

# SNAP facts

Food banks and SNAP (Supplemental Nutrition Assistance Program), are complementary systems that expand vital access to nutritious food for people who might otherwise have to go without. While food banks nationwide work diligently to provide access to nearly 4 billion meals through vast networks of pantries, meal sites, and other partners, SNAP expands the reach by providing access to 9 meals for each one a food bank provides.<sup>1</sup> Houston Food Bank advocates for SNAP and assists people in applying for benefits because we recognize we cannot fully address hunger and food insecurity in our communities single handedly.

## What is SNAP?

SNAP (Supplemental Nutrition Assistance Program) is a federal program that provides benefits to supplement the food budgets of eligible low-income individuals and families.

**3,200,000**  
Americans lifted out of poverty in part due to SNAP<sup>2</sup>

## Who gets SNAP?

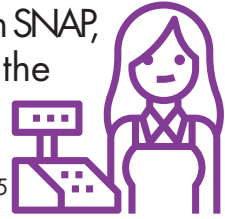
**80.5%** of households utilizing SNAP include a child, elderly person, or person with a disability<sup>3</sup>



**51%** of families receiving SNAP in TX had at least 1 adult working in the previous 12 months<sup>4</sup>

**69,400** cashiers in Texas

participate in SNAP, making it the occupation with most participants<sup>5</sup>



## Why is SNAP necessary?

**\$951.7/mo**

USDA recommended budget for family of 4 on their lowest cost "thrifty plan"<sup>6</sup>



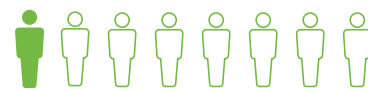
**vs.**

**\$835/mo**

average SNAP benefit for a family of 4<sup>7</sup>



**1 in 8** Americans utilize SNAP<sup>8</sup>



**20,846,163**  
meals accessed with SNAP due to SNAP outreach by Houston Food Bank in Fiscal Year '22

<sup>1</sup> feedingamerica.org

<sup>2</sup> frac.org/wp-content/uploads/frac-facts-snap-strengths.pdf

<sup>3</sup> frac.org/wp-content/uploads/frac-facts-snap-strengths.pdf

<sup>4</sup> frac.org/wp-content/uploads/frac-facts-snap-strengths.pdf

<sup>5</sup> www.cbpp.org/snap-helps-workers-put-food-on-the-table#Texas

<sup>6</sup> fns-prod.azureedge.net/sites/default/files/media/file/CostofFoodNov2019.pdf

<sup>7</sup> www.cbpp.org/snap-benefits-are-modest-3

<sup>8</sup> www.cbpp.org/research/food-assistance/a-closer-look-at-who-benefits-from-snap-state-by-state-fact-sheets#Texas

A gift of \$10 provides access to 30 meals for someone in the community  
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*Our Mission: Food for better lives.  
Our Vision: A world that doesn't need food banks.*

This institution is an equal opportunity provider

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