

# SNAP in Connecticut

## The Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP) is a powerful tool for ending hunger in Connecticut. 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 authorized food retailers.

These benefits help 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 Connecticut.



### CONNECTICUT SNAP: BY THE NUMBERS



**395,000**

people across Connecticut receive SNAP benefits



**123,000**

kids on SNAP



**77%**

SNAP households with kids, elderly, or people with disabilities



### RESOURCES

- USDA, [SNAP Data Tables | Food and Nutrition Service \(usda.gov\)](#)
- USDA, [Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2020](#)
- USDA, [Trends in SNAP Participation Rates](#)
- KFF, [Average Supplemental Nutrition Assistance Program \(SNAP\) Benefits Per Person](#)
- U.S. Census Bureau, [2021 ACS 1-Year Estimates: Supplemental Nutrition Assistance Program](#)
- USDA, [SNAP Retailer Management Year End Summary](#)
- Urban Institute, [SNAP Meal Gap \(2022\)](#)
- Urban Institute, [Effect of the Reevaluated Thrifty Food Plan and Emergency Allotments on Supplemental Nutrition Assistance Program Benefits and Poverty](#)

### CONTACT

**Press Inquiries**  
 Ryan Flaherty  
[rflaherty@strength.org](mailto:rflaherty@strength.org)

**Policy Inquiries**  
 Ashanti Lewis  
[alewis@strength.org](mailto:alewis@strength.org)

## SNAP BENEFITS ARE LOW



**\$2.76**

average per person for each meal, or about **\$8** a day in Connecticut



**100%**

counties in Connecticut where SNAP benefits don't cover the cost of a meal

## SNAP SUPPORTS WORKING FAMILIES



**78%**

of SNAP households in Connecticut worked in the last year



**15,000**

people kept out of poverty in Connecticut due to the Thrifty Food Plan update

## SNAP PLAYS AN IMPORTANT ROLE IN CONNECTICUT'S ECONOMY

Households on SNAP spend their benefits quickly and close to home, which boosts the local economy. Dollars used at community retailers and farmers markets support businesses and bolster agriculture.



**2,494**

authorized SNAP retailers in Connecticut in FY2022



**\$1**

in SNAP Benefits  $\approx$  **\$1.50** in Economic Activity

## NUTRITION EDUCATION

SNAP-Ed, the nutrition education component of SNAP, is a program that delivers free courses that help individuals stretch their SNAP dollars to shop for and cook healthy meals on a budget.

SNAP-Ed is a critical, evidence-based component of the SNAP program, equipping families with the tools they need to find healthy foods at the store.

