

PROTECT SNAP to Reduce Hunger and Strengthen Local Economies in **CONNECTICUT**

The Supplemental Nutrition Assistance Program (SNAP) is the nation's first line of defense against hunger, helping **390,261** people in **CONNECTICUT** put food on the table. In fiscal year 2024, SNAP brought **\$892,819,650** to the state. With **10%** of **CONNECTICUT** households experiencing food insecurity and high food prices, protecting and strengthening SNAP is more important than ever.

SNAP'S IMPACT IN CONNECTICUT



Veterans
participating in SNAP



SNAP households
with older adults



SNAP households
with children



SNAP households
with a person with a
disability

- ▶ **12%** of households in **CONNECTICUT** participated in SNAP. SNAP participants reside throughout the state: **one in 11 small-town households** and **one in 8 households in metro areas in CONNECTICUT**.
- ▶ In FY 2024, SNAP participants in **CONNECTICUT** received an **average of \$190.19 per month** in SNAP benefits. This averages **\$6.25 per person per day**.
- ▶ SNAP helped over **116,590 children in CONNECTICUT** in 2022. It also provided these children with eligibility for school meals. Cuts to SNAP would mean that children in families with low incomes would lose access to school meals.

! TAKE ACTION: REJECT PROPOSALS THAT CUT OR RESTRICT ACCESS TO SNAP BENEFITS.

Proposed cuts mean fewer federal funds supporting local economies, children losing school meals, and decreasing WIC participation for babies and toddlers ages 0–4. These cuts would increase hunger by taking food away from Americans in need, decrease local revenue, and overwhelm already strained food pantries. **For every meal a pantry provides, SNAP offers nine.**

KEY ECONOMIC FACTS

- ▶ **SNAP supports working families.** Between 2019–2023, an average of **80%** of SNAP households in **CONNECTICUT** included someone who was working.
- ▶ **SNAP stimulates the economy and creates jobs.** Each SNAP dollar has up to a \$1.80 impact during economic downturns, supporting the supply chain from farmer to store.
- ▶ **SNAP supports local businesses,** including **2,487 retailers in CONNECTICUT**, which redeemed a total of **\$1,187,170,909** in 2023. Retailers include grocery stores and farmers' markets, which contribute to local taxes that fund services like schools and health care.

SOURCES FOR THIS FACT SHEET CAN BE FOUND IN THE [TECHNICAL NOTES](#).

SNAP IS A PROVEN, COST-EFFECTIVE PROGRAM

that reduces food insecurity, supports the health of children, older adults, and veterans. SNAP reduces health care costs, improves educational outcomes, and supports local economies. Support **CONNECTICUT** families by opposing any cuts to SNAP.

STRENGTHEN SNAP, STRENGTHEN CONNECTICUT