



# Supplemental Nutrition Assistance Program (SNAP) in Missouri: 2020 Chartbook

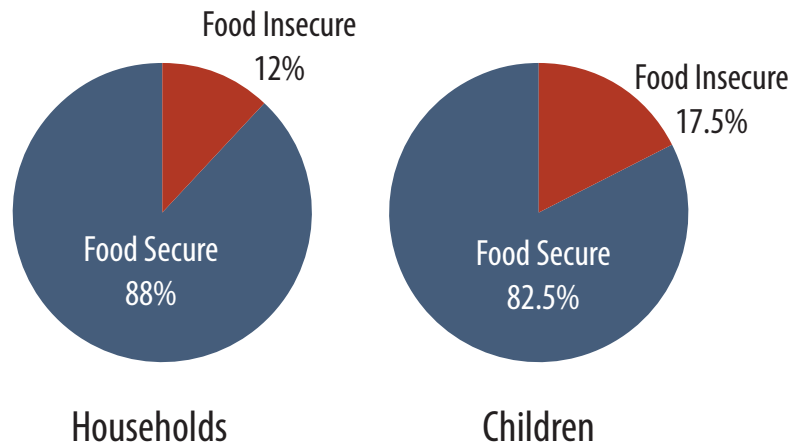
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# Hunger Jeopardizes the Health & Well-Being of Missourians Throughout the State

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## Food Insecurity in Missouri

Percent of Missouri Households and Children Who Are Food Insecure



Source: Household Food Insecurity - Alisha Coleman-Jensen, Matthew P. Rabbitt, Christian A. Gregory, and Anita Singh. "Household Food Security in the United States in 2018 (No. 270)," September 2019. United States Department of Agriculture, Economic Research Service.

Child Food Insecurity - Feeding America. (2019). Child Food Insecurity in Missouri, 2017. Retrieved January 4, 2020.

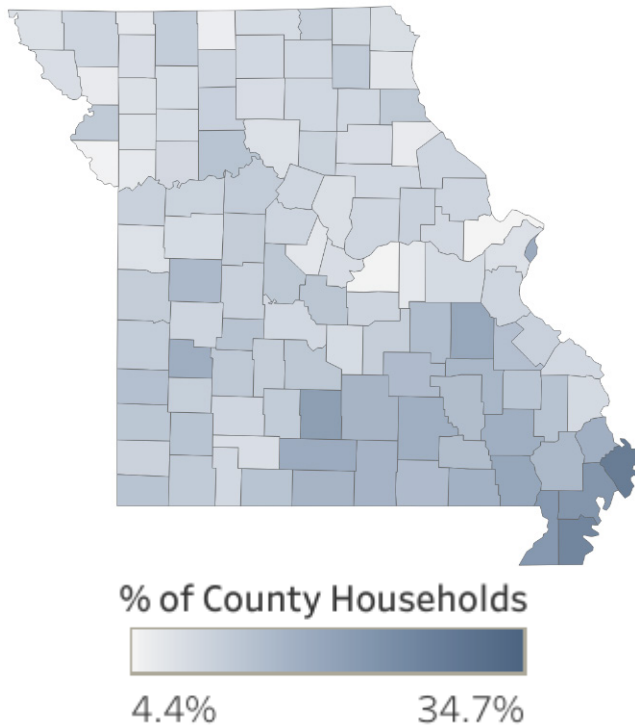
- Food insecure households cannot afford, or lack access to, quality nutritious foods that are essential to an active, healthy life.
- Children with food insecurity are more likely to have poor diets, cognitive and behavioral problems, anxiety, depression, and develop chronic illnesses such as asthma and anemia.<sup>1</sup>
- Food insecurity among adults is linked to poor diet, hypertension, diabetes, coronary heart disease, kidney disease, poor general and mental health, anemia, and depression.<sup>2</sup>
- Food insecure households often have to choose between paying for food or other basic necessities, such as utilities, transportation, housing, and medical expenses.<sup>3</sup>

# The Supplemental Nutrition Assistance Program (SNAP) Plays a Vital Role in Reducing Food Insecurity

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## Missourians in All Counties Rely On SNAP To Help Meet Their Nutritional Needs

Percent of Households Receiving SNAP by County



Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimates, Table S2201.

