

THE POWER OF SNAP IN CT DATA AT A GLANCE



375,000

STATEWIDE ENROLLMENT

Over 375,000 CT residents (10% of the population) rely on SNAP to access the food they need. Over 50% of CT SNAP participants are in families with children; over 40% are in families with members who are older adults or are disabled; and more than 37% are in working families.

12% ↓

SNAP EXPANSIONS LIFT PEOPLE OUT OF POVERTY

CT's poverty rate fell by 12% following the re-evaluation of the Thrifty Food Plan and installment of the Emergency Allotment program. With EAs and other pandemic era relief programs phased out and record inflation continuing, families are already actively experiencing a hunger cliff. Cutting SNAP in the Farm Bill would only push people right back into poverty.

25% ↑

SNAP CUTS MEAN HIGHER DEMAND AT FOOD BANKS

When Emergency Allotments ended, CT food banks and pantries immediately saw an uptick of 25% or more for assistance. For every 1 meal a food bank can provide, SNAP provides 9. As the nation's first line of defense against hunger, SNAP should be strengthened, not slashed, in the Farm Bill to support residents and relieve pantries.

\$1 = \$1.80

SNAP IS A WIN-WIN-WIN

SNAP improves food security, health, and well-being for CT residents, supports the economy, and benefits our food systems. Every \$1 in SNAP benefits generates between \$1.50 and \$1.80 in economic activity, benefiting all parts of the food chain — from farmers, ranchers, and food manufacturers, to truckers, retailers, and store employees.



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