The number of seniors (60+) across the nation is growing and far too many struggle with hunger and food insecurity.

Nationally, 9.5% of households with seniors face food insecurity. In New Hampshire, 6.9% of households with seniors face food insecurity.

Due to income constraints, food-insecure households with older adults do not have consistent access to enough food for healthy, active living. The impact of senior hunger extends well beyond an empty stomach and wallet.


Seniors Struggling With Food Insecurity may Experience a Number of Challenges:

- Food running out
- Skipping meals
- Choosing between food and medicine
- Postponing medical care
- Poor health outcomes
- Higher health care use and costs

SOURCE: FRAC’s Hunger and Health series

Senior SNAP Participation:
SNAP is available in every area of the country to help older adults purchase food.

Percentage of all Households With Seniors Participating in SNAP

- **New Hampshire**
  - Metro Areas: 5%
  - Small Towns: 6%
  - Rural Areas: 5%

- **Nationally**
  - Metro Areas: 10%
  - Small Towns: 10%
  - Rural Areas: 11%

For the purpose of this analysis, "Metro Areas" are metropolitan statistical areas delineated by the Office of Management and Budget (OMB), each of which contains at least one Census Bureau-delineated urbanized area of 50,000 or more people. "Small Towns" are micropolitan statistical areas as delineated by OMB, each containing at least one Census Bureau-delineated urban cluster of between 10,000 and 50,000 people, and "Rural Areas" are non-metropolitan and non-micropolitan areas.

SOURCE: FRAC analysis of American Community Survey data averaged over five years (2012-2016)
SNAP, the nation’s first line of defense against hunger, is critically important to seniors.

In addition to improving the food security, health, and well-being of seniors, federal SNAP dollars stimulate local economies through assistance that goes directly to struggling seniors to purchase food.

**Source:** FRAC's Hunger and Health series

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**Too Many Seniors Miss out on SNAP**

Nationally, only 42% (2 in 5) eligible seniors participate in SNAP.

**See how Your State Compares:**

<table>
<thead>
<tr>
<th></th>
<th>Nationally</th>
<th>New Hampshire</th>
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</thead>
<tbody>
<tr>
<td>% of eligible seniors benefiting from SNAP in an average month in FY2015</td>
<td>42%</td>
<td>40%</td>
</tr>
<tr>
<td>Average monthly SNAP benefit for senior households in FY2017</td>
<td>$125</td>
<td>$120</td>
</tr>
</tbody>
</table>

**Source:** USDA’s FY2015 Trends in SNAP Participation Rates report

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**To get more seniors participating in SNAP, states and anti-hunger advocates can:**

- **Educate** policy makers on the importance of SNAP in addressing senior hunger
- **Partner** with health care providers, senior centers, faith-based organizations, and retailers to counsel seniors on SNAP benefits and to provide application assistance
- **Adopt** state practices and policies to help ease barriers to SNAP enrollment and to ensure seniors receive the maximum amount of SNAP benefits to which they are entitled