1. STATE MINIMUM BENEFITS: The minimum benefits for SNAP households of one or two householders is set federally at $23. Alaska, Hawaii, Guam, and U.S. Virgin Islands have different minimum SNAP allotments. These can be accessed through U.S. Department of Agriculture’s Food and Nutrition Service’s (USDA-FNS) Fiscal Year 2023 Cost-of-Living Adjustments.

New Jersey and Washington D.C. have state-funded increases to their minimum benefit, helping to support benefit adequacy in these states. You can find more information on how states have increased their minimum benefits under the Mitigating the Loss of EAs tab on FRAC’s Emergency Allotment and Public Health Emergency page.

2. EMERGENCY ALLOTMENTS: Households affected and total decrease in Emergency Allotments is based on most recent USDA-FNS emergency allotment administrative waiver data as of May 2023. More information can be found here: https://www.fns.usda.gov/snap/covid-19-emergency-allotments-guidance.

According to FNS, because the COVID-19 Public Health Emergency affected data collection starting in March 2020, statistics are reported by pre-pandemic period of October 2019 through February 2020, and the early pandemic period of June to September 2020 (March through May were not reported).

Early pandemic data is unavailable for California, Delaware, Washington D.C., Maine, Maryland, and New York, as these states did not submit QC data to FNS. “Thus, the waiver period totals and characteristics presented in the tables do not reflect all SNAP participants nationwide.” See footnote 8 on Page 2 of FY 2020 SNAP Households Characteristics Report for more details.

3. ECONOMIC IMPACT: According to USDA-FNS and USDA ERA, “During economic downturns, every $1 in new SNAP benefits issued can increase gross domestic product by $1.54.” Data on the economic impact is based on this multiplier. For more, read on analysis from USDA Economic Research Service New Estimates of the SNAP Multiplier.

4. PRE-PANDEMIC AND EARLY PANDEMIC ABAWDS: The estimate on the number of able-bodied adults without dependents is based on Table B-5a and Table B-5b of the FY 2020 SNAP Households Characteristics Report.

According to FNS, because the COVID-19 Public Health Emergency affected data collection starting in March 2020, statistics are reported by pre-pandemic period of October 2019 through February 2020, and the early pandemic period of June to September 2020 (March through May were not reported).

Early pandemic data is unavailable for California, Delaware, Washington D.C., Maine, Maryland, and New York, as these states did not submit QC data to FNS. “Thus, the waiver period totals and characteristics presented in the tables do not reflect all SNAP participants nationwide.” See footnote 8 on Page 2 of FY 2020 SNAP Households Characteristics Report for more details.

5. FOOD INSECURITY: State-level food insecurity rates are from Table 4 of USDA Economic Research Service report, Household Food Security in the United States in 2021. Data for Guam and U.S. Virgin Islands are not available.