

The Benefits of SNAP

The Program Helps Low-Income Families:

- Stretch food dollars. Those receiving SNAP benefits spend more money on food than other low-income households.
- Fight obesity through education. Nutrition educators teach SNAP participants the importance of a quality diet, how to prepare healthy low-cost meals, and how to make healthy choices.
- Put more food on the table for their children. SNAP benefits are an investment in our future.
- Keep older adult family members independent. For seniors, participation can help improve nutrition status and overall health, and increase independence.
- Transition to self-sufficiency. SNAP helps participants become financially stable and provides needed support as they transition to self-sufficiency. Half of all new participants leave the program within nine months.

The Program Helps States and Local Economies By:

- Supporting local food retailers.
- Every \$5 in new SNAP benefits generates as much as \$9.20 in economic activity.
- Supporting [farmers](#).
- Leveraging Federal funds. SNAP benefits are Federal funds. By partnering with FNS and increasing the number of people in SNAP, States can bring Federal money into their States and communities.

The Program Helps Businesses and Workers:

- Achieve optimal performance. Employees whose food needs are met at home may have higher productivity and take fewer sick days for themselves and their children.
- Attain self-sufficiency. SNAP benefits supplement the food budgets of low-income workers so they can stay independent, work toward self-sufficiency and purchase additional household necessities.