- The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, provides assistance for low income Missourians to purchase food, and plants and seeds used to grow food.<sup>4</sup>
- In federal fiscal year (FFY) 2019, SNAP served 694,820 Missourians in 325,360 households.<sup>5</sup>
- The Missouri Department of Social Services (DSS) administers the program on behalf of the U.S. Department of Agriculture (USDA).
- The federal government funds 100 percent of the benefits SNAP recipients receive. The cost of administering the program is shared by the State and Federal governments.<sup>6</sup>

## SNAP Eligibility

To be eligible for SNAP, households must meet three tests: gross monthly income (130 percent of the federal poverty line [FPL]), net monthly income (100 percent FPL), and asset limit (also known as resource limit).<sup>7,8</sup>

- A household's total assets must be valued at \$2,250 or less, excluding the primary home, vehicles, and certain other types of non-income producing assets.<sup>9</sup> The asset limit is \$3,500 for households that include members age 60 or older, or are disabled.

2020 Estimated Monthly Income Limits for SNAP Eligibility by Household Size				
Household Size	1-person	2-person	3-person	4-person
<b>Gross Income</b> (130% FPL)	\$1,382 <i>(\$16,588)</i>	\$1,868 <i>(\$22,412)</i>	\$2,353 <i>(\$28,236)</i>	\$2,838 <i>(\$34,060)</i>
<b>Net Income</b> (100% FPL)	\$1,063 <i>(\$12,760)</i>	\$1,437 <i>(\$17,240)</i>	\$1,810 <i>(\$21,720)</i>	\$2,183 <i>(\$26,200)</i>
Note: Annual income limit is italicized in parentheses.				

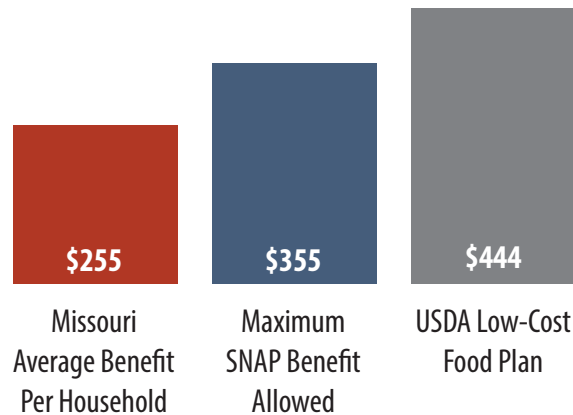
Source: Estimates were calculated using data from U.S. Department of Health and Human Services Federal Poverty Guidelines.

### Additional Eligibility Requirements:

- All household members must have Social Security numbers.
- Felons who are in violation of probation or parole cannot receive benefits.
- Able-bodied adults without dependents (ABAWDs) ages 18 – 49 are required to work or participate in a work program for at least 80 hours per month in order to receive SNAP benefits for more than three months in a three-year period.
- Able-bodied SNAP recipients ages 16 – 59, with or without dependents, can lose their benefits if they voluntarily quit a job working 30 hours or more per week, reduce their hours to less than 30 hours per week, or refuse a suitable offer of employment without good cause.<sup>10</sup>

## SNAP Benefits/ Benefit Amounts:

**Monthly SNAP Benefit and Food Cost Comparison**  
Dollar Amounts Shown are for a Two-Person Household



Note: Average persons per case in Missouri is 2.1. Average individuals per case are 1.0 children, and 1.2 adults. Missouri average benefit per household is for FFY 2019. USDA cost is based on one 19-50 year-old female and one 6-8 year-old child. The USDA Low-Cost Food Plan reflects the consumption pattern of National Health and Nutrition Examination Survey (NHANES) participants whose food spending is in the second quartile (25th to 50th percentile) of food expenditure.

Sources: Missouri Department of Social Services, Family Support Division Annual Report, Fiscal Year 2019. Missouri Department of Social Services, Family Support Division, Monthly Management Reports, October 2018 through September 2019. United States Department of Agriculture, "Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 2019."

