

SNAP in North Dakota

The Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP) is a powerful tool for ending hunger in North Dakota. 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 North Dakota.



NORTH DAKOTA SNAP: BY THE NUMBERS



44,000

people across North Dakota receive SNAP benefits



21,000

kids on SNAP



84%

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](#)

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SNAP BENEFITS ARE LOW



\$1.77

average per person for each meal, or about **\$5** a day in North Dakota



100%

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

SNAP SUPPORTS WORKING FAMILIES



77%

of SNAP households in North Dakota worked in the last year



2,000

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

SNAP PLAYS AN IMPORTANT ROLE IN NORTH DAKOTA'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.



599

authorized SNAP retailers in North Dakota 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.

