

Fact Sheet

Nearly 10 Million Households with Adults Ages 50 and Older Participated in the Supplemental Nutrition Assistance Program (SNAP) in 2022

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Key Takeaways

- Nearly 10 million SNAP households—almost half of all SNAP households—included at least one adult age 50 or older in FY 2022.
- Adults ages 60 and older make up a growing share of SNAP participants.
- Most older SNAP participants live alone, and nearly half of participants ages 50 to 59 have a disability.
- SNAP households with adults ages 50 and older received an average benefit of \$185 per month in FY 2022 (not including emergency allotments).
- Regular SNAP benefits lifted nearly 2 million households with adults ages 50 and older out of poverty in FY 2022, and SNAP plus emergency allotments lifted almost 3.5 million older households out of poverty.

The Supplemental Nutrition Assistance Program (SNAP) is the nation's largest antihunger program and a lifeline for millions of people, including adults ages 50 and older, who are at risk for food insecurity (i.e., limited or uncertain access to adequate food).¹ SNAP provides financial assistance to low-income individuals and families to help buy the food they need. The program reduces food insecurity and poverty and is linked to improved health outcomes, including reduced hospitalizations among low-income older adults.²

Millions of people enrolled in SNAP during the COVID-19 pandemic and associated economic downturn,³ and several federal laws enacted in 2020 and 2021 allowed SNAP participants to receive additional temporary benefits.⁴ In fiscal year (FY) 2022 (October 2021 through September 2022), SNAP participation remained high compared with that in pre-pandemic years, likely because of factors like high food prices and continued emergency allotments in many states.⁵

This *Fact Sheet* describes selected characteristics of households with adults ages

50 and older as well as individuals ages 50 and older who participated in SNAP in FY 2022 and the benefits they received.⁶ Many SNAP households were still receiving emergency allotments in FY 2022; the *Fact Sheet* presents benefits data both including and excluding these allotments. The *Fact Sheet* includes some findings by older age group (participants or households with adults ages 50 to 59 versus those ages 60 and older), and state-level data are included in the appendix.

What Is a SNAP Household?

Eligibility for SNAP is determined at the household level. A household can be composed of a single individual or a group of people who live together and purchase and prepare food together. For the program's determination of eligibility, the household typically must apply using aggregate income, expenses, and assets.⁷

Characteristics of older SNAP households and participants

Nearly half of SNAP households have an older adult

In FY 2022, 48 percent—or 9.9 million—of all SNAP households included at least one adult age 50 or older (figure 1). That share varied by state and territory, from 34 percent in Utah to 59 percent in Hawaii (appendix table 1). The number of SNAP households with adults ages 50 and older grew from 8.7 million in FY 2019 to 9.9 million in FY 2022.

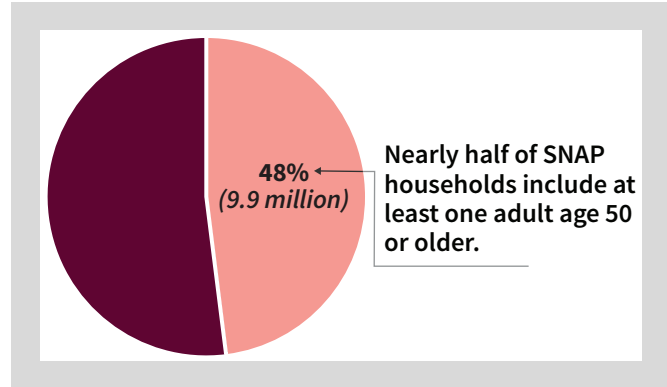
Adults ages 60 and older make up a growing share of SNAP participants

At the individual level, 11 million adults ages 50 and older participated in SNAP in FY 2022, up from 9.4 million in 2016. The share of SNAP participants ages 60 and older is increasing over time, growing from nearly 12 percent (5.1 million) in 2016 to just over 18 percent (7.2 million) in 2022 (figure 2).

