

The Supplemental Nutrition Assistance Program (SNAP) is the nation's first line of defense against hunger, providing households with low incomes much-needed, targeted assistance to purchase food. Without SNAP, hunger in this country would be far worse. Here are the reasons why this effective program should be protected:

■ **SNAP efficiently reduces hunger and food insecurity.**

In fiscal year 2024, despite being only 2 percent of the federal budget, it helped 12 percent of the U.S. population — **41 million people**.¹

■ **SNAP improves health outcomes.** SNAP participants have fewer in-patient hospital admissions and emergency room visits, resulting in a decrease in Medicaid spending. Participants are better able to afford both food and health care costs such as medication.²

■ **Effective and responsive support during disasters.** SNAP helps replace food lost during a disaster, providing critical nutrition assistance to people recovering from hurricanes, tornadoes, and other disasters.³ SNAP helped millions of people who suddenly became unemployed or underemployed during the COVID-19 pandemic.



■ **Supports local economies.** It is estimated **every dollar of SNAP benefits redeemed generates up to \$1.80 in total economic activity** during an economic downturn.⁴ With **almost 90 percent of all household SNAP benefits spent within three weeks**, this has significant impact, especially in rural and farm economies.^{5,6}

■ **SNAP reduces poverty.** SNAP is targeted to the people with the lowest incomes in our country. SNAP is nearly as effective as the Earned Income Tax Credit in lifting families above the poverty line, and far more effective than any other program in lifting families out of deep poverty. SNAP **lifted 3.4 million people in America out of poverty in 2023**.⁷

■ **SNAP reaches key vulnerable populations:** 84 percent of all SNAP benefits go to a household with a child, older adult, or person with a disability (79.5 percent of SNAP households).⁸ In fiscal year 2022, **two in five SNAP participants were children**.⁹

■ Research shows that receipt of SNAP in early childhood **improved test scores, high school graduation rates, adult earnings, and adult health**.¹⁰

■ SNAP **relieves pressure on overwhelmed food banks, pantries, religious congregations, and other emergency food providers** across the country. These



providers see SNAP as the cornerstone of national, state, and local anti-hunger efforts, and are the first to note their inability to meet added demand that would come from weakening SNAP. For example, for **every meal provided by food banks, SNAP provides nine meals.**¹¹



Together, we can protect and strengthen SNAP. Speak in favor of protecting and strengthening SNAP, because hungry people can't wait. Join the [FRAC Action Network](#).

■ **SNAP reacts quickly and robustly to economic crises.**

During the COVID-19 pandemic, SNAP was responsible for nearly 200,000 U.S. grocery industry jobs, with wages totaling more than \$6.7 billion. This led to nearly 45,000 more jobs in agriculture, manufacturing, transportation, municipal services, and other industries. It generated more than \$1 billion in federal taxes and \$975 million in state and local taxes.¹²

Endnotes

- ¹ U.S. Department of Agriculture. (2024). *Supplemental Nutrition Assistance Program*. <https://fns-prod.azureedge.us/sites/default/files/resource-files/snap-4fymonthly-12.pdf>
- ² Hartline-Grafton, H. & Dean, O. (2017). *The role of the Supplemental Nutrition Assistance Program in improving health and well-being*. Food Research & Action Center. <https://frac.org/wp-content/uploads/hunger-health-role-snap-improving-health-well-being.pdf>
- ³ Bhatti, S. et. Al. (2024). *Guide to federal nutrition programs during disasters*. Food Research & Action Center. <https://frac.org/wp-content/uploads/Guide-to-Federal-Nutrition-Programs-During-Disasters-9-2024.pdf>
- ⁴ Canning, P., & Stacy, B. (2019). *The Supplemental Nutrition Assistance Program (SNAP) and the economy: New estimates of the SNAP multiplier (report 265)*. Economic Research Report. United States Department of Agriculture. <https://ers.usda.gov/sites/default/files/laserfiche/publications/93529/ERR-265.pdf?v=87339>
- ⁵ Food and Nutrition Service. (n.d.). *Benefit redemption patterns in SNAP: FY 2017*. <https://www.fns.usda.gov/research/snap/benefit-redemption-patterns-fy2017>
- ⁶ Vogel, S., Miller, C., Ralston, K., & Economic Research Service. (2021). *Impact of USDA's Supplemental Nutrition Assistance Program (SNAP) on rural and urban economies in the aftermath of the Great Recession (296)*. U.S. Department of Agriculture, Economic Research Service. <https://ers.usda.gov/sites/default/files/laserfiche/publications/102287/ERR-296.pdf?v=30911>
- ⁷ Shrider, E. A. & U.S. Census Bureau. (2024). *Poverty in the United States: 2023 (report P60–283)*. Current population reports. U.S. Government Publishing Office. <https://www2.census.gov/library/publications/2024/demo/p60-283.pdf>
- ⁸ Monkovic, M., Weston, A. (2024). *Characteristics of Supplemental Nutrition Assistance Program households: Fiscal year 2022*. U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support.
- ⁹ Monkovic, M., Weston, A. (2024). *Characteristics of Supplemental Nutrition Assistance Program households: Fiscal year 2022*. U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support.
- ¹⁰ Ibid.
- ¹¹ Feeding America. (n.d.). *Why lawmakers must strengthen SNAP*. <https://www.feedingamerica.org/advocate/snap>
- ¹² Food Research & Action Center. (2021). *SNAP promotes food security, jobs, and dignity during COVID-19 and beyond*. <https://frac.org/blog/snap-promotes-food-security-jobs-and-dignity-during-covid-19-and-beyond>