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Separating Fact From Fiction

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Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to 47.5 million eligible low-income individuals and families.

Fact: For each additional dollar that a person receives in SNAP, he or she is more likely to purchase healthy food.

Children who receive SNAP are less likely to suffer from stunted growth, heart disease, and obesity.

Fact: SNAP may be used at local farmers markets to purchase fresh fruits, vegetables, and other healthy foods.

Fact: SNAP cannot be used for non-food items, beer, wine, liquor, cigarettes, or tobacco.

Fact: SNAP does not enable anyone to live well. The average benefit equates to approximately $1.49 per meal per day.

Fact: Ongoing improvements to regulate the program have kept fraud at a historic low of less than 1.5%.

Fact: 95% of SNAP funding goes to food.

Fact: For each additional dollar that a person receives in SNAP, he or she is more likely to purchase healthy food.