Most older SNAP participants live alone

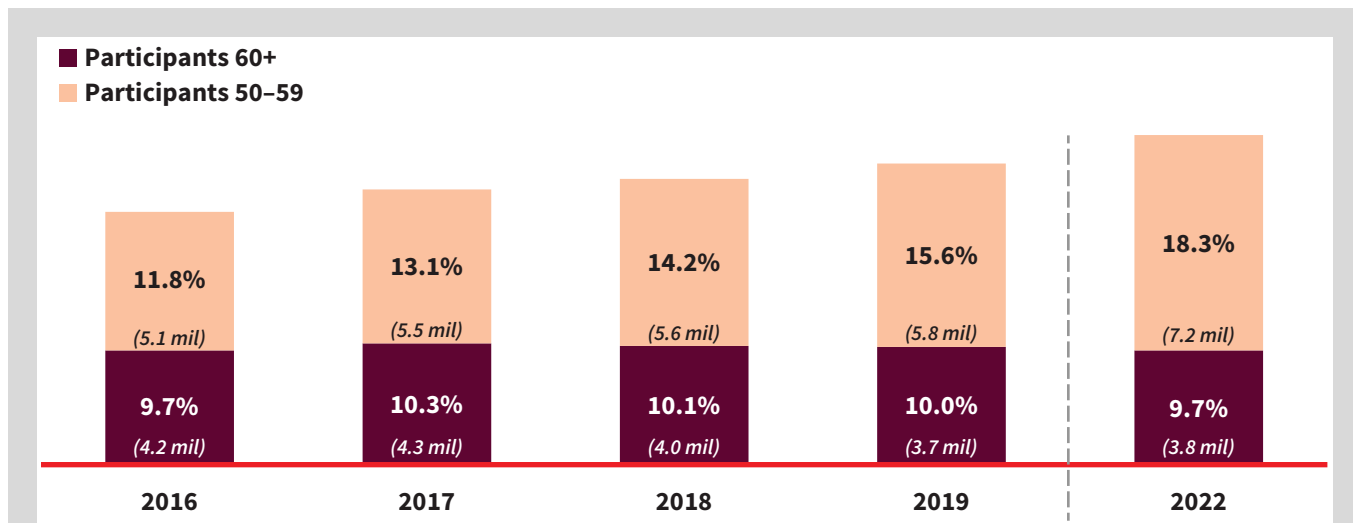
Older SNAP participants are more likely than younger SNAP participants to live alone. In

FIGURE 1
Share of SNAP Households with Older Adults, FY 2022



FY 2022, 75 percent of SNAP households with an adult age 50 and older were single-person households, compared with 33 percent among households that did not have any person age 50 or older. SNAP households with adults ages 50 and older had an average household size of 1.3 people, compared with 2.7 among households without any adult age 50 and older.⁸ SNAP households with adults ages 50 to 59 were more likely to be slightly larger, with an average household size of 1.6. Among SNAP

FIGURE 2
Share of SNAP Participants who are Older Adults, FY 2016–2022



Note: SNAP quality control (QC) data was incomplete for FY 2020 and 2021. Denominator is SNAP participants of all ages.

Source: AARP Public Policy Institute analysis of SNAP QC data, FY 2016–2022.

households with adults ages 50 and older, household size varied by state and territory, from 1.1 people in Rhode Island to 1.9 people in Guam (appendix table 2).

Most older SNAP households live below the poverty line

Of SNAP households with adults ages 50 and older, 70 percent had incomes below the federal poverty level (FPL), which in 2022 was \$13,590 a year for a one-person household and \$18,310 a year for a two-person household. The average gross monthly income of SNAP households with at least one adult age 50 or older was \$984 in FY 2022, or \$11,809 a year. Hawaii had the highest share of older SNAP households in poverty (91 percent), and Vermont had the lowest (51 percent; appendix table 2).

A relatively small share of older SNAP participants are reported to be working, but recording employment at a given time underestimates the number of people who are working, because many SNAP participants have unstable or temporary work and may be working on and off throughout the year.⁹ At the individual level, about 15 percent of SNAP participants ages 50 to 59 and 5 percent of those ages 60 and older were reported to be working at the time the data were collected in FY 2022, similar to FY 2019.¹⁰ Relatively low employment rates among adults ages 50 to 59 could also be driven by high rates of disability (see next section).

Nearly half of SNAP participants ages 50 to 59 have a disability

Food insecurity tends to be more common and more severe among SNAP households affected by disability.¹¹ Older SNAP participants are also more likely to have disabilities than younger participants. While disability data are unavailable for adults ages 60 and older, nearly half (46 percent)—or 1.7 million—of SNAP participants ages 50 to 59 had a disability in FY 2022.¹² Among SNAP participants under age 50, the share with disabilities was only about 8 percent. At the household level, about half

(49 percent) of SNAP households with adults ages 50 to 59 included at least one person with a disability.

