

North Dakota



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 Dakota.

NORTH DAKOTA SNAP: BY THE NUMBERS



54,000
PEOPLE IN
NORTH DAKOTA RELY
ON SNAP



23,000
ARE KIDS



66.4%
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.

CONTACT

Policy Inquiries
Monica Gonzales
mgonzales@strength.org
202.734.3796

Press Inquiries
Christy Felling
cfelling@strength.org
202.320.4483

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

North Dakota

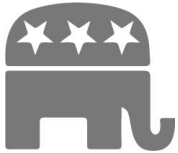
SNAP BENEFITS ARE LOW



\$1.30

PER PERSON PER MEAL IN NORTH DAKOTA

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



81%

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



10 MONTHS

AVERAGE AMOUNT OF TIME FAMILIES SPEND ON SNAP



3,300

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

SNAP PLAYS AN IMPORTANT ROLE IN NORTH DAKOTA'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.



510

AUTHORIZED SNAP RETAIL LOCATIONS IN NORTH DAKOTA



\$78 MILLION

SNAP DOLLARS PUMPED INTO NORTH DAKOTA'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