

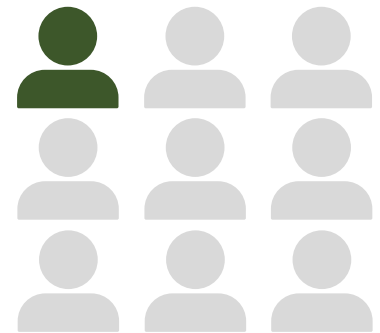
SNAP IN TEXAS

WHAT IS SNAP?

SNAP, or the Supplemental Nutrition Assistance Program, is the largest and most effective hunger-relief program in the nation. In 2022, SNAP helped over 3.44 million Texans put food on the table during tough times.

People participating in SNAP receive monthly benefits through Electronic Benefits Transfer (EBT) cards, which they can use like debit cards to purchase groceries at around 20,900 authorized retailers in Texas. These benefits are timely, targeted, and temporary.

SNAP helped 1 in 9
Texans in 2022.



WHO IS ON SNAP IN TEXAS?

79%
More than 79% are in families with children.

27%
More than 27% are in families with members who are older adults or are disabled.

50%
More than 50% are in working families.

WHO PARTICIPATES IN SNAP?

Households receiving SNAP benefits have very low incomes. For a family of 4 in Texas, the maximum monthly income to qualify for SNAP is \$4,125.

Children, seniors, and people with disabilities make up the vast majority of SNAP participants. In addition, SNAP has work requirements for able-bodied adults. Adults that can work must work in order to qualify for benefits. SNAP recipients must be a U.S. citizen or lawful permanent resident.

HOW DOES SNAP AFFECT THE ECONOMY?

SNAP is an important public-private partnership and acts as an economic multiplier that infuses money into local economies. Every dollar in SNAP benefits spent generates approximately \$1.50 in economic activity. SNAP supports families with low incomes and communities during times of increased need, expanding when the economy weakens and contracting as the economy recovers.

SNAP supports all types of communities but is especially helpful for rural communities. In rural areas, SNAP boosts employment and reduces the poverty rate for families.

Texas retailers
redeemed about

**\$4.8
billion**

in SNAP benefits
in 2019.

FOOD BANKS & SNAP

SNAP IS SUPPLEMENTAL

SNAP benefits do not make up a family's entire food budget. Benefits typically run out between the second and third weeks of the month.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---------------------------------------|---------------|----------------------------------|-----|-----|-----|
| | 01 | 02 | 03 | 04 | 05 | 06 |
| | Use SNAP & paycheck to buy groceries! | | | | | |
| 07 | | | | | | |
| 14 | 15 Visit Food Pantry | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 Food Bank Home Delivery | 25 | 26 | 27 |
| 28 | 29 | 30 Pay Day | | | | |

Texas food banks often see increased need and experience a spike in demand for emergency food assistance at the end of the month due to low wages and inadequate benefits.

For every meal
that a food bank
puts on the table,



SNAP OUTREACH & EDUCATION

In partnership with the Texas Health and Human Services Commission (HHSC), food banks in the Feeding Texas network help Texans apply for SNAP benefits and educate community members on nutrition.

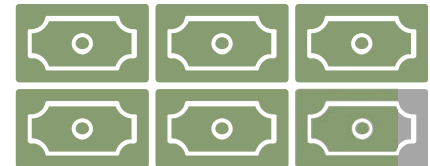
In 2023, Texas food banks provided SNAP application assistance to over 57,000 households and hosted 1,253 nutrition education classes.

Sources and Resources for Additional Information

- Feeding America: <https://www.feedingamerica.org/take-action/advocate/snap>
- HHSC: <https://www.hhs.texas.gov/services/food/snap-food-benefits>
- CBPP: <https://www.cbpp.org/snap-helps-low-wage-workers-in-every-state#Texas>
- CBPP: https://www.cbpp.org/sites/default/files/atoms/files/snap_factsheet_texas.pdf



The minimum SNAP benefit amount is \$23 per month, less than a dollar a day.



The average SNAP benefit nationally is just \$5.90 per person per day.