Older SNAP participants are racially and ethnically diverse

In FY 2022, 42 percent of SNAP participants ages 50 and older were White, 21 percent were Black, 14 percent were Hispanic, 6 percent were Asian, 1 percent were American Indian/Alaska Native or Native Hawaiian/Pacific Islander, and 14 percent were of unknown race or ethnicity.¹³ Unknown race or ethnicity data are due to low rates of reporting of race and ethnicity in several states. Compared with older SNAP participants, participants under 50 are less likely to be White (33 percent), but White still represents the largest racial/ethnic category.

SNAP benefits

SNAP benefits are calculated using the US Department of Agriculture's Thrifty Food Plan (TFP), a very low-cost food plan that is supposed to be based on average consumption while meeting adequate nutrition and price targets. The TFP varies by household size, with larger SNAP households receiving larger benefit amounts. SNAP households are expected to spend about 30 percent of their net income on food. Thus, a monthly benefit allotment is calculated by multiplying net monthly income by 0.3 and subtracting that amount from the maximum monthly allotment for household size. The TFP was re-evaluated in 2021, which resulted in increased SNAP benefits for most households.

Without SNAP COVID-19 emergency allotments included, SNAP households with at least one adult age 50 or older received an average benefit of \$185 per month in FY 2022. This varied from a low of \$137 in Wisconsin to a high of \$475 in Guam (appendix table 3). However, most states were still providing emergency allotments in FY 2022, with 36 states continuing to provide emergency allotments by the end of FY 2022.¹⁴ With emergency allotments included, SNAP households with

adults ages 50 and older received a much higher average monthly benefit of \$321 in FY 2022 (appendix table 3). Emergency allotments ended for all states and territories in February 2023.

One in four older SNAP households receive the maximum benefit

Under normal SNAP rules, SNAP households with no net income receive the maximum SNAP benefit allotment for their household size.¹⁵ In most states, the maximum SNAP benefit was \$250 for one-person households and \$459 for two-person households in FY 2022.¹⁶ These lowest-income households do not have disposable income available for purchasing food and often rely solely on SNAP.

Not including emergency allotments, 27 percent of households with adults ages 50 or older received the maximum benefit in FY 2022. This share varied by state, from 12 percent in Idaho to 53 percent in New York (appendix table 3). Among SNAP households without an older adult, a larger share received the maximum benefit (45 percent). The maximum benefit of \$250 in 2022 for a one-person household equated to approximately \$2.74 per meal, although the average meal cost in the United States was estimated to be \$3.99 in 2022.¹⁷ Thus, the maximum SNAP benefit likely remains insufficient for many households to cover all meal costs even after the TFP reevaluation.

One in six older SNAP households receive the minimum benefit

In FY 2022, the minimum SNAP benefit was \$20 per month for one- and two-person households in most states and the District of Columbia.¹⁸ Of all SNAP households receiving the minimum benefit, three-quarters (76 percent) were households with adults ages 50 and older. While most SNAP households with adults ages 50 and older received more than the minimum benefit, 16 percent received the minimum benefit in FY 2022 (not including

emergency allotments). The share receiving the minimum benefit varied by state and territory, from less than 1 percent in Guam and Hawaii to 28 percent in Maryland and Wisconsin (appendix table 3). Older SNAP households were more likely than younger SNAP households to receive the minimum benefit; only 5 percent of households with no adults ages 50 and older received the minimum benefit.

Households that qualify for the minimum benefit are still low-income households that must meet SNAP income requirements. Under typical SNAP rules, gross income must not be higher than 130 percent of the FPL (\$13,590 a year for a one-person household in 2022), while net income must not be higher than 100 percent of the FPL. However, households with people ages 60 and older or people with disabilities need to meet only the net income limit. While the minimum benefit can help, it is a small supplement that covers only about five meals a month.¹⁹

