% of households that participate in SNAP include a child, senior or person with disabilities. Forty percent, or 4 of 10 SNAP participants are children, 2 of 10 are seniors, and 1 of 10 have a disability.<sup>2</sup>

## **SNAP Helps People Achieve Their Best Lives**

SNAP increases food security...and more. Receiving SNAP benefits reduces the likelihood of a person experiencing food insecurity by about 30 percent.<sup>3</sup>

SNAP improves nutrition, protects against obesity, and reduces health care costs by an estimated \$1,409 per participant.<sup>4</sup>

Access to SNAP during pregnancy and early childhood increases the likelihood of completing high school by 18% and enhances long-term economic self-sufficiency.<sup>5</sup>

SNAP as it works now allows people the ability to purchase eligible foods of their choice that can help meet needs including health conditions and support their culture and religion.<sup>6</sup>

SNAP purchase incentives such as double-up purchases for fruits and vegetables through the Gus Shumacher Nutrition Incentive Program (GusNIP) have helped people participating in SNAP be able to eat more fruits and vegetables than the average American.<sup>7</sup>

SNAP-Ed is an evidence-based program that helps people eligible for SNAP make food dollars stretch and teaches how to shop for and cook healthy meals. SNAP-Ed includes nutrition education classes, social marketing campaigns, and improves policies, systems, and building up community environments to support healthy eating.<sup>8</sup>

## SNAP Supports Farmers and Businesses all along the Food Chain

Food insecurity exists in every county in the United States, and SNAP is there to support families, farmers, and small and large businesses.

SNAP funding supports approximately **388,000 jobs**, over **\$20 billion in direct wages**, resulting in over **\$4.5 billion in state and federal tax revenue**.<sup>9</sup>

Out of every \$1.00 spent on food at home, including food purchased through SNAP EBT, 25% goes to farmers.<sup>10</sup>

## SNAP Reduces Poverty and Supports the Economy

SNAP benefits reduce how deep and severe the poverty experienced by households is, especially in children, who participate.<sup>11</sup>

SNAP reduces the poverty rate by 14% to 16% and reduces extreme poverty by over 50% when the Supplemental Poverty Measure is used to analyze changes.<sup>12</sup>

SNAP benefits the economy by stimulating the economy in difficult economic times. Every \$1.00 invested in SNAP generates \$1.50 in economic activity.<sup>13</sup>

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Learn more about who participates in SNAP in every Congressional district in the United States with information provided by the USDA at <https://www.fns.usda.gov/data-research/data-visualization/snap-community-characteristics-congressional-district-dashboard>

Learn more about the Alliance to End Hunger at <https://alliancetoendhunger.org/>

**The Alliance to End Hunger is a diverse coalition of non-profit organizations, corporations, small businesses, faith-based organizations, universities, and foundations, united in support for SNAP and other programs that help meet people's basic food and nutrition needs.**

<sup>1</sup> U.S. Department of Agriculture, *SNAP Eligibility*, <https://www.fns.usda.gov/snap/recipient/eligibility>.

<sup>2</sup> U.S. Department of Agriculture, *SNAP in Action Dashboard*, <https://www.fns.usda.gov/data-research/data-visualization/snap/action>

<sup>3</sup> U.S. Department of Agriculture, *How Much Does Snap Reduce Food Insecurity?* <https://www.ers.usda.gov/publications/pub-details?pubid=84335>

<sup>4</sup> Food Research & Action Center, *SNAP Benefits Need to Be Made Adequate, Not Cut or Restricted*, <https://frac.org/wp-content/uploads/snap-food-choice.pdf>

<sup>5</sup> Northwestern Institute for Policy Research, *SNAP's Short- and Long-Term Benefits* (2017), <https://www.ipr.northwestern.edu/documents/policy-briefs/SNAP-policy-research-brief-Schanzenbach.pdf>.

<sup>6</sup> Food Research & Action Center, *SNAP Benefits Need to Be Made Adequate, Not Cut or Restricted*, <https://frac.org/wp-content/uploads/snap-food-choice.pdf>

<sup>7</sup> Gus Schumacher Nutrition Incentive Program (GusNIP): Year 4 Impact Findings, <https://nutritionincentivehub.org/media/isoc0j4a/year-4-gusnip-impact-findings-executive-summary-2024.pdf>

<sup>8</sup> U.S. Department of Agriculture, Food and Nutrition Service, <https://www.fns.usda.gov/snap/snap-ed>

<sup>9</sup> The National Grocers Association, *Economic Impact Study Sales Impact Analysis and SNAP Impact Study*, <https://grocers.guerrillaeconomics.net/res/Methodology.pdf>

<sup>10</sup> U.S. Department of Agriculture, Economic Research Service, <https://www.ers.usda.gov/data-products/charts-of-note/chart-detail?chartId=11087>

<sup>11</sup> U.S. Department of Agriculture, Economic Research Service, *SNAP benefits lessen depth and severity of child poverty*, <https://ers.usda.gov/data-products/charts-of-note/chart-detail?chartId=75688#>

<sup>12</sup> Food Research & Action Center, *The Role of the Supplemental Nutrition Assistance Program in Improving Health and Well-Being*, 4 (2017), <https://frac.org/wp-content/uploads/hunger-health-role-snap-improving-health-well-being.pdf> (citing Laura Tiehen et al., *The Effect of SNAP on Poverty* (2015), <https://www.irp.wisc.edu/resource/the-effect-of-snap-on-poverty/#:~:text=Using%20re%2Dweighting%20methods%20to,by%2014%20to%2016%20percent>)

<sup>13</sup> U.S. Department of Agriculture, Economic Research Service <https://www.ers.usda.gov/amber-waves/2019/july/quantifying-the-impact-of-snap-benefits-on-the-u-s-economy-and-jobs>