

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.¹ 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.

3,400,000

Americans lifted out of poverty in part due to SNAP²

Who Gets SNAP?

84%

of households utilizing SNAP include a child, elderly person, or person with a disability³



51%

of families receiving SNAP in Texas had at least 1 adult working in the previous 12 months⁴



441,200

recipients of SNAP are service professionals (cooks, home healthcare aides)



Why is SNAP Necessary?

\$1,002.2/mo **vs.** **\$835/mo**

USDA recommended budget for family of 4 on their lowest cost "thrifty plan"⁵



average SNAP benefit for a family of 4⁷



1 in 8 Americans utilize SNAP⁸



13,864,038

meals accessed with SNAP due to SNAP outreach by Houston Food Bank in Fiscal Year '25

¹ feedingamerica.org

² frac.org/wp-content/uploads/FRAC-Facts-SNAP-Strengths-2025.pdf

³ frac.org/wp-content/uploads/FRAC-Facts-SNAP-Strengths-2025.pdf

⁴ frac.org/wp-content/uploads/FRAC-Facts-SNAP-Strengths-2025.pdf

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

⁶ fns.usda.gov/research/cnpp/usda-food-plans/cost-food-monthly-reports

⁷ cbpp.org/snap-benefits-are-modest-3

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

Our Mission: Food for better lives.

Our Vision: A world that doesn't need food banks.

A gift of \$10 provides access to 30 meals for someone in the community
535 Portwall • Houston, Texas • 77029 • 713 223 3700

houstonfoodbank
This institution is an equal opportunity provider

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