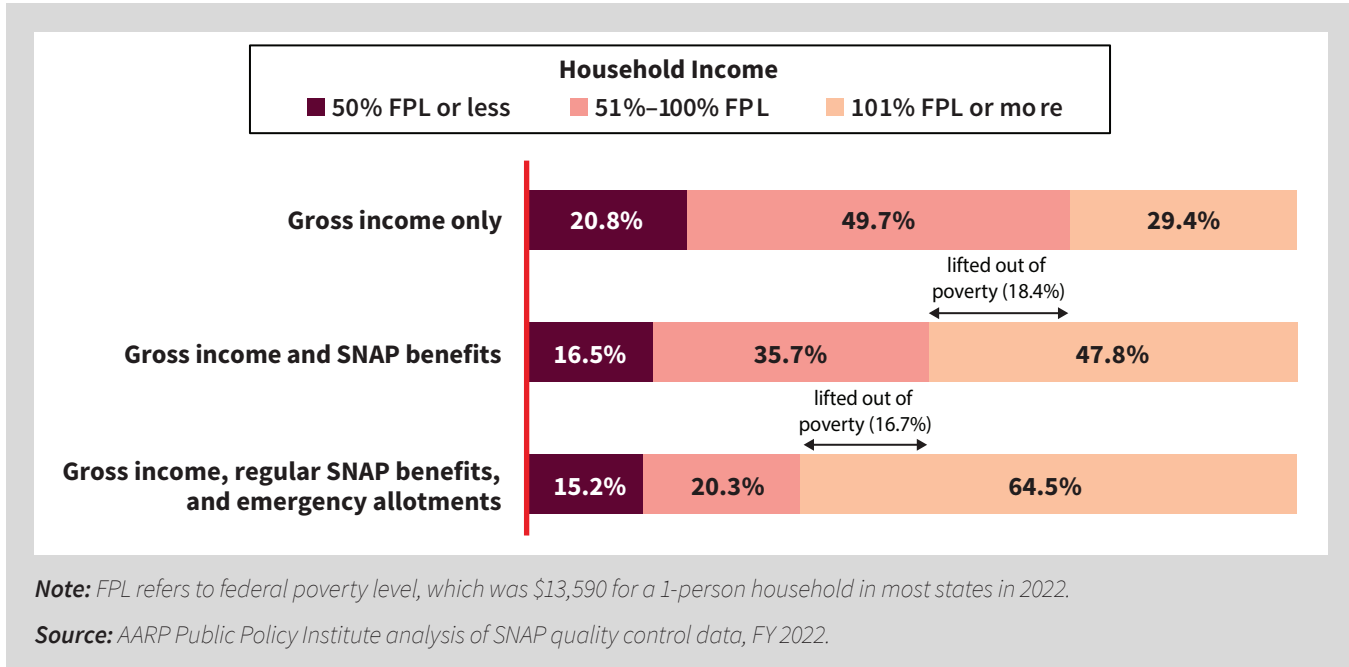
SNAP lifts one in five older SNAP households out of poverty

SNAP benefits alone augment income enough to lift nearly one in five SNAP households with adults ages 50 and older out of poverty. When SNAP benefit amounts are included as income, 18 percent of SNAP households with adults ages 50 and older—or over 1.8 million households—move above the poverty level (figure 3).

When emergency allotments are included, an additional 17 percent of older SNAP households move above the poverty level. Together, regular SNAP benefits and emergency allotments moved 35 percent of older households—or nearly 3.5 million households—above the poverty level in FY 2022.

At the individual level, SNAP benefits kept 2 million adults ages 50 and older out of poverty in FY 2022. SNAP benefits and emergency allotments combined kept nearly 3.8 million adults ages 50 and older out of poverty.

FIGURE 3
SNAP Benefits and Emergency Allotments Moved SNAP Households with Adults Ages 50 and Older Out of Poverty in FY 2022



Fewer than one in six SNAP households with adults 60 and older claim the medical expense deduction

SNAP allows households that include adults ages 60 and older or people with disabilities to deduct medical expenses from their income for SNAP benefit calculation purposes. Any medical expenses over \$35 a month that have not otherwise been reimbursed can be deducted, which can help these households qualify for higher SNAP benefits. A wide range of allowable deductions are available, including health insurance premiums and copayments, prescription drug costs, dental and hearing costs, and transportation to medical appointments.²⁰ Some states allow additional expenses not listed in federal regulations, such as home modifications and alternative therapies.

