The Supplemental Nutrition Assistance Program (SNAP) helps eligible individuals and families purchase healthy food.

The Need
- 1 in 6 people in Houston Food Bank’s service area are food insecure
- There are food insecure and hungry families in every county in Texas
- In Texas, 30% of those potentially eligible for SNAP did not participate in 2015
- In 2015, nearly two-thirds of SNAP participants were children (44%), elderly (11%) or disabled non-elderly adults (10%)

A Federal Response that Works
- In 2017, SNAP reached 3,921,000 (1 in 7) Texas residents
- On average, SNAP kept 913,000 people out of poverty in Texas, including 479,000 children, per year between 2009 and 2012
- In the Houston Food Bank’s 18-county service area, the average SNAP benefit is about $270 a month per household
- SNAP is a “counter-cyclical” program; as poverty rises and families face harder times, eligibility for and participation in SNAP increases. As economic conditions improve, and families prosper, SNAP shrinks as fewer people are eligible for or participate in the program
- SNAP also has an economic multiplier effect; every dollar in new SNAP benefits results in $1.80 in total economic activity
- Most households under the SNAP program receive benefits for a 6-month period before requiring renewal
- As the economy improves over the next decade, SNAP costs are projected to shrink by some $8 billion

If you need food or for further information, please contact the Houston Food Bank at 832-369-9390.

Footnotes:
1 United States Department of Agriculture "Map the Meal Gap"
2 Center on Budget and Policy Priorities "A Closer Look at Who Benefits from SNAP: State-by-State Fact Sheets"
3 USDA Food and Nutrition Service "Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2015"
4 Center on Budget and Policy Priorities "A Closer Look at Who Benefits from SNAP: State-by-State Fact Sheets"
5 Center on Budget and Policy Priorities "A Closer Look at Who Benefits from SNAP: State-by-State Fact Sheets"
6 The Food Trust "The SNAP Gap: Understanding low rates of participation for Houston"
7 USDA Food and Nutrition Service "Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2015"
8 Center on Budget and Policy Priorities "A Closer Look at Who Benefits from SNAP: State-by-State Fact Sheets"