



THE BENEFITS OF THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Helping Low-Income Families

- *Stretch food dollars.* Those receiving Supplemental Nutrition Assistance Program (SNAP) benefits spend more money on food than other low-income households. Every additional dollar's worth of SNAP benefits generates 17 to 47 cents of new spending on food.
- *Fight obesity through education.* Nutrition educators teach SNAP participants the importance of a quality diet, how to prepare healthy foods, and how to make healthy choices.
- *Put food on the table for their children.* SNAP benefits are an investment in our future. Nearly half of participants are children.
- *Keep elderly family members independent.* For the elderly, participation can help improve nutritional status and well-being and increase independence. Eight percent of participants are age 60 or older.
- *Transition to self sufficiency.* The Supplemental Nutrition Assistance Program (SNAP) helps participants become financially stable and provides needed support as they transition to self sufficiency. Half of all new participants will leave the program within nine months.

Helping States and Local Communities

- *Support Local Food Retailers.* The average monthly EBT benefit is approximately \$290 per household, which is spent in local grocery stores.
- *Generate economic activity.* Every \$5 in new SNAP benefits generates \$9.00 in total community spending.
- *Support farms.* On average, \$1 billion of retail food demand by SNAP recipients generates 3,000 farm jobs.
- *Leverage Federal funds.* SNAP benefits are Federal funds. By increasing the number of people in SNAP, communities can bring Federal money into their States and communities.

Helping Businesses and Workers

- *Achieve Optimal Performance.* Employees whose food needs are met at home may have higher productivity and take fewer sick days for themselves and their children.
- *Attain Self-Sufficiency.* SNAP benefits supplement the food budgets of low income workers so they can stay independent and work toward self-sufficiency.