Many older adults face significant out-of-pocket medical costs,²¹ but only 14 percent of SNAP households with at least one adult age 60 or older claimed the medical expense deduction in FY 2022. One of the potential reasons why

the share claiming the medical deduction is so low is that medical expenses must be verified. To reduce the administrative burden on caseworkers and SNAP participants, some states use a standard medical deduction (set amount) when participants can prove medical expenses over \$35.

A critical program for older adults

SNAP is an essential federal nutrition program that helps millions of older households put food on the table. A countercyclical program, SNAP is designed to expand when the economy weakens and contract when the economy strengthens. The program took on heightened importance during the COVID-19 pandemic, and SNAP participation remained elevated in FY 2022, likely due to factors such as high food prices caused by inflation and continued emergency allotments in most states that increased benefits for participants. As of FY 2022, 9.9 million households with adults ages 50 and older participated in SNAP, an increase of 1.2 million households since 2019.

Appendix: State-Level Tables

TABLE 1
SNAP Enrollment Among Households With Adults Ages 50 and Older, FY 2022

State	Total SNAP Households (all ages)	Total SNAP Households with Adult(s) 50+	SNAP Households with Adult(s) 50–59	SNAP Households with Adult(s) 60+	Share of All SNAP Households with Adult(s) 50+
Alabama	372,425	174,575	76,940	101,025	46.9%
Alaska	24,668	12,911	4,817	8,428	52.3%
Arizona	376,058	160,752	66,058	99,904	42.7%
Arkansas	134,890	63,390	29,700	34,739	47.0%
California	2,504,989	1,239,803	359,482	919,290	49.5%
Colorado	271,682	116,407	47,237	70,984	42.8%
Connecticut	212,356	110,351	36,985	74,920	52.0%
Delaware	55,873	26,607	10,643	15,964	47.6%
District of Columbia	90,330	42,089	19,381	22,708	46.6%
Florida	1,550,769	852,163	251,193	616,220	55.0%
Georgia	783,694	323,957	122,422	207,788	41.3%
Hawaii	81,704	48,183	18,504	30,142	59.0%
Idaho	60,507	25,946	8,724	17,673	42.9%
Illinois	1,028,197	450,508	170,962	290,647	43.8%
Indiana	285,276	124,798	50,097	76,952	43.7%
Iowa	136,894	57,384	25,669	32,810	41.9%
Kansas	91,473	39,229	17,014	22,667	42.9%
Kentucky	246,244	113,073	48,142	67,216	45.9%
Louisiana	389,560	161,732	64,829	99,613	41.5%
Maine	87,053	48,670	18,256	32,021	55.9%
Maryland	334,357	165,214	76,955	89,109	49.4%
Massachusetts	585,398	303,292	97,405	211,822	51.8%
Michigan	699,398	341,861	139,617	208,836	48.9%
Minnesota	221,851	104,463	37,235	68,564	47.1%
Mississippi	200,559	89,235	35,417	55,219	44.5%
Missouri	296,276	137,406	51,095	88,421	46.4%
Montana	44,435	22,812	7,753	15,618	51.3%
Nebraska	72,393	28,915	12,884	16,478	39.9%
Nevada	233,844	100,712	33,607	68,677	43.1%
New Hampshire	34,694	16,402	5,920	10,618	47.3%
New Jersey	440,186	224,490	62,104	167,210	51.0%
New Mexico	258,863	103,574	45,091	60,252	40.0%
New York	1,546,273	873,968	294,648	594,655	56.5%
North Carolina	785,151	345,257	136,423	213,458	44.0%
North Dakota	22,759	9,558	4,214	5,551	42.0%
Ohio	739,824	388,526	153,922	243,907	52.5%
Oklahoma	292,871	120,933	58,225	65,207	41.3%
Oregon	367,609	179,375	70,740	112,379	48.8%
Pennsylvania	920,195	478,044	168,080	320,667	52.0%
Rhode Island	81,208	44,029	14,280	30,299	54.2%
South Carolina	299,123	137,447	51,752	88,264	45.9%
South Dakota	33,143	13,922	5,556	8,883	42.0%
Tennessee	369,890	163,279	81,183	85,871	44.1%
Texas	1,490,212	615,113	238,656	381,586	41.3%
Utah	72,659	24,762	11,410	13,570	34.1%
Vermont	39,619	22,551	7,672	15,088	56.9%
Virginia	394,411	184,112	78,623	108,488	46.7%
Washington	489,839	237,034	89,648	150,460	48.4%
West Virginia	159,268	86,312	41,107	48,903	54.2%
Wisconsin	368,683	163,831	66,279	100,458	44.4%
Wyoming	13,752	5,527	3,060	2,509	40.2%
Guam	12,849	5,156	2,140	3,311	40.1%
Virgin Islands	11,134	5,365	1,989	3,503	48.2%
United States	20,717,369	9,935,004	3,631,749	6,499,552	48.0%

