SNAP is New Hampshire's first line of defense against hunger.

76,638

people in NH rely on SNAP

54%

of SNAP households include children

39%

of SNAP households include older adults

45%

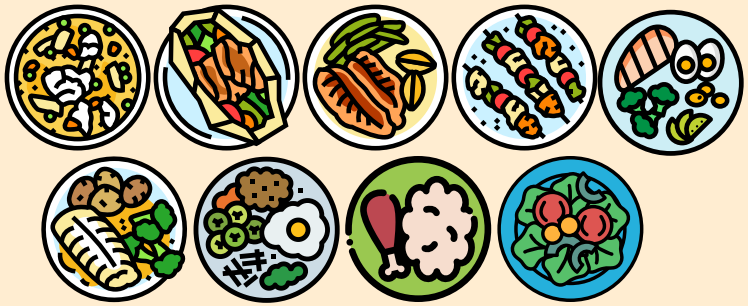
of SNAP households include a person with a disability

SNAP brings in $154 million from the federal government – that money directly supports NH's economy.



For every meal a food bank provides...

SNAP Provides Nine



The charitable food system cannot meet the needs of NH families without SNAP

SNAP reduces hunger, supports health, and strengthens communities.

Support NH by supporting SNAP.

NH HUNGER SOLUTIONS
ENDING HUNGER IN NEW HAMPSHIRE

SNAP in New Hampshire

$5.49

average SNAP benefit per person, per day

76,628

people who can put food on the table due to SNAP

77%

of SNAP households include someone who is working

$154M+

amount of money that SNAP brought into NH in 2024

- SNAP participants receive monthly benefits on **Electronic Benefits Transfer (EBT) cards** which they use to purchase groceries (food only).
- SNAP benefits are timely and temporary. **Most people are on SNAP 12 months or less.***
- The benefits a family receives each month depends on income, expenses, and family size.
- SNAP supports all types of communities, but is **especially helpful for rural communities.** In rural areas, SNAP boosts health and reduces poverty.

SNAP brings federal dollars into local economies. Strong enrollment means stronger economies.

- Each SNAP dollar has over **$1.50 in economic impact**
- SNAP supports **1,063 retailers in NH** – and the workforce and supply chains that depend on them.

Statistics from the Center for Budget and Policy Priorities