The Supplemental Nutrition Assistance Program (SNAP) is the nation’s most important anti-hunger program.

Whom Does SNAP Reach?

In Fiscal Year 2017, it reached:

- **410,000** Connecticut residents, or **11%** of the state population (**1 in 9**)
- **42,000,000** participants in the United States, or **13%** of the total population (**1 in 8**)

<table>
<thead>
<tr>
<th>CONNECTICUT</th>
<th>more than 57% of SNAP participants are in families with children</th>
<th>almost 38% are in families with members who are elderly or have disabilities</th>
<th>more than 40% are in working families</th>
</tr>
</thead>
<tbody>
<tr>
<td>NATIONALLY</td>
<td>more than 68% of SNAP participants are in families with children</td>
<td>more than 31% are in families with members who are elderly or have disabilities</td>
<td>more than 44% are in working families</td>
</tr>
</tbody>
</table>

Source: CBPP analysis of data from USDA Food and Nutrition Service, FY 2016

Most SNAP Participants in Connecticut Are Poor

![Income distribution chart](chart)

Share of participants by household income, FY 2016

- **29%** Income between 51-100% of poverty
- **37%** Income at or below 50% of poverty
- **33%** Income above 100% of poverty

Source: CBPP analysis of FY 2016 USDA SNAP Household Characteristics data

Many Connecticut households struggle to put food on the table. The most recent data show:

- **12.3%** of households were “food insecure,” or struggled to afford a nutritionally adequate diet.
- Median income was **3.8% below** the 2007 level, after adjusting for inflation.
- **9.8%** of the population lived below the poverty line.
- **12.6%** of children lived below the poverty line.
- **6.5%** of elderly lived below the poverty line.

SNAP reaches needy populations: **94%** of eligible individuals participated in SNAP in Connecticut in 2015, and **69%** of eligible workers participated.

SNAP kept **70,000** people out of poverty in Connecticut, including **28,000** children, per year between 2009 and 2012, on average. (These figures adjust for households’ underreporting of benefits.)
What Benefits Do SNAP Recipients Receive?

SNAP targets benefits according to need. Very poor households receive more SNAP benefits than households closer to the poverty line since they need more help affording an adequate diet. SNAP recipients in Connecticut received $653 million in benefits in 2017.

Average monthly SNAP benefit for each household member: $133
Average SNAP benefit per person per meal: $1.45

Average Monthly SNAP Benefit By Demographic Group, FY 2016, Connecticut

<table>
<thead>
<tr>
<th>Category</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>All households</td>
<td>$226</td>
</tr>
<tr>
<td>Households with children</td>
<td>$383</td>
</tr>
<tr>
<td>Working households</td>
<td>$265</td>
</tr>
<tr>
<td>Households with seniors</td>
<td>$130</td>
</tr>
<tr>
<td>Households with non-elderly disabled individuals</td>
<td>$192</td>
</tr>
</tbody>
</table>


How Does SNAP Benefit the Economy?

Moody’s Analytics estimates that in a weak economy, $1 in SNAP benefits generates $1.70 in economic activity. Households receive SNAP benefits on electronic benefit transfer (EBT) cards, which can be used only to purchase food at one of the 263,100 authorized retail locations around the country, including 2,600 in Connecticut.

For more information on SNAP, including Connecticut-specific information, please see:

Advocates: End Hunger Connecticut, [www.endhungerct.org](http://www.endhungerct.org)