

SNAP: A Powerful Tool To End Childhood Hunger

SNAP has a major impact on a child's ability to grow up healthier, smarter, stronger, and more likely to break the cycle of poverty.



Overview

The Supplemental Nutrition Assistance Program (SNAP) is one of the most powerful tools we have to end childhood hunger.

How it works: 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, making it an effective way for low-income families to put enough food on the table.

These benefits are targeted to reach the nation's most vulnerable individuals, including children, the elderly, and people with disabilities.

20 million

The SNAP Impact

SNAP helps to end hunger.

SNAP makes sure kids in low-income families get the food they need. It has a direct and significant impact on child food insecurity rates.

SNAP helps to end poverty.

SNAP lifts more than 2 million children out of poverty every year.

SNAP promotes stronger learning.

Low-income kids who received SNAP benefits were 18% more likely to graduate from high school than low-income kids who didn't.

SNAP promotes better physical health.

SNAP benefits are linked to a lower risk of anemia, lower levels of obesity, fewer doctor visits and fewer hospitalizations.

Number of children in the United States who rely on nutrition from SNAP.

KEY FINDINGS

10 months

The average amount of time a family spends on SNAP.

\$1.40

The average SNAP benefit per person, per meal.

78%

Percent of families on SNAP who either are working or have worked in the past year.

65%

Percent of people on SNAP who are either children, the elderly, or people with disabilities.



Bottom Line

When children get the food they need each day, they feel better, learn more and grow up stronger. This is good for the nation; healthier, smarter kids are **more likely break the cycle of poverty** and build a **stronger, more competitive economy**.

We can close the gap between the kids who have enough to eat and those who don't. With coordinated efforts between government programs, nonprofits, corporations, the faith-based community and local leaders, **this is a solvable problem**.

The Supplemental Nutrition Assistance Program is critical to this success. During the reauthorization of the Farm Bill and the federal budget process, Congress should **protect and strengthen SNAP** and reject any attempt to change the current structure of the program.



TAKE ACTION

Stand up for hungry children in the United States. Join us and take action at <https://www.nokidhungry.org/policy-and-advocacy>.

ABOUT NO KID HUNGRY

No child should go hungry in America, but 1 in 6 kids will face hunger this year. Using proven, practical solutions, No Kid Hungry is ending childhood hunger today by ensuring that kids start the day with a nutritious breakfast, are able to get the nutrition they need during the summertime, and families learn the skills they need to shop and cook on a budget. When we all work together, we can make sure kids get the healthy food they need. No Kid Hungry is a campaign of national anti-hunger organization Share Our Strength. Join us at NoKidHungry.org.

SOURCES

- White House Council of Economic Advisers, "[Long-Term Benefits of the Supplemental Nutrition Assistance Program](#)," 2015
- USDA, "[Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2016](#)."
- Center on Budget and Policy Priorities, "[SNAP Works for America's Children](#)," 2016