



# The Supplemental Nutrition Assistance Program

## WHAT YOU NEED TO KNOW

SNAP benefits are delivered monthly to eligible participants through electronic benefits transfer (EBT) cards that can be used to purchase groceries at over 260,000 authorized retailers nationwide. Benefits are redeemable only for food and help boost the purchasing power of eligible families to put enough food on the table.

**SNAP helps support the economy.**



Every \$1 in SNAP benefits helps generate more than \$1.70 in economic activity.

**2/3 of SNAP participants are kids, seniors, or people living with disabilities.**

**Food banks have seen a 60 percent increase in demand since the start of the pandemic.**



Increasing SNAP benefits will help shorten the lines of families waiting for food assistance at food banks.

**Households usually spend their monthly benefits right away.**



SNAP spending provides quick support to local economies.

**SNAP promotes long-term health and well-being, especially for children.**

**LEARN MORE**  
[FeedingAmericaAction.org](https://www.FeedingAmericaAction.org)



# SNAP is the first line of defense against hunger for 40 million people in need.

For every meal the Feeding America network of 200 food banks provides



SNAP provides

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## FEEDING AMERICA CALLS ON LAWMAKERS TO

**Increase SNAP benefits for all recipients by extending the SNAP benefit boost by at least 15 percent for the duration of the pandemic and economic downturn.**

This will provide critical food resources for families, support the economy, and relieve some of the pressure on the Feeding America network.



**LEARN MORE**  
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If you have questions  
email the Feeding America  
Government Relations Team

**QUESTIONS**  
[policy@feedingamerica.org](mailto:policy@feedingamerica.org)



Support Feeding America and help solve hunger. Donate. Volunteer. Advocate. Educate.  
Feeding America is a nationwide network of food banks that feeds more than 40 million people through food pantries and meal programs in communities across America and leads the nation in the fight against hunger.  
[FeedingAmerica.org](https://FeedingAmerica.org)