

# SNAP Is a lifeline for NH Households and Communities

The Supplemental Nutrition Assistance Program (SNAP) is the nation's first line of defense against hunger, helping **76,628** people in New Hampshire (NH) put food on the table. In Fiscal year 2024, SNAP brought **\$154,254,645** to the state. With **7%** of NH households experiencing food insecurity and high food prices, protecting SNAP is more important than ever.

The federal budget reconciliation bill, passed by Congress and signed by President Trump, dramatically weakens the Supplemental Nutrition Assistance Program (SNAP). These changes will deeply harm thousands of New Hampshire residents who rely on SNAP for food.

## SNAP's Impact in New Hampshire

 **3,552**

Veterans Participating in SNAP

 **39%**

SNAP Households with older adults

 **54%**

SNAP Households with children

 **45%**

SNAP Households with a person with a disability

- ▶ **6%** of NH households participated in SNAP. Participants reside throughout the state: **1 in 13** rural and **1 in 16** small-town households and **1 in 19** urban households.
- ▶ In FY 2024, SNAP participants in NH received an **average of \$167.14 per month** in SNAP benefits. **That's \$5.49 per person per day.**
- ▶ SNAP helped over **24,847** children in NH in 2022. It also provided them with eligibility for school meals. **Cuts to SNAP mean that children in families with low income will lose access to school meals.**

## Key Economic Facts

- ▶ **SNAP supports working families.** Between 2019–2023, an average of **77%** of SNAP households in NH included someone who was working.
- ▶ **SNAP stimulates the economy and creates jobs.** Each SNAP dollar has up to **\$1.80 impact** during economic downturns, supporting the supply chain from farmer to store.
- ▶ **SNAP supports local businesses**, including **1,063 retailers in NH**, which redeemed a total of **\$302,706,064** in 2023. These include grocery stores and farmers' markets, that contribute to local taxes that fund services like schools and healthcare.

## SNAP IS A PROVEN, COST EFFECTIVE PROGRAM

SNAP reduces food insecurity, supports the health of children, older adults, and veterans. SNAP reduces health care costs, improves educational outcomes, and supports local economies.

Support NH by supporting SNAP.

# Impact of Federal SNAP Changes on NH

## IMMEDIATE IMPACTS

### Effective as soon as state can implement

- ▶ **Legal Immigrants Barred from Food Aid:** Most immigrants with humanitarian protections will immediately lose SNAP eligibility, abandoning a long-standing commitment and **cutting aid for U.S. citizen children** in these families. (Undocumented immigrants were never eligible for SNAP).
- ▶ **Harsh and Ineffective Work Rules Expand:** The new law extends the 3-month SNAP benefit limit to adults ages 18–65 (was 18–55); exceptions removed for families with children over 14, former foster youth, veterans, and unhoused people. Research shows **such rules do not improve employment** but instead create barriers that increase hunger.
- ▶ **Utility Deductions Limited; Internet Deductions Removed:** The law limits people that automatically qualify for the Standard Utility Allowance (SUA) to households with older adults or people with disabilities. Other households will have to count that assistance as income. Internet costs are barred from SNAP calculations.
- ▶ **SNAP Benefits Will Shrink:** The new law freezes how benefits are calculated, meaning they will not keep pace with rising costs. SNAP benefits already only cover about one-third of a modestly priced meal in NH. The change will **cut about \$15 per person per month** by 2034, making it harder for all **48,000 NH SNAP households to afford food.**

## SUBSEQUENT IMPACTS

- ▶ **Effective October 1, 2025: SNAP Nutrition Education Eliminated.** Funding for NH's **SNAP-Ed program will be cut**, eliminating this **\$1.18 million** program. This will harm thousands in NH who receive vital nutrition education, will negatively affect health, worsen food security, and undermine programs like Granite State Market Match (doubling SNAP dollars at farmers' markets).
- ▶ **Effective October 1, 2026: NH Saddled with Huge New Administrative Costs.** NH will pay **75% of SNAP operating costs**, up from 50%. This means **at least \$5.75 million more per year** for the state, potentially leading to fewer staff and slower service for families.
- ▶ **Effective October 1, 2027: NH Hit with Huge New Food Benefit Costs.** NH may have to **pay a share of SNAP food benefits** if the state's error rate is 6% or higher (FFY24 was 7.57%). The cost share is likely to be between **5–15% of benefits, which would cost \$8–\$23 million extra annually**. This could force NH to make deep cuts or abandon SNAP, reducing federal benefits that stimulate NH's local economies.
- ▶ **Cascading Negative Impacts: Cuts to SNAP also negatively impact other nutrition programs.** Because SNAP receipt automatically makes children eligible for free or reduced-price school meals and Summer EBT, children will lose those direct connections.

**\$1.8 M**

Cut from SNAP-Ed  
Programming

**\$5.75 M+**

Administrative Cost  
Shift

**\$8–23 M**

SNAP Benefits Cost  
Shift

**For every meal a pantry provides, SNAP provides 9; the charitable food system cannot meet NH food needs without SNAP**