

## SNAP AND STUDENTS: FOOD ASSISTANCE CAN SUPPORT COLLEGE SUCCESS

## By Carrie Welton & Darrel Thompson

December 2019

**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 wellpaying jobs require <u>credentials beyond high</u> <u>school</u> and that—in the long term—lifetime earning potential is higher for college graduates than it is for high school graduates.



Source: Philip Oreopoulos and Uros Petronijevic, Making College Worth It: A Review of the Returns to Higher Education.

Today's college students come from diverse racial, economic, and social backgrounds, with varying degrees of responsibility. <u>Black college</u> <u>students are the most likely to be parents</u> (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** 

Only about **1 in 4** students today attend a four-year institution immediately after high school



Source: Sara Goldrick-Rab, Jed Richardson, and Anthony Hernandez, Hungry and Homeless in College: Results from a National Study of Basic Needs Insecurity in Higher Education, Wisconsin Hope Lab, March 2017; Kathryn Larin, Food Insecurity: Better Information Could Help Eligible College Students Access Federal Food Assistance Benefits, U.S. Government Accountability Office, December 2018.

### SNAP can reduce food insecurity among college students

Food insecurity is associated with a range of <u>negative health</u> <u>consequences</u> that <u>interfere with student's ability to attend and</u> <u>complete college</u>. SNAP provides nutrition assistance to people with low incomes. SNAP, with other public benefits, can increase students' financial stability <u>and improve their likelihood of</u> <u>completing degrees or certificates</u>. 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.



**57 percent** of potentially eligible students (those who have low incomes, and at least one additional risk factor for food insecurity) are not enrolled in SNAP.

# CLASP Policy solutions that work for low-income people

# COLLEGE STUDENTS MAY QUALIFY FOR SNAP

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.



clasp.org