

SNAP and WIC: Two Vital U.S. Nutrition Programs

The Supplemental Nutrition Assistance Program (SNAP) is the cornerstone of federal food assistance, reaching more than 41 million people and ensuring that participants can afford nutritious food each month.

In Fiscal Year (FY) 2023, [the majority of SNAP households](#)¹ lived in poverty, and almost 80 percent of households had members who were children, older adults, or non-elderly adults with disabilities. The average monthly SNAP benefit was \$177 dollars per person, which allowed household grocery budgets to stretch further.

Participation in SNAP:

- **Improves food security and health.** Participation is associated with reduced food insecurity, better diets, and improved health outcomes, especially for children.
- **Supports local economies.** SNAP dollars are spent at neighborhood grocery stores, supermarkets, and farmers' markets, supporting retail and agricultural jobs. Every SNAP dollar spent generates [economic activity](#)², up to a \$1.50 return during economic downturns.
- **Supports families with children.** Across the U.S., nearly 62 percent of recipients live in households with children, helping caregivers stretch monthly food budgets.

¹USDA, Food and Nutrition Service (2025). Characteristics of SNAP Households: Fiscal Year 2023. <https://www.fns.usda.gov/research/snap/characteristics-fy23>

²USDA, Economic Research Service (2019). The Supplemental Nutrition Assistance Program (SNAP) and the Economy: New Estimates of the SNAP Multiplier. <https://www.ers.usda.gov/publications/pub-details?pubid=93528><https://www.fns.usda.gov/research/snap/characteristics-fy23>

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), is the premier U.S. public health nutrition program for pregnant women, mothers, and children up to age 5.

In 2024, the program served [nearly 7 million participants](#)³ per month, including almost 40 percent of all infants in the United States. Most WIC participants live below the poverty line, which was \$26,650 for a family of three in 2025. WIC [provides](#)⁴ tailored meal packages, breastfeeding support, health screenings, fresh fruit and vegetable vouchers ([CVV](#))⁵, among other benefits to participants.

Participation in WIC:

- **Leads to healthier births and childhood outcomes.** Participation is associated with improved birth weights, reduced preterm births, and increased nutrition for children.
- **Supports whole families.** Families receive nutrition education, breastfeeding support, growth monitoring, and referrals to healthcare and social services.
- **Targets health and nutrition needs.** WIC food packages are limited to specific, nutrient-dense items, helping shape healthier diets during early childhood.

We urge Congress to restore, protect, and strengthen U.S. nutrition programs—including SNAP and WIC—that help families put food on the table.

SNAP, H.R. 1, and the Farm Bill

- On July 4, 2025, Congress signed into law H.R. 1, also referred to as the [One Big Beautiful Bill Act](#)⁶. The bill made significant cuts to SNAP over ten years, totaling \$186 billion. Bread for the World anticipates that these cuts will increase hunger among children, families, and rural communities, creating unsustainable pressure on household and state budgets. SNAP is traditionally reauthorized every five years through the Farm Bill under the [Nutrition Title](#)⁷, and the legislation was last reauthorized in 2018. The Farm Bill has been extended several times through continuing resolutions. Bread continues to advocate to Congress for a full Farm Bill reauthorization that protects and strengthens federal nutrition programs, U.S. farming and food systems, global nutrition, and research.

We urge Congress to pass a strong, bipartisan Farm Bill that supports farmers, strengthens communities, and helps end hunger.

³USDA, Food and Nutrition Service (2025). WIC Participation and Program Characteristics 2022. <https://www.fns.usda.gov/research/wic/participant-program-characteristics-2022>

⁴USDA, Food and Nutrition Service. (2025). Wic Benefits. <https://www.fns.usda.gov/wic/benefits>

⁵USDA, Food and Nutrition Service (2026). WIC FY 2025 Cash-Value Voucher/Benefit Amounts. <https://www.fns.usda.gov/wic/cvv-benefit-amounts-fy25>

⁶Congress.gov (2025). H.R.1 - An act to provide for reconciliation pursuant to title II of H. Con. Res. 14. <https://www.congress.gov/bill/119th-congress/house-bill/1>

⁷Congress.gov (2024). Farm Bill Primer: Background and Status. <https://www.congress.gov/crs-product/IF12047>