Students face many non-academic challenges. Many students earn low to moderate incomes, work part-time, are financially independent from their parents, and experience food insecurity. Students’ access to SNAP (Supplemental Nutrition Assistance Program) is critical because food insecurity is one of the greatest threats to student health, wellbeing, and academic success—especially for community college students.

Why is college important?

Despite rising college costs, the rate of students from low-income households who enroll in college continues to increase. This trend reflects an understanding that well-paying jobs require credentials beyond high school and that—in the long term—lifetime earning potential is higher for college graduates than it is for high school graduates.

Today’s college students come from diverse racial, economic, and social backgrounds, with varying degrees of responsibility. Black college students are the most likely to be parents (33 percent), and Black women (two in five of whom are mothers) are more likely than women from other backgrounds to be raising children while in college. Seventy-five percent of students with incomes less than $20,000 are financially independent from their parents, compared to 51 percent of all students. For students with low incomes, affording basic needs, such as food, is quite difficult.

Who are college students?

Characteristics of Today’s College Students

SNAP can reduce food insecurity among college students

Food insecurity is associated with a range of negative health consequences that interfere with student’s ability to attend and complete college. SNAP provides nutrition assistance to people with low incomes. SNAP, with other public benefits, can increase students’ financial stability and improve their likelihood of completing degrees or certificates. People qualify for SNAP by meeting income, asset, and immigration status requirements. Many students may be eligible for SNAP benefits, but less than half of potentially eligible students are enrolled.
The federal Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) provides nutrition assistance to low-income individuals and families. SNAP is critical because food insecurity is one of the greatest threats to health, wellbeing, and academic success for low-income college students. This graphic illustrates how—once meeting the regular eligibility requirements—students* can qualify for SNAP through one of these additional criteria.

1. Meets income and asset limits
2. Meets household qualifications
3. Meets immigration status requirements
4. Enrolled in an institution of higher education

*If enrolled at least half-time, may qualify for SNAP through any ONE of these criteria:

- Responsible for a dependent child under the age of 6
- Responsible for a dependent child between the ages of 6 & 12 for whom you have trouble securing child care
- Works at least 20 hours a week in paid employment
- Receives Temporary Assistance for Needy Families (TANF) cash assistance or services
- Age 17 or younger or age 50 or older
- Single parent enrolled full-time & responsible for a dependent child age 12 or under
- Participates in a state or federally funded work study program
- Participates in an on-the-job training program
- In school through a state or federally approved employment and training program
- Unable to work for health reasons

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