

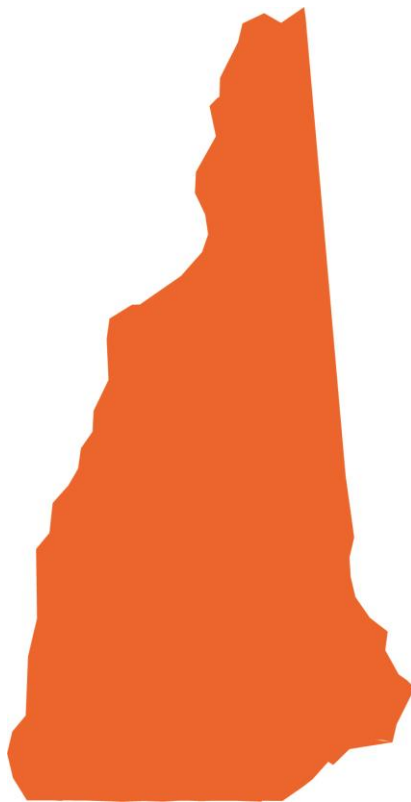
New Hampshire



The Supplemental Nutrition Assistance Program (SNAP) is a powerful tool for ending hunger in the United States. SNAP benefits are provided on an Electronic Benefit Transfer (EBT) card and can only be used to purchase food items from grocery stores, farmers' markets and other food retailers.

These benefits help low-income families put enough food on the table and reach the state's most vulnerable residents, including children, seniors and people with disabilities. Here is a look at the impact this program has in New Hampshire.

NEW HAMPSHIRE SNAP: BY THE NUMBERS



88,000

PEOPLE IN NEW HAMPSHIRE RELY ON SNAP



38,000

ARE KIDS



70.4%

OF SNAP RECIPIENTS ARE KIDS, THE ELDERLY OR PEOPLE WITH DISABILITIES

RESOURCES

- USDA, [Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2016](#).
- USDA, [2016 SNAP Retailer Management Year End Summary](#).
- U.S. Census Bureau, [American Community Survey 5-Year Estimates 2011-2015](#).
- USDA Economic Research Service, [Supplemental Nutrition Assistance Program \(SNAP\) Data System Documentation](#).
- Voice of the People/University of Maryland survey, [Americans On SNAP, 2017](#).
- Cooking Matters [participant survey](#), 2016.

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Learn More: <http://bit.ly/SNAP101>

New Hampshire

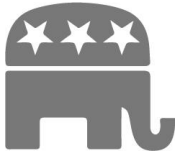
SNAP BENEFITS ARE LOW



\$1.12

PER PERSON PER MEAL IN
NEW HAMPSHIRE

IN A NATIONAL SURVEY, **8 IN 10 AMERICANS**
FAVOR RAISING SNAP BENEFITS, INCLUDING
MAJORITIES IN BOTH PARTIES.



66%

REPUBLICAN

&



93%

DEMOCRAT

SNAP SUPPORTS WORKING FAMILIES



77%

PERCENT OF SNAP
HOUSEHOLDS IN
NEW HAMPSHIRE
THAT ARE WORKING
OR HAVE WORKED
WITHIN THE PAST YEAR



10 MONTHS

AVERAGE AMOUNT
OF TIME FAMILIES
SPEND ON SNAP



5,200

NUMBER OF NEW
HAMPSHIRE FAMILIES THAT
SNAP KEPT OUT OF
POVERTY IN 2016

SNAP PLAYS AN IMPORTANT ROLE IN NEW HAMPSHIRE'S ECONOMY

Households on SNAP spend their benefits quickly, which effectively boosts the local economy. Benefits can be used at local retailers and farmers markets, which in turn supports local business and agriculture.



1,055

AUTHORIZED SNAP
RETAIL LOCATIONS
IN NEW HAMPSHIRE



\$129 MILLION

SNAP DOLLARS PUMPED
INTO NEW HAMPSHIRE'S
ECONOMY IN 2016

NUTRITION EDUCATION

SNAP-Ed is the nutrition education and obesity prevention component of SNAP. SNAP-Ed funding supports programs that equips low-income Americans with the skills they need to make healthy food choices on a budget through cooking classes, grocery store tours and educational materials.

Research shows that the skills learned through SNAP Ed can have a significant impact on the number of days families face hunger during the month. It also leads to healthier food choices; two thirds of families participating in nutrition education are more likely to eat more fruits and vegetables and read ingredient lists to find whole-grain options.

Although this funding helps families more effectively stretch their food budgets and create healthier eating habits, **less than 1%** of the SNAP budget goes to nutrition education. Learn More at <http://bit.ly/SNAPED>.



68%

PERCENT OF PEOPLE REPORT
EATING MORE FRUITS &
VEGETABLES AFTER TAKING
NUTRITION EDUCATION COURSES