



SNAP Nourishes Iowans

The **Supplemental Nutrition Assistance Program (SNAP)** is the most effective anti-hunger program in the United States and our communities' first line of defense against hunger, providing food benefits that are timely, targeted, and temporary to households in need.

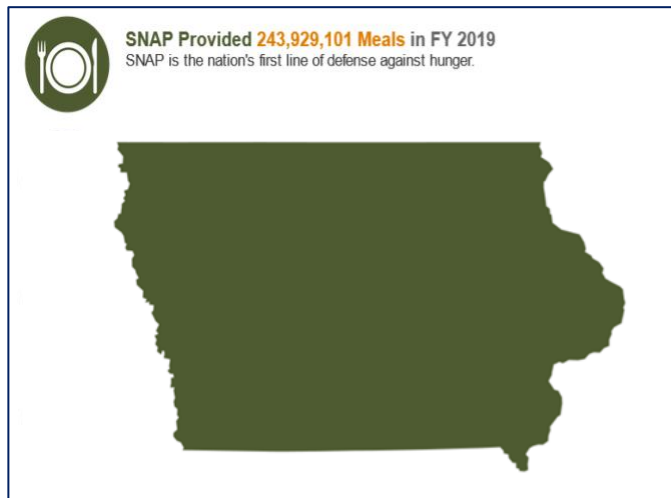


- SNAP provides food benefits that are timely, targeted, and temporary. SNAP benefits are delivered monthly through electronic benefits transfer (EBT) cards which can be used to purchase groceries at retailers nationwide.
- In addition to SNAP boosting the food purchasing power of individuals and families, SNAP is also an **economic multiplier that infuses money into local economies**. Every dollar spent in SNAP benefits helps **generate between \$1.50 and \$1.80 in LOCAL economic activity**.
- The charitable food system cannot meet growing demand for food alone, especially amid a pandemic and economic downturn. **For every meal provided by our food banks, SNAP provides nine**. There is no way that our network can make up for the unparalleled strength of SNAP to increase food security and stimulate local economies.

SNAP lifted 57,000 people above the poverty line in Iowa, including 26,000 children, per year between 2013 and 2017, on average.

Fast SNAP Facts

- 2/3 of people who receive SNAP are kids, seniors, and people living with disabilities.
- Households usually spend their monthly benefits right away, so SNAP provides quick support to local economies.
- SNAP is well-designed to respond quickly and effectively to support families with low incomes and communities during times of increased need, expanding when the economy weakens and contracting as the economy recovers.



SNAP also helps the Iowa Economy. In FY 2020 \$429,315,218 distributed through SNAP generated \$729,835,871 in economic activity. Economists estimate that every dollar a household redeems through SNAP generates about \$1.70 in economic activity.



Many Iowa Households Struggle to Put Food on the Table

The most recent data show:

- 6.9% of households were “food insecure,” meaning that their access to adequate food is limited by a lack of money and other resources.
- 9% of the population lived below the poverty line.
- 10.2% of children lived below the poverty line.
- 5.6% of older adults lived below the poverty line.

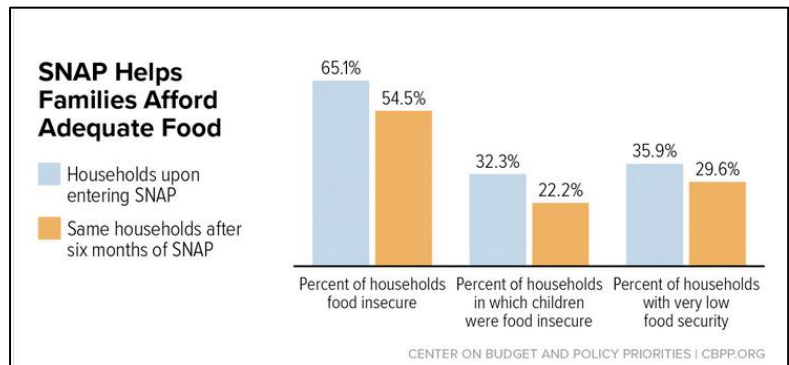


Figure 1: National SNAP Data

SNAP Reaches Populations in Need

88% of eligible individuals participated in SNAP in Iowa in 2018, and 85% of eligible workers participated.

As of July 2022

- 273,844 individual Iowans participated in SNAP
- \$38,075,028 in federal benefits distributed to Iowans receiving SNAP

Whom Does SNAP Reach?

In fiscal year 2021, it helped

- 286,100 Iowa residents, or 9% of the state population (1 in 11)
- 41,500,000 participants in the United States, or 13% of the total population (1 in 8)

Iowa

- More than 69% of SNAP participants are in families with children
- Almost 31% are in families with members who are older adults or are disabled
- Almost 53% are in working families

Nationally

- More than 66% of SNAP participants are in families with children
- Almost 36% are in families with members who are older adults or are disabled
- Almost 42% are in working families



**Follow us on Facebook to Help
Protect Iowan' Ability to Access SNAP Benefits**



Sources: [CBPP](#) analysis of data from USDA Food and Nutrition Services. FY 2019 and [Feeding America](#)

The Iowa Food Bank Association (IFBA) is a collaboration of six Feeding America food banks and affiliates that serve each of Iowa's 99 counties. Learn more at www.iowafba.org.