- The size of a household's SNAP benefit is based on household size, income, and certain expenses, such as housing, childcare, and medical expenses. Each month, the household's monthly benefit is deposited onto an electronic benefit transfer (EBT) card. The card can only be used at authorized food retail locations.<sup>11</sup>
- SNAP participating households are expected to contribute 30 percent of their net income to food. If 30 percent of a household's net income is less than the cost of the USDA Thrifty Food Plan (TFP), the household receives a benefit amount that makes up the difference between its contribution and the TFP cost for a household of its size.<sup>12</sup>
- In Missouri FFY 2019, the average monthly benefit was \$255 per household, and \$120 per person.<sup>13</sup> Total benefits issued was \$996,462,778.<sup>14</sup>

# Missourians From All Walks of Life Benefit from SNAP

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## Household and Individual Characteristics of Missouri SNAP Participants

**50%** of households include **children**

**28%** of households include **seniors**

**51%** of households include someone with a **disability**

**78%** of families include at least one **worker** who has worked in the past 12 months

**16%** of **rural** households participate

**11%** of **metropolitan** households participate

**60%** of participants are **white**

**31%** of participants are **black**

**65%** of participants are **female**

**7%** of **Missouri veterans** participate in SNAP

- Half of SNAP participating households include children under 18 years old, over one in four include seniors age 60 and older, and a majority include someone with a disability.<sup>15</sup>
- More than three in four families participating in SNAP include at least one person who has worked in the past 12 months.<sup>16</sup>
- The majority of participants are white and female.<sup>17</sup>
- A higher percent of rural households (16%) participate in SNAP compared to metropolitan households (11%) and small town households (15%).<sup>18</sup>
- SNAP helps more than 28,000 Missouri veterans put food on their tables.<sup>19</sup>

# SNAP Impact and Return on Investment (ROI):

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## SNAP Improves Nutrition & Health Outcomes



**SNAP Reduces Food Insecurity**, by as much as one third in some cases, among children and households with low incomes.<sup>20,21</sup>



**SNAP participation is associated with reduced hospital admissions and lower health care costs.**<sup>22,23,24</sup>  
A study of low income adults estimated SNAP participation reduced health care expenditures by \$1400 annually per person.<sup>25</sup>



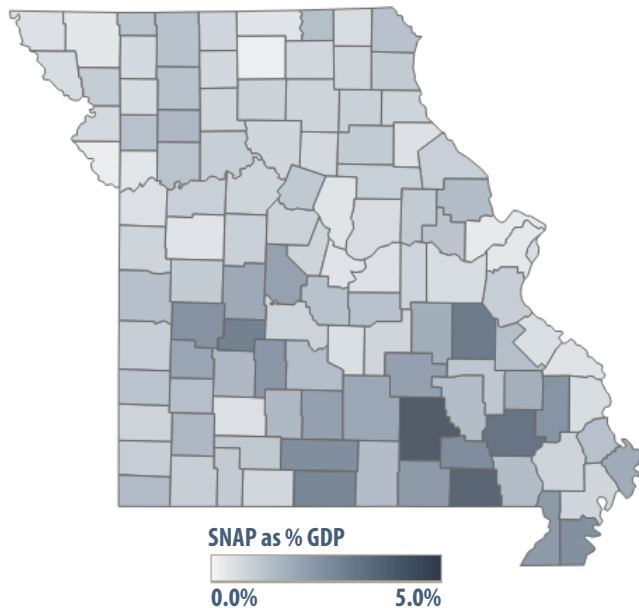
**SNAP participation during pregnancy is linked to a reduction in low birth weight babies.**<sup>26</sup> Children whose families participate in SNAP are also less likely to be underweight, have developmental delays, and be in poor health compared to children in families with low incomes who do not participate in SNAP.<sup>27</sup>



**Children whose families receive SNAP do better in school, and are more likely to be economically self sufficient as adults**, compared to low-income children who do not receive SNAP benefits.<sup>28</sup>

# SNAP Provides Critical Boost to Local Economies Throughout Missouri

## SNAP Spurs Local Economies SNAP Impact as Percent of County GDP



Source: MBP analysis of data from Missouri Department of Social Service, Family Support Division, Monthly Management Reports, October 2018 through September 2019, and the U.S. Bureau of Economic Analysis, "Table 1. Real Gross Domestic Product by County, 2018."

