

REDUCING HUNGER

Improving Food Access for Our Nation's Heroes

What is the Supplemental Nutrition Assistance Program?

SNAP, formerly known as the Food Stamp Program, is the nation's most important anti-hunger program. In 2021, SNAP helped an average of more than 41 million low-income people in the United States afford a nutritionally adequate diet each month (USDA, 2023).

How Does Nutrition Affect One's Mental Health?

Food insecurity is associated with a 257% higher risk of anxiety and a 253% higher risk of depression (BMC, 2021). There is a positive relationship between experiencing food insecurity and the risk of depression and stress (PHN, 2020). This emphasizes the need to ensure that Veterans are receiving the quality and quantity of food that is needed to support their needs.

How Can SNAP Support Veterans?

According to the Department of Agriculture, 11 percent of Veterans aged 18 to 64 experienced food insecurity in 2015–2019 and were more likely to experience it than non-Veterans (Hall, 2021). For low-income Veterans, who may be unemployed, working in low-wage jobs, or have disabilities, SNAP provides essential support that enables them to purchase nutritious food for their families (Hall, 2021).

Why Should You Apply to SNAP?

About 1.2 million Veterans participate in SNAP (NMFA, 2023). A "SNAP gap" exists with too many eligible Veterans not accessing SNAP (NMFA, 2023). Veterans with low incomes, Veterans of color, and women Veterans experience disproportionately high rates of food insecurity among veteran populations (NMFA, 2023).

Three Application Pathways

- 1) Apply online with ePASS. You should create an account first.
- 2) Apply in person at your Department of Social Services (DSS) office.
- 3) Apply by mail. Fill out a paper application and mail it to your local county DSS office.

Apply for
SNAP Benefits:



@Military_VA



Military Veterans of America



@MilitaryVeteransofAmerica

*"Never was so much owed by so many to
so few."
— Winston Churchill*