

# Why SNAP Matters in Minnesota

*Feeding families. Strengthening communities.*



**SNAP is Minnesota's most effective tool for addressing hunger and poverty.**

It helps children, seniors, people with disabilities, and working families put food on the table during times of need, while also strengthening local economies across the state.

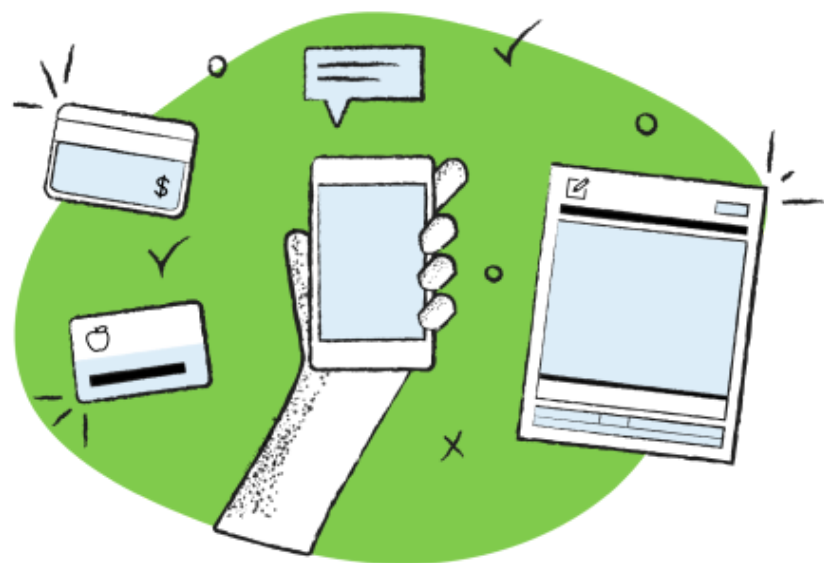
Cuts to SNAP will send shockwaves through families, grocery stores and farmers. This undermines hunger relief as well as local economies statewide.

## Who SNAP Reaches in Minnesota

SNAP helps Minnesotans get the food they need, including many who work. In fact, more than 60,000 households receiving SNAP have jobs, showing that even when earning a paycheck, many households still struggle to afford enough food.<sup>1</sup>

In average month, 440,000 Minnesotans receive SNAP, including:

- 152,000 children
- 72,000 seniors
- 52,000 adults with disabilities



<sup>1</sup>Minnesota Department of Human Services. (2024). *Characteristics of People and Cases on the Supplemental Nutrition Assistance Program*.

# Decreasing SNAP funding puts Minnesotans of all races and ethnicities at serious risk.

Race/Ethnicity	% of SNAP Recipients	Number of People
White	53%	136,180
Black	26%	68,011
Asian	8%	22,022
American Indian	5%	13,887
Hispanic	5%	13,410
Unknown	2%	5,595

## SNAP is vital for rural Minnesota

In Minnesota, 45% of SNAP recipients live outside the metro<sup>2</sup>, reminding us that hunger isn’t only an urban issue.

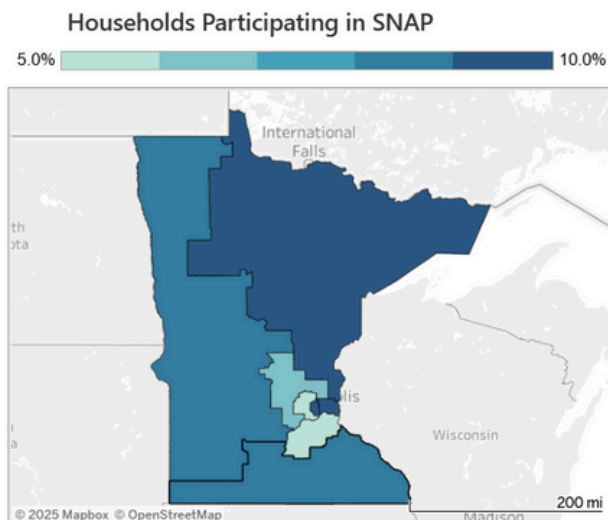
Rural households experience food insecurity at equal or higher rates than urban areas but often face fewer food access resources. SNAP helps fill that gap.

Local grocers, co-ops and farmers markets all benefit from SNAP spending, stimulating local economies.



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outside the metro.**

<sup>2</sup> U.S. Department of Agriculture, Food and Nutrition Service. (2025). *SNAP community characteristics dashboard: Congressional district explorer*.



Minnesota Districts at a Glance

District Number	Total Households	SNAP Participating Households	SNAP Participating Households (%)	Household Poverty Rate
1	286,875	25,041	8.7%	11.1%
2	279,973	13,961	5.0%	6.4%
3	286,983	15,302	5.3%	7.5%
4	290,555	28,290	9.7%	9.4%
5	317,534	31,728	10.0%	12.4%
6	272,069	16,779	6.2%	7.7%
7	302,017	27,112	9.0%	11.8%
8	308,426	28,024	9.1%	11.5%

## Economic impact of SNAP in Minnesota

SNAP doesn't just help families—it fuels Minnesota's economy.

- **Every \$1 in SNAP benefits generates up to \$1.50 in local economic activity**, boosting grocery stores, farmers markets and food retailers across the state.
- Every day, a **Minnesotan on SNAP receives \$5.46**. This is not a luxury, but a lifeline that helps people meet their basic needs.
- In fiscal year 2022–2023, **\$1.1 billion in SNAP benefits** were spent in Minnesota, strengthening local economies and supporting jobs in urban and rural communities.
- **More than 3,600 authorized retailers** across Minnesota accept SNAP, connecting families to nutritious food while driving business in neighborhoods statewide.

SNAP doesn't just reduce hunger. It strengthens Minnesota's health, economy and future.

Learn more at [dcyf.mn.gov/speakup](https://dcyf.mn.gov/speakup)