- By increasing the purchasing power of families with low wages, SNAP creates a ripple effect on Missouri's economy. Every SNAP dollar spent in local communities generates an estimated \$1.74 in economic growth.<sup>29</sup>
- The nearly \$1 billion dollars in SNAP benefits that were redeemed in FFY 2019 led to an additional \$1.7 billion additional dollars flowing through local communities in Missouri.<sup>30</sup>
- SNAP's economic impact gives an especially critical boost to Missouri's rural communities, accounting for nearly 4% of total Gross Domestic Product in some areas.<sup>31</sup>
- SNAP is an efficient public-private partnership. Benefits are spent quickly and increase local demand for products and services, boosting job growth and the economy. Over 4,700 Missouri retailers (including grocery stores, superstores, and farmer's markets) in every county in our state are supported by SNAP.



## SNAP Facts

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<b>Federal law mandates abled-bodied SNAP applicants ages 16 – 59 register for work and meet general work requirements.<sup>32</sup></b>	SNAP participants who do not comply with work requirements, do not accept a suitable job offer, reduce their work hours to less than 30 hours a week, or quit their jobs without good cause can be disqualified from SNAP and lose their benefits. Furthermore, ABAWDs ages 18 – 49 who do not work or participate in a work program at least 80 hours a month cannot receive SNAP benefits for more than three months in a three year period.
<b>About 1 of every 12 Missouri worker relied on SNAP in 2017.<sup>33</sup></b>	Many SNAP participants work in service and sales related jobs such as cooks, cashiers, and home health aides. Janitors and material packer and movers are also among the many workers that participate in SNAP. SNAP participants' jobs often provide low wages, unpredictable and fluctuating hours, and few benefits, such as paid leave. <sup>34</sup> SNAP provides food assistance for workers and their families with low, volatile incomes. <sup>35</sup>
<b>Most SNAP participants who can work, do work.</b>	A national study of working age SNAP participants found that nearly three quarters worked in the year before or after the month they received SNAP benefits. <sup>36</sup> Those who are unable to work often struggle with barriers to employment, such as lack of child care, skills, available jobs, and poor health.
<b>SNAP benefits can only be used to purchase food, and plants and seeds used to grow food.</b>	SNAP benefits cannot be withdrawn as cash or used to purchase alcohol, tobacco, prepared foods, or non-food items such as medicine, soap, grooming items, paper products, or household supplies.
<b>All unlawfully present immigrants are ineligible for SNAP.</b>	Most lawfully present immigrant adults must live in the United States five years before they can become eligible for SNAP. Lawfully present immigrant children, refugees, and asylees are eligible for SNAP without a waiting period.
<b>The charitable sector does not have the capacity to feed everyone in need.</b>	Feeding America, the nation's largest hunger-relief organization, reported \$2.8 billion in donations and fundraising in 2019. <sup>37</sup> This is only five percent of the \$53.8 billion in SNAP benefits the government distributed. <sup>38</sup> Feeding America estimates for every one meal they provide, SNAP provides twelve. <sup>39</sup>

