

## Why SNAP Matters

### SNAP Supports Working Families

Between 2018–2023, 80% of SNAP households included someone who was working. SNAP helps families who are employed but still struggling to make ends meet.

### SNAP Stimulates the Economy and Creates Jobs

Every SNAP dollar generates up to \$1.80 in economic activity during downturns—supporting farmers, grocers, truckers, and more.

### SNAP Supports Local Businesses

In FY 2023, 261,066 U.S. retailers redeemed \$114 billion in SNAP purchases, including grocery stores and farmers' markets. These businesses contribute to local tax revenue that supports schools and healthcare.

### SNAP Reaches Every Community

From 2018–2023:

- 1 in 7 rural households (14.3%) used SNAP
- 1 in 7 small-town households (14.3%) used SNAP
- 1 in 8 metro households (12.5%) used SNAP

### SNAP Benefits Are Modest but Vital

In FY 2024, the average SNAP benefit was \$187.54 per month—just \$6.16 per person per day.

### SNAP Helps Children Thrive

In FY 2023, SNAP supported nearly 16 million children. These children also gained access to free school meals, including Summer EBT. Cuts to SNAP would strip away this essential support.

Source: Food Research and Action Center / U.S. Census / USDA Food and Nutrition Reports

## Why Medicaid Matters

### Medicaid Covers 1 in 5 Americans

Nearly 80 million people rely on Medicaid for health insurance—including children, low-wage workers, veterans, seniors, and people with disabilities.

### Medicaid Strengthens the Health System

Medicaid is a financial backbone for hospitals and clinics, especially in rural areas. It helps keep doors open and care accessible for everyone.

### Medicaid Stabilizes State Budgets

As the largest source of federal funding to states, Medicaid helps pay for essential services like education, transportation, and public safety.

## Medicaid Improves Access and Reduces Costs

People with Medicaid are more likely to get preventive care and manage chronic conditions—reducing ER visits and lowering overall health care costs.

## Medicaid Protects Families

- Children miss fewer school days and are more likely to succeed
- Families avoid medical debt and can afford food and rent
- Seniors get care at home and in their communities

## Voters Support Medicaid

71% of voters want Congress to protect Medicaid. Leaders from both parties and nearly every state have expanded or strengthened the program.

## The Bottom Line

Cutting Medicaid or SNAP would worsen the affordability crisis and threaten the health and financial security of millions. Congress must protect these essential programs.

Source: FamiliesUSA

