

# SNAP Matters

## Congress Must Protect and Strengthen the Supplemental Nutrition Assistance Program (SNAP)

**Being a single mom** that can't work because one of my sons is homeschooled because of health issues it helps tremendously."

— **SABRINA, FLORIDA**

**Twin girls.** \$50 can of formula lasts 1.5 days. One income. I get to eat, they get to eat. We'd all starve without SNAP."

— **MARYGRACE, IOWA**

**Because of SNAP I feel like I'm not on death's door trying to work a manual labor job on an empty stomach.** I'm so scared of going back to going hungry. If there are cuts to SNAP, I will go back to eating one meal a day or less."

— **DYLAN, MASSACHUSETTS**

**SNAP has given me the peace of mind to know that no matter what else is going on in our finances my children will not go hungry.** I have often said to them you have never gone a day without having nutritious food to eat. That is entirely because of SNAP! [If there were cuts to SNAP] That peace of mind would be gone for our family! There very well could be days in the future where I wouldn't be able to afford food for my children. My children have many food allergies and require a strict diet that wouldn't be available at food banks."

— **KAREN, MAINE**

**I serve as an AmeriCorps VISTA. SNAP gives me the ability to afford quality food and pay my bills with less stress about my meals.** Cuts to SNAP would result in me being unable to afford rent, bills, etc."

— **SINGLE ADULT, ARIZONA**

**Without SNAP, we would have to choose to pay for housing or food.** You always have to pick housing, because you can survive hunger better than exposure. With SNAP, it gives a specific amount, so you can focus on making money for housing."

— **GREYSON, NEW YORK**

**It's really a lifeline to me being able to eat or starve.** If there are cuts to SNAP, I will not be able to feed myself properly or at all."

— **TABITHA, SOUTH CAROLINA**

**Can't afford food.** I'm homeless. If there were cuts to SNAP, it would be disastrous."

— **STEVEN, ILLINOIS**

**SNAP benefits feed me and my husband.** Without it we could only afford to feed our children."

— **KAYLEE, TENNESSEE**

**SNAP enables me to eat healthy and consistently throughout the month, helping fuel me to find a better income situation.** If there were cuts to SNAP, I would go further in debt trying to feed myself and my family."

— **ANONYMOUS, OREGON**

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**By receiving SNAP benefits, I was finally able to stop only breaking even with my bills.** Any money left after rent, utilities, and car insurance was spent on groceries. Now, I am able to afford other basic necessities, like shampoo and toothpaste, without scraping change. Having money JUST set aside for food for a whole month has also allowed me to introduce more whole foods into my diet, because I can afford to grab a couple fruits and veggies during the week. My mental and physical health have drastically improved because of this. I have GI issues, and they have been SIGNIFICANTLY less impactful to my daily life ever since I became able to eat food that is healthy for me. Without SNAP benefits, I was drowning. It would devastate me and my body to lose my benefits.”

— EMMA, TENNESSEE

**SNAP benefits help us manage our Autism and ADHD.** Our access to healthy nutritious foods via SNAP allows for better neuro-homeostasis. We are able to receive a wide variety of vitamins and macros that we cannot afford without SNAP. We are disabled, and can't work many hours at all. Without SNAP we would starve and our ability to function and work and give back to our system would be gone.”

— ANONYMOUS, PENNSYLVANIA

**I can prepare and eat food in my own home. I am a victim of a hit and run, currently unable to return to work.** At this time, I can feed myself healthily from using my independence card at a store two blocks away, instead of depending on soup kitchens. If there were cuts to my benefit, I'd have to go to food banks, churches, and soup kitchens, to eat wherever I can find food offered, until I am strong enough to return to work.”

— KELLY, MARYLAND

**I am a chronically ill single mother, full time college student, and a substitute teacher.** I am very low income, and won't be able to make much more without graduating college. SNAP ensures my daughter has healthy food to eat and that I can eat a healthy diet to take care of my health. Without SNAP, I couldn't afford the right foods.”

— MIKAYLA, MISSOURI

**My husband is a disabled combat veteran.** He cannot work and I have to stay home and care for him and our small children. Cuts to SNAP would make things much harder to survive.”

— AMANDA, MICHIGAN