

# SNAP Matters:

Fighting hunger, improving health



## Hunger & Healthy Food in Washington:

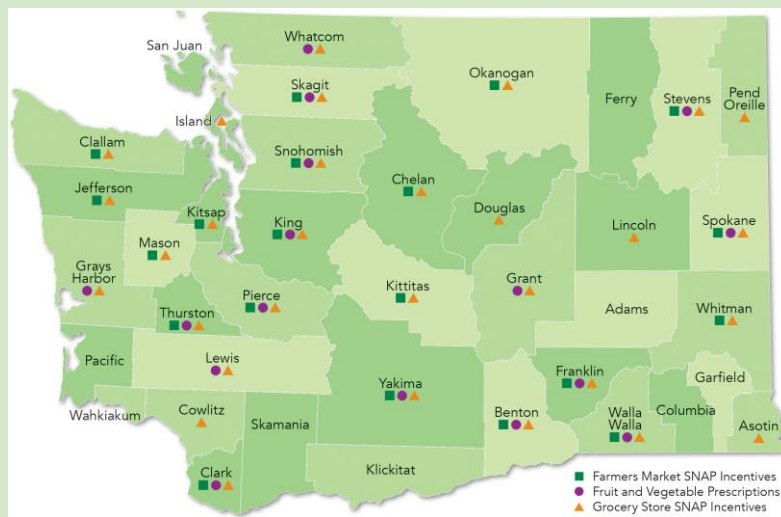
During the pandemic, as many as **1 in 3 Washington households now face uncertainty about where their next meal will come from.**

SNAP has responded exactly as intended, growing with the economic need. **SNAP participation has grown more than 13% compared to 2019;** children, seniors, and people with disabilities are the majority of people relying on SNAP.

Fruits and vegetables, a critical part of a healthy diet and lifelong healthy habits, are not easily affordable when **food prices have increased 5.6%.**

**Washington's nationally-recognized SNAP Fruit & Vegetable program**, led by Washington's Dept. of Health, provides food assistance to low income people so they can afford to buy more fruits and vegetables. Customers SNAP benefits are matched with extra dollars to buy more fruits and vegetables; low income patients get fruit & vegetable "prescriptions" from their health care providers.

Because of this program, SNAP shoppers now spend 15% more on fruits/veg at grocery stores and 19% more at farmers markets; 72% of patients report managing their health conditions better; and 75% said their food was less likely to run out – all because they now have help stretching their food budget so produce is easier to afford.



Map: Location of SNAP Match strategies



## SNAP Match matters to me because...

*"...it helps me put food on the table when I live on fixed income and struggle to make ends meet." - Joe*

*"...I am on Social Security, age 65+, and it helps to stretch my food budget" - Diane*

*"...it makes a BIG DIFFERENCE for all of us who need to spend money on rising rent and food costs." - Bridget*

*"...I definitely eat more fruit & vegetables because this makes it all affordable. Also supporting the local economy is a win-win for us all." - Lynn*

*...it's the only way to make my food stamps last and allow me to eat healthy on my paycheck." - Zach*



# SNAP: Invest in the Fruit & Vegetable Program



*"I am diabetic and unemployed and this program makes sure I have healthy food in my house."*  
- Joshua

*"I get \$967 a month from SSDI. This allows me to stretch my \$33 food stamps a month to... \$66."*  
- Patricia Ann

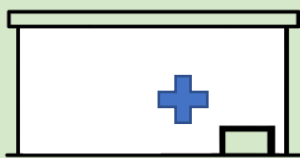
**Washington's SNAP Fruit & Vegetable Program is proven to reduce hunger, improve health, and support local farmers and grocery stores.**

Founded in 2015, this statewide network of farmers markets, health care providers, and grocery stores ensure SNAP recipients can buy more fruits and vegetables with SNAP. It was created by a combination of federal and local public funds, private grants, and the in-kind support of many of the implementation partners in local communities.

**Sustain highly effective programs with greater need:** For the last two years the legislature has made short-term investments in this program. Those investments are almost used up due to higher SNAP participation. Additionally, new federal funding cannot be used to support prescription vouchers, so a sustained state investment will support an intervention proven effective at reducing food insecurity for patients.

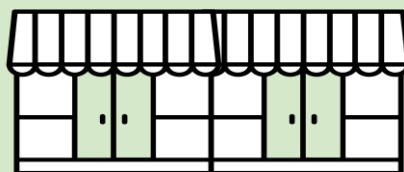
**An ongoing investment of \$3 million** is needed to build stability and preserve the prescription vouchers without disruption of services for nearly 30,000 patients statewide. A continuous state investment will be used to provide the requisite match for the federal grant.

## 3 Types of Partners Participate:



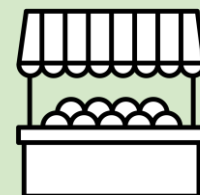
### Health Care Clinics

15 health care systems with  
68 clinics & community sites



### Grocery Stores

130 Safeway stores;  
adding 52 smaller chains



### Farmers Markets

91 farmers markets  
in 28 counties