## Notes

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1. Carlson S. and Keith-Jennings, B. (2018). "SNAP Is Linked with Improved Nutritional Outcomes and Lower Health Care Costs." Retrieved from <https://www.cbpp.org/sites/default/files/atoms/files/1-17-18fa.pdf#page=4>
2. Ibid
3. Weinfield, Nancy S., et al. (2014). "Hunger in America 2014." A report for Feeding America prepared by Westat and the Urban Institute. Retrieved from [http://help.feedingamerica.org/HungerInAmerica/hunger-in-america-2014-full-report.pdf?s\\_src=W202DIRCT&s\\_channel=no\\_channel&s\\_subsrc=https%3A%2F%2Fwww.feedingamerica.org%2Fhunger-in-america%2Ffood-insecurity&\\_ga=2.140979634.1002192753.1580844840-1977239359.1580844840](http://help.feedingamerica.org/HungerInAmerica/hunger-in-america-2014-full-report.pdf?s_src=W202DIRCT&s_channel=no_channel&s_subsrc=https%3A%2F%2Fwww.feedingamerica.org%2Fhunger-in-america%2Ffood-insecurity&_ga=2.140979634.1002192753.1580844840-1977239359.1580844840)
4. SNAP benefits cannot be withdrawn as cash. Benefits cannot be used to purchase alcohol, tobacco, hot prepared foods, foods prepared to be eaten immediately, pet food, or non-food items such as vitamins, supplements, medicines, soap, toothpaste, paper products, household supplies, grooming items, and cosmetics.
5. Monthly average calculation based on data from Missouri Department of Social Services, Family Support Division, Monthly Management Reports, October 2018 through September 2019. Retrieved from [https://dss.mo.gov/re/fsd\\_mhdmr.htm](https://dss.mo.gov/re/fsd_mhdmr.htm).
6. The majority of SNAP administrative costs are split 50/50 between the State and Federal governments, although some costs are fully funded by the federal government.
7. Households with elderly or disabled members do not have to meet the gross income test.
8. Because households must spend much of their income on non food necessities, they are allowed to deduct certain expenses from their gross monthly income. Net income is household income after deductions are applied. The following deductions are allowed: a standard deduction for unavoidable costs; an earnings deduction to account for work related expenses and payroll taxes; a dependent care deduction for out of pocket child and dependent care expenses; a child support deduction for those required to pay child support; a medical expense deduction for the out of pocket medical expenses of elderly or disabled household members; and an excess shelter deduction if housing and utility costs exceed half of net income after all other deductions are taken. Households with qualified shelter expenses can take the homeless shelter deduction in lieu of the excess shelter deduction.
9. Excluded from the asset limit are the primary home, vehicles, burial plots, life insurance, prepaid burials, non-income producing real and personal property, Indian and Alaskan Native payments, savings & pension plans, and resources to which applicants do not have access. Governmental payments, contracts and notes are also excluded at times.
10. Missouri exempts some SNAP recipients from this rule if seeking employment or completing a work program is impractical (e.g., recipient lacks access to transportation or child care, or lives too far from a work program site).
11. The U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) authorizes SNAP participating retailers.
12. The USDA establishes dietary guidelines and estimates the costs of four different food plans: Thrifty, Low Cost, Moderate Cost, and Liberal. The

- TFP is intended to provide an adequate nutritious diet at minimal cost. All four food plans are based on all meals and snacks being prepared at home.
13. Calculation based on data from Missouri Department of Social Services, Family Support Division, Monthly Management Reports, October 2018 through September 2019. Retrieved from [https://dss.mo.gov/re/fsd\\_mhdmr.htm](https://dss.mo.gov/re/fsd_mhdmr.htm).
  14. Ibid
  15. U.S. Census Bureau. 2014-2018 American Community Survey 5-Year Estimates, Table S2201.
  16. U.S. Census Bureau. 2014-2018 American Community Survey (ACS) 5-Year Estimates, Table S2201. The ACS defines families as households with members who are related by birth, marriage, or adoption. According to ACS, 66 percent of Missouri households receiving SNAP are families.
  17. June 2019 SNAP participants. Source: Missouri Department of Social Services. Family Support Division Annual Report, Fiscal Year 2019. Retrieved from <https://dss.mo.gov/re/pdf/fsd/FY2019FSDAnnualReport.pdf>
  18. Food Research & Action Center (FRAC). “Table 2. Household SNAP Participation in Metro, Small Town, and Rural Counties, by State, 2014-2018.” Retrieved from <https://frac.org/maps/snap-state-map/tables/snap-states-tab2.html>. For this analysis, “Metro Areas” are metropolitan statistical areas as delineated by the Office of Management and Budget (OMB), each of which contains at least one Census Bureau-delineated urbanized area of 50,000 or more people; “Small Towns” are micropolitan statistical areas as delineated by OMB, each containing at least one Census Bureau-delineated urban cluster of between 10,000 and 50,000 people; and “Rural Areas” are non-metropolitan and non-micropolitan areas.
  19. Brynne Keith-Jennings and Lexin Cai. “SNAP Helps 1.3 Million Low-Income Veterans, Including Thousands in Every State,” January 8, 2020. Center on Budget and Policy Priorities. Available at [https://www.cbpp.org/research/food-assistance/snap-helps-almost-15-million-low-income-veterans-including-thousands-in#\\_ftn3](https://www.cbpp.org/research/food-assistance/snap-helps-almost-15-million-low-income-veterans-including-thousands-in#_ftn3)
  20. Carlson, S., Rosenbaum, D., Keith-Jennings, B., and Nchako, C. (2016). “SNAP Works for America’s Children.” Center on Budget and Policy Priorities. Retrieved from <https://www.cbpp.org/sites/default/files/atoms/files/9-29-16fa.pdf>
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  22. Food Research and Action Center. (2019). “Initiatives to Make SNAP Benefits More Adequate Significantly Improve Food Security, Nutrition, and Health.” Retrieved from <https://frac.org/wp-content/uploads/snap-initiatives-to-make-snap-benefits-more-adequate.pdf>
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  24. Samuel, L. J., Szanton, S. L., Cahill, R., Wolff, J. L., Ong, P., Zielinskie, G., & Betley, C. (2018). Does the Supplemental Nutrition Assistance Program Affect Hospital Utilization Among Older Adults? The Case of Maryland. *Population Health Management*, 21(2), 88–95. <https://doi.org/10.1089/pop.2017.0055>. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5906726/>

