

**2025 FACT SHEET**

# THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

42.7 million Americans participate in the Supplemental Nutrition Assistance Program (SNAP). SNAP helps eligible households afford groceries by providing a modest dollar amount on a debit-style Electronic Benefits Transfer (EBT) card each month. The money can only be spent on food at USDA-approved retailers. Federal eligibility for the program is limited to households with a gross income under 130% of the federal poverty level and have limited resources.

## HOW DOES SNAP HELP?

- SNAP is designed to ensure the lowest-income households receive the most benefits.
- Federal rules dictate eligibility and set the maximum benefit amount levels based on household size.
- Then, eligibility and benefit amounts are calculated on a case by case basis, based on documentation provided by applicants and verified by the state.



## WHO DOES SNAP HELP?

- Nearly 16 million, 1 in 5, U.S. children, participate in SNAP.
- 80% of SNAP households include children, seniors, and adults living with disabilities.
- To qualify for SNAP in 2025, a family of three must make under \$2,887 a month.
- The average benefit amount for a family of three is \$574 a month.

### Working Americans and Rural Communities

- 84% of SNAP families worked in the past year.
- 1 in 6 SNAP participants live in rural areas.
- In 2023, SNAP retailers redeemed \$124 billion in benefits and SNAP generated \$3.2 billion in income for the agriculture sector during the height of the pandemic.
- Undocumented immigrants are not eligible for SNAP.