Note: SNAP households with adults 50+, 50–59, and 60+ refer to households with at least one eligible adult 50+, 50–59, and 60+, respectively.

Source: AARP Public Policy Institute analysis of SNAP quality control data, FY 2022.

TABLE 2
Characteristics of SNAP Households with Adults Ages 50 and Older, FY 2022

State	Average Household Size	Share of Single-person Households	Average Gross Monthly Household Income	Share of Households in Poverty*
Alabama	1.3	80.9%	\$ 889	79.5%
Alaska	1.4	79.7%	\$1,093	69.8%
Arizona	1.4	76.5%	\$ 863	75.2%
Arkansas	1.3	72.9%	\$ 772	86.7%
California	1.3	71.1%	\$1,075	64.3%
Colorado	1.4	50.5%	\$ 992	65.2%
Connecticut	1.2	83.2%	\$1,021	63.9%
Delaware	1.3	76.8%	\$ 918	72.9%
District of Columbia	1.2	80.1%	\$ 871	76.1%
Florida	1.3	81.6%	\$ 934	72.2%
Georgia	1.3	79.6%	\$1,020	67.7%
Hawaii	1.3	58.5%	\$ 814	90.6%
Idaho	1.2	85.1%	\$ 946	76.2%
Illinois	1.3	82.0%	\$1,018	66.1%
Indiana	1.3	80.3%	\$ 827	82.5%
Iowa	1.3	81.0%	\$ 988	66.9%
Kansas	1.3	61.3%	\$ 893	80.9%
Kentucky	1.4	57.0%	\$ 802	83.8%
Louisiana	1.3	80.6%	\$ 830	80.3%
Maine	1.3	65.6%	\$1,126	58.3%
Maryland	1.2	85.4%	\$1,019	66.7%
Massachusetts	1.3	80.6%	\$1,122	63.7%
Michigan	1.3	55.3%	\$1,095	64.6%
Minnesota	1.3	83.6%	\$1,079	65.1%
Mississippi	1.3	82.2%	\$ 885	79.9%
Missouri	1.3	55.4%	\$ 900	76.9%
Montana	1.3	63.4%	\$ 974	74.0%
Nebraska	1.3	57.4%	\$ 908	73.9%
Nevada	1.3	83.0%	\$ 989	64.9%
New Hampshire	1.2	60.3%	\$1,020	70.1%
New Jersey	1.3	75.6%	\$1,044	69.0%
New Mexico	1.4	79.0%	\$ 874	79.5%
New York	1.3	78.3%	\$1,011	72.0%
North Carolina	1.2	56.2%	\$1,027	62.8%
North Dakota	1.3	82.7%	\$ 963	67.0%
Ohio	1.3	78.6%	\$1,002	70.8%
Oklahoma	1.4	51.3%	\$ 835	80.4%
Oregon	1.3	82.8%	\$1,122	58.9%
Pennsylvania	1.3	80.7%	\$1,122	60.9%
Rhode Island	1.1	63.5%	\$1,019	64.1%
South Carolina	1.3	64.7%	\$ 900	73.0%
South Dakota	1.5	75.3%	\$ 942	73.7%
Tennessee	1.4	77.9%	\$ 827	83.6%
Texas	1.4	78.8%	\$ 745	81.3%
Utah	1.3	83.1%	\$ 765	83.2%
Vermont	1.3	62.0%	\$1,221	51.0%
Virginia	1.3	79.7%	\$ 915	71.9%
Washington	1.2	83.4%	\$1,001	68.4%
West Virginia	1.4	55.9%	\$ 936	72.1%
Wisconsin	1.2	63.3%	\$1,161	57.3%
Wyoming	1.3	80.4%	\$ 886	80.1%
Guam	1.9	59.4%	\$ 879	76.0%
Virgin Islands	1.5	74.8%	\$ 704	79.2%
United States	1.3	74.8%	\$ 984	70.0%

* Under the federal poverty level, which was \$13,590 a year for a one-person household in 2022.

