

New Report Finds that #SNAPworks for Kids

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Written by: Questions?



A new report by the Center on Budget and Policy Priorities finds that the Supplemental Nutrition Assistance Program (SNAP) spends just \$1.35 on average per person per meal for households with children, yet lifts millions of families and their children out of poverty. Here are some other key findings of the report:

- SNAP kept about 10.3 million people out of poverty in 2012, including about 4.9 million children.
- SNAP helps families put food on the table. Food insecurity — limited access to enough food for an active, healthy life — among children falls by roughly a third after their families receive SNAP benefits for six months.
- Some evidence suggests that children receiving SNAP are less likely than low-income non-participants to be in fair or poor health or underweight, and their families are less likely to trade off paying for health care and paying for other basic needs, like food, housing, heating, and electricity.
- Children who receive SNAP do better in school. SNAP participation can lead to improvements in reading and mathematics skills among elementary children, especially young girls, and increase the chances of graduating from

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high school.

- Adults who had access to SNAP as young children reported better health and had lower rates of “metabolic syndrome” (a combined measure of the incidence of obesity, high blood pressure, heart disease, and diabetes), and women who had access to food stamps as young children reported improved economic self-sufficiency (as measured by a combination of employment, income, poverty status, high school graduation, and program participation).

For more information, see the complete report:

[SNAP Works for America's Children](#)

For 30 years now, Voices for Utah Children has called on our state, federal and local leaders to put children's needs first. But the work is not done. The children of 30 years ago now have children of their own. Too many of these children are growing up in poverty, without access to healthcare or quality educational opportunities.

How can you be involved?

[Make a tax-deductible donation](#) to Voices for Utah Children—or [join our Network](#) with a monthly donation of \$20 or more. Network membership includes complimentary admission to Network events with food, socializing, and opportunity to meet child advocacy experts. And don't forget to [join our listserv](#) to stay informed!

We look forward to the future of Voices for Utah Children and we hope you will be a part of our next 30 years.

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