



THE BENEFITS OF THE FOOD STAMP PROGRAM

Helping Low-Income Families

- *Stretch food dollars.* Those receiving food stamp benefits spend more money on food than other low-income households. Every additional dollar's worth of food stamp benefits generates 17 to 47 cents of new spending on food.
- *Fight obesity through education.* Nutrition educators teach food stamp participants the importance of a quality diet, how to prepare healthy foods, and how to make healthy choices.
- *Put food on the table for their children.* Food stamp benefits are an investment in our future. More than fifty percent of participants are children.
- *Keep elderly family members independent.* For the elderly, participation can help improve nutritional status and well-being and increase independence. Nine percent of participants are age 60 or older.
- *Transition to self sufficiency.* The Food Stamp Program (FSP) helps participants become financially stable and provides needed support as they transition to self sufficiency. Half of all new participants will leave the program within nine months.

Helping States and Local Communities

- *Support Local Food Retailers.* The average monthly food stamp benefit is approximately \$200, which is spent in local grocery stores.
- *Generate economic activity.* Every \$5 in new food stamp benefits generates \$9.20 in total community spending.
- *Support farms.* On average, \$1 billion of retail food demand by food stamp recipients generates 3,300 farm jobs.
- *Leverage Federal funds.* Food stamp benefits are Federal funds. By increasing the number of people in the FSP, communities can bring Federal money into their States and communities.

Helping Businesses and Workers

- *Achieve Optimal Performance.* Employees whose food needs are met at home may have higher productivity and take fewer sick days for themselves and their children.
- *Attain Self-Sufficiency.* Food stamp benefits supplement the food budgets of low income workers so they can stay independent and work toward self-sufficiency.