Source: AARP Public Policy Institute analysis of SNAP quality control data, FY 2022.

TABLE 3
Benefits among SNAP Households with Adults Ages 50 and Older, FY 2022

State	Average SNAP Benefit*	Average SNAP Benefit including Emergency Allotments (EAs)	Share Receiving Maximum SNAP Benefit (%)*	Share Receiving Minimum SNAP Benefit (%)*
Alabama	\$175	\$339	19.2%	13.3%
Alaska	\$277	\$504	28.9%	22.4%
Arizona	\$183	\$282	30.5%	21.1%
Arkansas	\$176	\$176	21.4%	11.9%
California	\$184	\$352	30.6%	13.8%
Colorado	\$192	\$361	29.3%	14.8%
Connecticut	\$214	\$353	43.2%	11.8%
Delaware	\$191	\$350	22.0%	18.2%
District of Columbia	\$153	\$318	23.4%	19.4%
Florida	\$182	\$182	22.6%	13.6%
Georgia	\$155	\$271	17.5%	23.4%
Hawaii	\$456	\$622	21.5%	0.2%
Idaho	\$141	\$141	12.3%	14.1%
Illinois	\$171	\$338	26.2%	18.1%
Indiana	\$179	\$284	25.3%	11.6%
Iowa	\$160	\$247	23.5%	20.9%
Kansas	\$174	\$337	18.8%	9.6%
Kentucky	\$175	\$284	20.7%	12.1%
Louisiana	\$180	\$342	23.6%	12.3%
Maine	\$177	\$340	28.0%	16.5%
Maryland	\$143	\$322	22.3%	27.9%
Massachusetts	\$208	\$351	33.1%	11.5%
Michigan	\$180	\$343	26.6%	19.4%
Minnesota	\$152	\$337	15.7%	20.9%
Mississippi	\$142	\$189	12.5%	15.2%
Missouri	\$181	\$181	20.3%	8.8%
Montana	\$183	\$183	24.1%	14.1%
Nebraska	\$185	\$185	21.2%	9.7%
Nevada	\$153	\$331	25.5%	26.8%
New Hampshire	\$181	\$337	27.0%	9.1%
New Jersey	\$214	\$358	28.3%	11.1%
New Mexico	\$197	\$354	27.4%	11.1%
New York	\$242	\$375	52.8%	7.6%
North Carolina	\$161	\$325	23.3%	25.5%
North Dakota	\$203	\$203	22.8%	9.6%
Ohio	\$184	\$346	24.3%	17.0%
Oklahoma	\$194	\$361	21.5%	11.2%
Oregon	\$166	\$335	23.8%	22.8%
Pennsylvania	\$186	\$346	25.4%	19.6%
Rhode Island	\$187	\$323	33.0%	12.2%
South Carolina	\$167	\$340	17.3%	17.0%
South Dakota	\$253	\$253	34.0%	2.2%
Tennessee	\$183	\$232	21.3%	12.3%
Texas	\$184	\$352	23.5%	13.5%
Utah	\$188	\$337	31.8%	7.3%
Vermont	\$212	\$366	34.3%	8.5%
Virginia	\$161	\$336	20.9%	16.2%
Washington	\$163	\$322	22.9%	15.7%
West Virginia	\$155	\$348	20.7%	24.3%
Wisconsin	\$137	\$323	19.4%	27.9%
Wyoming	\$200	\$283	20.8%	10.5%
Guam	\$475	\$655	37.1%	0.9%
Virgin Islands	\$338	\$491	34.7%	6.4%
United States	\$185	\$321	27.3%	15.5%

* Does not include emergency allotments.

Source: AARP Public Policy Institute analysis of SNAP quality control data, FY 2022.

