

SNAP IN TEXAS

WHAT IS SNAP?

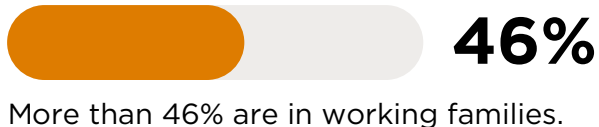
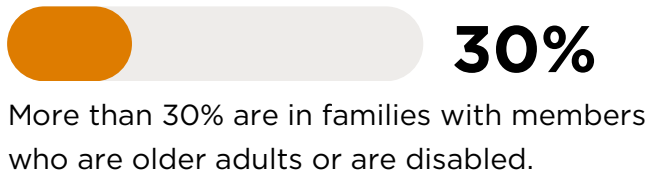
SNAP, or the Supplemental Nutrition Assistance Program, is the largest and most effective nutrition assistance program in the nation.

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 22,000 authorized retailers in Texas. These benefits are timely, targeted, and temporary.

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



WHO IS ON SNAP IN TEXAS?



1 IN 10 TEXANS PARTICIPATED IN SNAP IN FY 2024.



WHO PARTICIPATES IN SNAP?

Children, seniors, and people with disabilities make up the vast majority of SNAP participants. In FY 2024, SNAP helped 3,193,000 Texans put food on the table during tough times.

Texans who use SNAP most commonly work in service, office, and sales jobs. Top occupations for Texans on SNAP include cashiers, cooks, drivers, housekeepers, and construction workers.

WHO QUALIFIES FOR SNAP?

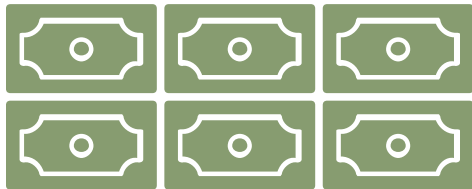
SNAP recipients must be U.S. citizens or lawful permanent residents.

Households receiving SNAP benefits have very low incomes. For a family of 4 in Texas, the maximum monthly income to qualify for SNAP is \$4,421. There are also strict asset limits. If a household's countable resources (liquid resources and excess vehicle value) are over \$5,000, they are not eligible for SNAP.

SNAP has strict work requirements for most people aged 16 to 64. In general, participants must be working or participating in a work program for at least 30 hours per week in order to maintain their benefits.

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SNAP BENEFITS ARE MODEST, BUT IMPROVE HEALTH



The average SNAP benefit in Texas is only \$6.19 per person per day.

Even though benefits are modest, SNAP helps participants afford a healthier diet. Research shows SNAP participation is linked to healthier births, fewer hospitalizations and nursing home admissions, and lower overall healthcare costs.

HOW DOES SNAP AFFECT THE ECONOMY?

SNAP stimulates local economies through a multiplier effect. Economic activity ripples throughout the community when SNAP benefits are spent at local grocery stores, farmers markets, and other food retailers. This activity supports jobs, services, and businesses tied to food production, distribution, and retail. Every dollar in SNAP benefits spent generates approximately \$1.54 in economic activity.

SNAP is an important source of revenue for many small businesses and convenience stores, especially in high-poverty and rural areas. In rural areas, SNAP boosts employment and reduces the poverty rate for families.

SNAP has a strong countercyclical effect, acting as an automatic stabilizer for the U.S. economy. This means that participation and spending naturally increase during economic downturns and decrease when the economy rebounds.

Sources and Resources for Additional Information

- USDA - Key Statistics and Research: www.ers.usda.gov/topics/food-nutrition-assistance/supplemental-nutrition-assistance-program-snap/key-statistics-and-research
 - Analysis of USDA data: bit.ly/4roShfC
- HHS SNAP Homepage: www.hhs.texas.gov/services/food/snap-food-benefits
- Texas Works Handbook: www.hhs.texas.gov/handbooks/texas-works-handbook/c-120-supplemental-nutrition-assistance-program
- American Community Survey: www.census.gov/programs-surveys/acs/data.html
 - Analysis 2015-2017 ACS data: bit.ly/4twqQVT

**Texas retailers
redeemed about**

**\$6.4
billion**

**in SNAP benefits
in 2024.**