



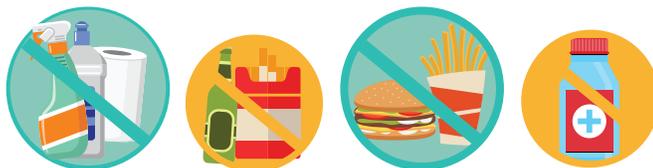
# WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP) helps eligible, low-income individuals and families in Pennsylvania. SNAP benefits are provided monthly via an Electronic Benefit Transfer card, which recipients use to purchase foods at their local grocery stores and farmers markets. SNAP benefits are not cash, and can only be used on food purchases.

## FACTS ABOUT SNAP

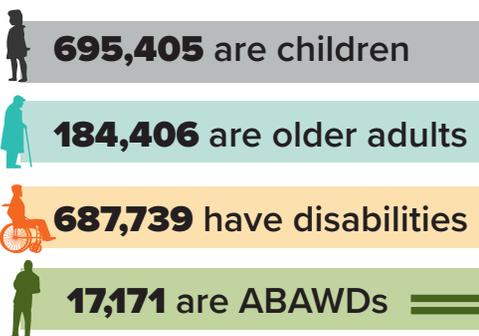


SNAP is 100% federally funded.



SNAP must be used to purchase groceries. It cannot be used to buy nonfoods, alcohol or cigarettes, hot foods, or medicines.

## NUMBER OF PEOPLE ON SNAP IN PA: 1.8 MILLION



*Children and older adult numbers overlap with disability numbers.*

**\$243**

is the average monthly benefit amount for a two-person household.

That's about **\$4 per person** daily.

ABAWDs stands for "Able-Bodied Adults Without Dependents," who are subject to work requirements.

# WHY SNAP MATTERS

## For children

SNAP improves<sup>1</sup>:



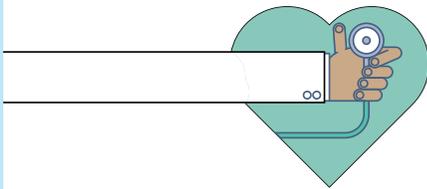
High school graduation rates



Adult earnings



Adult health



Kids in families receiving SNAP were significantly more likely to be classified as 'well' than kids whose families were eligible but did not receive SNAP<sup>2</sup>.

## For seniors



Seniors who are food insecure have<sup>3</sup>:



Diets that are less nutritious



Worse health outcomes



Higher risk for depression

Seniors enrolled in SNAP<sup>4</sup>:



Have better health



Use less acute & long-term care



Cost less in Medicaid/Medicare when compared with seniors not on SNAP



## Better health care

A four-year study in Maryland compared residents age 65 and older who received SNAP with those who did not. The study found that SNAP beneficiaries had<sup>4</sup>:



13% fewer hospitalizations



10% fewer ER visits



\$2,120/year less in medical costs



a 23% reduction in nursing facility use



a shorter length of stay when in a hospital or nursing facility



**RELATED:** Learn about the programs connecting SNAP recipients to employment in PA at [bit.ly/dhs-employment-programs](http://bit.ly/dhs-employment-programs)

1. Food Research & Action Center (2017). *Facts: SNAP Strengths*. Retrieved from [www.frac.org](http://www.frac.org). 2. Children's HealthWatch Policy Action Brief (2011). *Boost to SNAP Benefits Protected Young Children's Health*. Retrieved from [www.childrenshealthwatch.org](http://www.childrenshealthwatch.org). 3. National Foundation to End Senior Hunger. *Spotlight on Senior Health: Adverse Health Outcomes of Food Insecure Older Americans*. Retrieved from [www.nfesh.org](http://www.nfesh.org). 4. Benefits Data Trust (2017). *Access to Public Benefits among Dual Eligible Seniors Reduces Risk of Nursing Home and Hospital Admission and Cuts Costs*. Retrieved from [www.bdtrust.org](http://www.bdtrust.org).