- 1 “Definitions of Food Insecurity,” US Department of Agriculture, <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>.
- 2 Laura J. Samuel et al., “Does the Supplemental Nutrition Assistance Program Affect Hospital Utilization among Older Adults? The Case of Maryland,” *Population Health Management* 21, no. 2 (April 2018): 88–95, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5906726/>.
- 3 “SNAP Data Tables,” US Department of Agriculture, <https://www.fns.usda.gov/pd/supplemental-nutrition-assistance-program-snap>.
- 4 The Families First Coronavirus Response Act of 2020 allowed states to provide emergency allotments through February 2023, although some states stopped providing them earlier. The Consolidated Appropriations Act of 2021 temporarily increased SNAP benefits from January through June 2021, and the American Rescue Plan Act of 2021 extended these temporary increases through September 2021.
- 5 Emergency allotments were still in place for 45 states and territories at the start of FY 2022 and for 36 states by the end of FY 2022.
- 6 Although the US Department of Agriculture defines *elderly* as ages 60 and older, this *Fact Sheet* generally uses the term *older* to refer to adults ages 50 and older. Throughout the paper, references to households with older adults mean SNAP households with at least one older adult.
- 7 For individuals who are ages 60 and older and unable to purchase food and prepare meals separately because of a permanent disability, the person and the person’s spouse may be considered a separate SNAP household if the others they live with have income that is no more than 165 percent of the federal poverty level.
- 8 While most households with older adults are single-person households, some households have two or more people, raising the average to 1.3 persons per household.
- 9 Brynne Keith-Jennings and Raheem Chaudhry, “Most Working-Age SNAP Participants Work, but Often in Unstable Jobs,” Center on Budget and Policy Priorities, March 15, 2018, <https://www.cbpp.org/research/food-assistance/most-working-age-snap-participants-work-but-often-in-unstable-jobs>.
- 10 In FY 2019, about 16 percent of SNAP participants ages 50 to 59 were reported to be working.
- 11 Alisha Coleman-Jensen and Mark Nord, “Disability Is an Important Risk Factor for Food Insecurity,” US Department of Agriculture, Economic Research Service, May 6, 2013, <https://www.ers.usda.gov/amber-waves/2013/may/disability-is-an-important-risk-factor-for-food-insecurity#:~:text=Not%20only%20is%20food%20insecurity,than%20other%20food%20insecure%20households>.
- 12 Disability data likely undercount the true number of individuals with disabilities because disability is identified based on receipt of Supplemental Security Income or a combination of hours worked, work registration status, receipt of Social Security, veterans’ benefits, or workers’ compensation, and/or unit medical expense deduction. Many people with disabilities do not receive such benefits and are therefore not counted as having disabilities in the data set.
- 13 As reported here, all racial categories (White, Black, Asian and American Indian/Alaska Native) do not include those who report Hispanic ethnicity. For example, “Black” refers to “non-Hispanic Black.” Those identifying as Hispanic and another race are reported as “Hispanic.”
- 14 Alaska, Arizona, Georgia, Iowa, Indiana, Kentucky, Mississippi, Tennessee, and Wyoming returned to normal benefits during FY 2022.
- 15 Net income refers to gross income minus allowable deductions. For example, elderly or disabled members may deduct medical expenses that are over \$35 for the month. More information on deductions is available at “SNAP Eligibility,” US Department of Agriculture, October 1, 2021, <https://www.fns.usda.gov/snap/recipient/eligibility>.
- 16 The maximum benefit is higher in Alaska, Guam, Hawaii, and the Virgin Islands because of higher cost of living. See “Cost of Living Adjustment (COLA) Information,” US Department of Agriculture, <https://www.fns.usda.gov/snap/allotment/COLA>.
- 17 “Food Insecurity among the Overall Population in the United States,” Feeding America, 2024, <https://map.feedingamerica.org/>.
- 18 The minimum benefit is higher in Alaska, Guam, Hawaii, and the Virgin Islands because of higher cost of living. See “Cost of Living Adjustment (COLA) Information,” US Department of Agriculture, <https://www.fns.usda.gov/snap/allotment/COLA>.
- 19 Based on the minimum SNAP benefit in FY 2022 (\$20 per month) and average meal cost in 2022 (\$3.99).
- 20 “Maximizing the SNAP Medical Expense Deduction,” National Council on Aging, December 2, 2020, <https://www.ncoa.org/article/snap-medical-expense-deduction>.
- 21 Claire Noel-Miller, “Medicare Beneficiaries’ Out-of-Pocket Spending for Health Care,” AARP Public Policy Institute, December 15, 2021, <https://www.aarp.org/pri/topics/health/coverage-access/medicare-beneficiaries-out-of-pocket-spending-for-health-care/>.

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