



New Hampshire

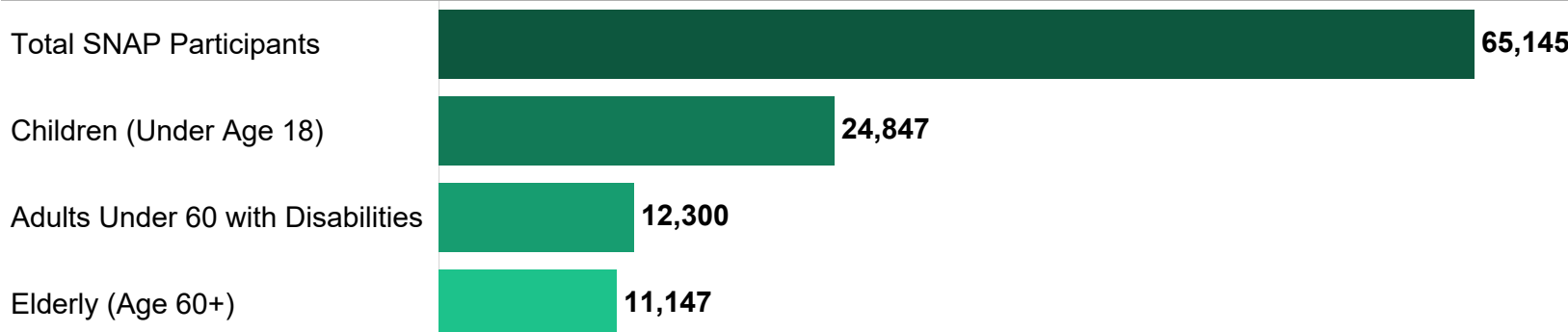
Who Participates in SNAP?

The **Supplemental Nutrition Assistance Program (SNAP)** provides food assistance for low-income individuals and households. Eligibility for SNAP and benefit levels are determined by a number of factors, including household size, income, and available resources. SNAP is available to everyone who applies and meets the eligibility requirements set by their State.

In fiscal year (FY) 2022, **65,145** people in **34,694** households received SNAP benefits in New Hampshire (NH). The average monthly benefit was **\$144** per person, excluding any supplements related to COVID-19 or other disasters.

72% of NH households receiving SNAP in FY 2022 had income at or below the poverty line.

22% of NH households receiving SNAP in FY 2022 had income from wages or work.

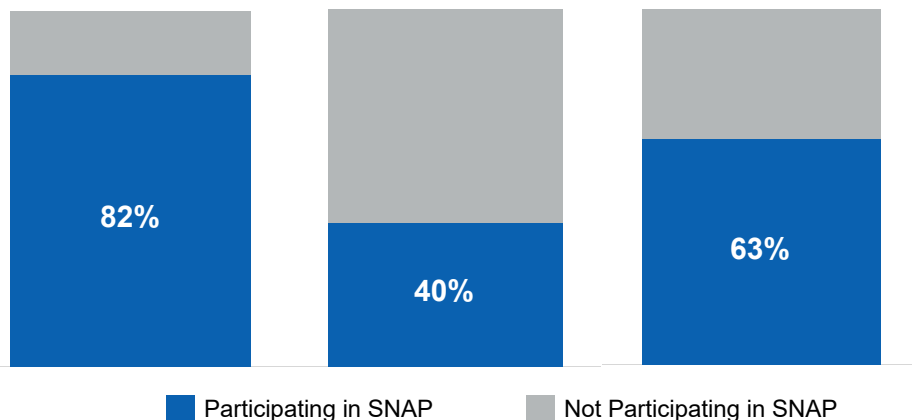


Not all who qualify for SNAP receive it.

82% of all eligible people in NH received SNAP in 2019

40% of eligible elderly people in NH received SNAP in 2018

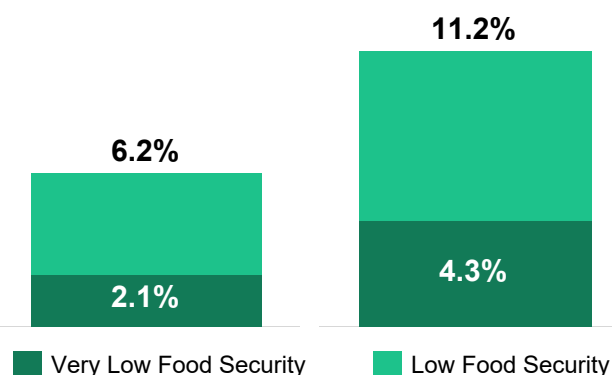
63% of eligible people in "working poor" households in NH received SNAP in 2019



On average, **6.2%** of NH households were food insecure between 2020-2022.

NH Food Insecurity Rate

U.S. Food Insecurity Rate



What is SNAP's Economic Impact?



An average of **\$9.38 million** in SNAP benefits were issued each month in NH in FY 2022. SNAP benefits are spent on food, so they support farmers, processors, distributors, and retailers. Approximately **1,016** food retailers accept SNAP benefits in NH.

During economic downturns, every \$1 in new SNAP benefits issued can increase gross domestic product by \$1.54.

To learn more about SNAP, please visit: <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>.

Data on SNAP participation and participants from fiscal year 2022 SNAP quality control data. SNAP participation rates available at <https://www.fns.usda.gov/usamap>. Food insecurity prevalence data from USDA Economic Research Service. Data on SNAP retailers from USDA's SNAP Retailer Locator. Retailer counts do not include meal services and online retailers which represent 2.5% of SNAP authorized retailers nationally. More on SNAP's economic multiplier available at <https://www.ers.usda.gov/amber-waves/2019/july/quantifying-the-impact-of-snap-benefits-on-the-u-s-economy-and-jobs/>.

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