

# Overview of SNAP in Texas

The Supplemental Nutrition Assistance Program (SNAP) helps Texans with low wages put food on the table.

**SNAP covers about  
1.7 million  
Texas kids — including  
500,000 kids under  
age five.<sup>1</sup>**



**SNAP has strict eligibility requirements.**

 Low income

 Work requirements

 Undocumented immigrants prohibited



**Common jobs for Texans  
enrolled in SNAP<sup>2</sup>:**

- Cashiers
- Cooks
- Construction workers
- Truck drivers, other drivers & sales workers
- Nursing, psychiatric & home health aides

**Texans in rural areas and small towns have higher participation rates in SNAP than other Texans.<sup>3</sup>**



## **SNAP makes children healthier.**

- ✓ Improves Child Health<sup>4</sup>
- ✓ Improves Caregiver Health<sup>6</sup>
- ✓ Improves School Readiness<sup>8</sup>
- ✓ Reduces Poverty<sup>5</sup>
- ✓ Reduces Food Insecurity<sup>7</sup>
- ✓ Reduces Risk of Developmental Delays<sup>6</sup>

**Average SNAP daily benefit per person<sup>9</sup>:**

**\$6**



## **Congress and the Texas Legislature revised SNAP in 2025.**

- The Legislature ended SNAP purchases of candy and soda.
- In HR 1 (the “Big Beautiful Bill”), Congress expanded SNAP work requirements.

### **Endnotes**

1. Texas Health and Human Services Commission. (2025). *Supplemental Nutritional Assistance Program (SNAP) Statistics: August 2025* [Data set].
2. Center on Budget and Policy Priorities. (2018). *SNAP Helps 1 in 10 Workers in Texas Put Food on the Table*.
3. In Texas, the rate for small towns is 14.7%, the rural rate is 12.4%, and the metro rate is 11.2%. Food Research & Action Center. (2023). *Household SNAP Participation Rates by County* [Interactive map].
4. Children’s HealthWatch (2012). *The SNAP vaccine: Boosting children’s health*.
5. Tiehen, L., Jolliffe, D., & Gundersen, C. (2012). *Alleviating poverty in the United States: The critical role of SNAP benefits*. U.S. Department of Agriculture, Economic Research Service.
6. Children’s HealthWatch (2023). *Nourishing futures: The Supplemental Nutrition Assistance Program (SNAP) overview*.
7. Mabli, J., & Worthington, J. (2014). *Supplemental Nutrition Assistance Program Participation and child food security*. *Pediatrics*, 133(4), 610-619.
8. Hong, Y.S., & Henly, J.R. (2020). *Supplemental Nutrition Assistance Program and school readiness skills*. *Children and Youth Services Review*, 111, Article 105034.
9. Center on Budget and Policy Priorities. (2025). *Supplemental Nutritional Assistance Program (SNAP) Factsheet for Texas*.