



SOCIETY OF  
BEHAVIORAL  
MEDICINE

## Supplemental Nutrition Assistance Program (SNAP)

The Society of Behavioral Medicine (SBM) represents 2,400+ scientific researchers, clinicians, industry professionals, educators, and students who work collectively to treat and prevent disease through research and interventions that improve the health of individuals, families, and whole communities. Our members focus on behavior change across the lifespan and work in more than 40 specialty areas, including nutrition, cancer, chronic disease, obesity, and physical activity.

### What is the Supplemental Nutrition Assistance Program?

The Supplemental Nutrition Assistance Program (SNAP) is the United States' largest anti-hunger program, providing food benefits for more than 40 million Americans and ensuring low-income families can afford nutritious foods. Federally funded through the Farm Bill, the program is administered by each state and provides recipients an Electronic Benefits Transfer (EBT) card, used like a debit card, to purchase eligible food in grocery and retail stores. The SNAP benefits can be used to purchase nutritious foods such as fruits, vegetables, meats, fish, and poultry, and restrict the purchase of items like alcohol and tobacco. To qualify for the program, participants must meet eligibility standards based on income, assets, household size, immigration status, and proof of employment.

### The Impact of SNAP on Families, Children, and Community Health

For low-income families and communities, SNAP is one of the most effective tools for reducing hunger and improving health. For children, food insecurity drops by roughly one-third after just six months of receiving benefits, leading to greater stability, improved nutrition, and stronger long-term health outcomes. SNAP also plays a key role in supporting the U.S. economy, generating \$1.79 in economic activity for every \$1 in benefits and serving as a reliable stabilizer during economic downturns.

Many households continue to face insufficient benefit levels that do not cover the cost of a nutritious diet, and families often experience stigma when accessing assistance. Complex application and recertification processes create further barriers to participation, and the “benefits cliff”—a sharp reduction in SNAP benefits due to increased income—can discourage families from increasing earnings in fear of losing this essential support. Addressing these issues is critical to strengthening SNAP’s effectiveness and ensuring families can reliably access the nutrition they need.

### Recommendations:

- We urge Congress to reverse the harmful cuts to SNAP under the One Big Beautiful Bill Act and ensure the program is adequately funded.
- We urge Congress to eliminate stringent work requirements for vulnerable populations, including veterans, older adults, and parents with children over 13 years old, to ensure continued access to nutrition assistance.
- We urge Congress to reverse policy changes that shift cost burdens to states and undermine program stability.
- We urge Congress to fully restore SNAP-Ed and provide valuable nutrition education to those who receive SNAP benefits.