

# North Carolina



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 North Carolina.

## NORTH CAROLINA SNAP: BY THE NUMBERS



**1.2 MILLION**  
PEOPLE IN  
NORTH CAROLINA RELY  
ON SNAP



**672,000**  
ARE KIDS



**62.3%**  
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>

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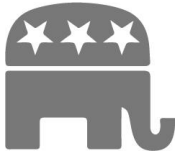
## SNAP BENEFITS ARE LOW



**\$1.29**

PER PERSON PER MEAL IN NORTH CAROLINA

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



**78%**

PERCENT OF SNAP HOUSEHOLDS IN NORTH CAROLINA THAT ARE WORKING OR HAVE WORKED WITHIN THE PAST YEAR



**10 MONTHS**

AVERAGE AMOUNT OF TIME FAMILIES SPEND ON SNAP



**54,000**

NUMBER OF NORTH CAROLINA FAMILIES THAT SNAP KEPT OUT OF POVERTY IN 2016

## SNAP PLAYS AN IMPORTANT ROLE IN NORTH CAROLINA'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.



**9,632**

AUTHORIZED SNAP RETAIL LOCATIONS IN NORTH CAROLINA



**\$2.3 BILLION**

SNAP DOLLARS PUMPED INTO NORTH CAROLINA'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