

The Supplemental Nutrition Assistance Program (SNAP)

- Basic SNAP facts:
 - SNAP benefits are federally funded, and the federal government splits the administrative costs with the state. The program brings millions of dollars into Maine at a low cost to the state. (For example, in November of 2017, over \$19.8 million SNAP benefits were distributed in Maine.)
 - The average SNAP recipient gets just \$28 per week, or \$4/day.
 - 30% of recipients receive benefits for 1 year or less.
- Food insecurity:
 - A person is considered food insecure if they lack access to enough food to ensure adequate nutrition.
 - Nearly one in four children in Maine are food insecure.
 - 179,000 Mainers receive SNAP/EBT benefits (approx 13.5% of population)
 - Maine is 1st in New England, 7th in the nation for food insecurity and 3rd in the nation for very low food security.
- Who receives SNAP?
 - 14% of Maine seniors experience food insecurity.
 - Nationwide- 75% of participating families have either a child, a senior citizen, or a disabled person in the household.
 - The vast majority of SNAP recipients are either working, looking for work, unable to work (disabled), or not expected to work (children and seniors).
- Positive impact of SNAP:
 - Health benefits:
 - SNAP recipients have better overall health than other low-income Americans.
 - Access to SNAP increases birth weight and reduces neonatal mortality.
 - Youth impact:
 - In low-income families that receive SNAP, children are 16% less likely to be obese in adulthood and 18% more likely to graduate from high school.
 - Test scores increase and disciplinary issues decrease, coinciding with SNAP benefits being loaded onto the EBT card, which happens once per month.
 - Economy:
 - SNAP pumped approximately \$255 million into Maine's economy in 2016.
 - \$1 in SNAP generates \$1.70 in economic activity.



For more information, see the 2016 book, *SNAP Matters: How Food Stamps Affect Health & Well-Being*. This information sheet was compiled by the Maine Federation of Farmers' Markets in winter of 2017.