

FARM BILL 2023:

Supporting and Strengthening SNAP



FOODBANK
FOR THE HEARTLAND

The **Supplemental Nutrition Assistance Program (SNAP)** is the most effective anti-hunger program in the country, providing food benefits that are timely, targeted and temporary. People participating in SNAP receive monthly benefits through Electronic Benefits Transfer (EBT) cards, which they can use like debit cards to purchase groceries. Through the farm bill, federal legislation that governs many nutrition and agriculture programs, Congress can modernize SNAP to reduce red tape and help more individuals and families access the food they need to thrive.

Food Bank for the Heartland and Feeding America urge Congress to support and strengthen SNAP in the 2023 Farm Bill.

1. Understand the Wide Reach of SNAP

- In 2022, SNAP helped more than 40 million people put food on the table during tough times.¹
 - 65% of SNAP participants are in families with children.
 - 36% are in families with members who are older adults or have a disability.
 - 41% are in working families.
- Adults and children who participate in SNAP are healthier and more likely to manage existing health needs, like diabetes and other chronic conditions.
 - SNAP participants save an average of \$1,400/year on health care costs.²



For every **1 meal** provided by Feeding America, SNAP provides **9 meals**.

2. See the Impact of SNAP

- SNAP reaches families with children, families with members who are older adults or have a disability, and working families.

More than

65%

of SNAP participants are in families with children

More than

36%

are in families with members who are older adults or have a disability

More than

41%

are in working families

¹ USDA Food and Nutrition Service, [SNAP State Level Participation & Benefits](#) (November 2022)

² Seth A. Berkowitz et al., "[Supplemental Nutrition Assistance Program \(SNAP\) Participation and Health Care Expenditures Among Low-Income Adults.](#)" JAMA Internal Medicine (November 2017)



SNAP stimulates local economies.

- When SNAP participants use their benefits to buy food, they support local businesses and farmers.
- Every dollar in SNAP benefits can generate about \$1.50 in economic activity.³

3. Renew the Farm Bill with Investments in SNAP

Federal food and nutrition programs like SNAP and The Emergency Food Assistance Program (TEFAP) work together to offer relief to people when they need it most. Strengthening both programs will help ensure no one in our country goes hungry. Here are recommended investments for SNAP.

To keep SNAP strong, the 2023 Farm Bill must:



Ensure SNAP purchasing power remains strong so that benefits align with rising grocery prices and provide adequate support during tough economic times.



Simplify SNAP eligibility and enrollment to improve access for older adults, college students, veterans, working families, immigrants and other people facing barriers.



Improve assistance to individuals seeking employment by supporting effective state employment and job training programs and ensuring people have access to SNAP benefits as they find work.



Allow Puerto Rico and other U.S. territories to participate fully in SNAP and extend flexibility to Native communities to administer the program.

“These are hard and tough times ... I remember three years ago, I could buy groceries for my family with maybe \$200. Now it’s close to \$300, sometimes \$350.”

– Elizabeth



³ USDA Economic Research Survey, [The Supplemental Nutrition Assistance Program \(SNAP\) and the Economy: New Estimates of the SNAP Multiplier](#) (July 2019)