The Supplemental Nutrition Assistance Program (SNAP) helps California families put food on the table. If a parent loses a job or has a job that pays low wages, SNAP helps to fill in the gaps, safeguarding against hunger. When parents thrive, so do their children. Federal proposals to cut SNAP threaten the health and well-being of California families.

- **74%** of SNAP participants are in families with children
- **51%** of all California SNAP recipients are children
- **SNAP keeps 417,000 California children out of poverty a year**

**Changing Lives**
SNAP makes a lifetime of difference for children’s health, educational attainment and economic self-sufficiency

- **25%** reduction in healthcare costs
- **18%** more likely to graduate high school
- **16%** less chance of becoming obese
- **5%** less chance of developing heart disease

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