

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.¹



SNAP has strict eligibility requirements.



Low income



Work requirements



Undocumented immigrants prohibited



Common jobs for Texans enrolled in SNAP²:

- 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.³



SNAP makes children healthier.

- ✓ Improves Child Health⁴
- ✓ Improves Caregiver Health⁶
- ✓ Improves School Readiness⁸
- ✓ Reduces Poverty⁵
- ✓ Reduces Food Insecurity⁷
- ✓ Reduces Risk of Developmental Delays⁶

Average SNAP daily benefit per person⁹:

\$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](#).