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29. Moody’s Analytics estimate of the SNAP economic multiplier in 2009 during a weak economy was 1.74. Source: Blinder, A. S. and Zandi, M. (2015). “The Financial Crisis: Lessons for the Next One.” Retrieved from <https://www.cbpp.org/research/economy/the-financial-crisis-lessons-for-the-next-one>
30. Analysis based on data from Missouri Department of Social Services, Family Support Division, Monthly Management Reports, October 2018 through September 2019. Retrieved from [https://dss.mo.gov/re/fsd\\_mhdmr.htm](https://dss.mo.gov/re/fsd_mhdmr.htm)
31. MBP analysis of data from U.S. Bureau of Economic Analysis, “Table 1. Real Gross Domestic Product by County, 2018,” retrieved from <https://www.bea.gov/data/gdp/gdp-county-metro-and-other-areas>; and Missouri Department of Social Services, Family Support Division, Monthly Management Reports, October 2018 through September 2019.
32. Exempt from general work requirements are individuals working at least 30 hours a week, meeting work requirements for another program (i.e., Temporary Assistance for Needy Families (TANF) or unemployment compensation), taking care of a child under age six or an incapacitated person, mentally or physically unable to work, participating in an alcohol or drug treatment program, attending school or training program at least half time.
33. Center on Budget and Policy Priorities. “SNAP Helps Low Wage Workers in Every State.” Retrieved from <https://www.cbpp.org/snap-helps-low-wage-workers-in-every-state#Missouri>
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36. Keith-Jennings, B. and Chaudhry, R. (2018). "Most Working-Age SNAP Participants Work, But Often in Unstable Jobs." Center on Budget and Policy Priorities. Retrieved from <https://www.cbpp.org/research/food-assistance/most-working-age-snap-participants-work-but-often-in-unstable-jobs>
37. Feeding America. "2019 Annual Report: 40 Years of Progress in the Fight Against Hunger." Retrieved from [https://www.feedingamerica.org/sites/default/files/2020-01/FA\\_2019\\_AnnReport\\_d7\\_updated1\\_14\\_20.pdf](https://www.feedingamerica.org/sites/default/files/2020-01/FA_2019_AnnReport_d7_updated1_14_20.pdf). Feeding America is a network of 200 food banks and 60,000 food pantries and meal programs across the country.
38. U.S. Department of Agriculture. SNAP Monthly State Participation and Benefit Summary - Public Data, Fiscal Year 2019. Retrieved from <https://www.fns.usda.gov/pd/supplemental-nutrition-assistance-program-snap>
39. Kate Leone. (February 1, 2019). "Feeding America Opposes Harmful SNAP Proposed Rule Released by USDA." Retrieved from <https://www.feedingamerica.org/about-us/press-room/feeding-america-opposes-harmful-snap-proposed-rule-released-usda>