



Access in the Aisles

SNAP Purchase Restrictions & Food Security


FEEDING[®]
KENTUCKY

Nonprofit, Partner State
Association to Feeding America



**TRI-STATE
FOOD BANK**



Mission: *Work collaboratively to
create a hunger-free Kentucky*

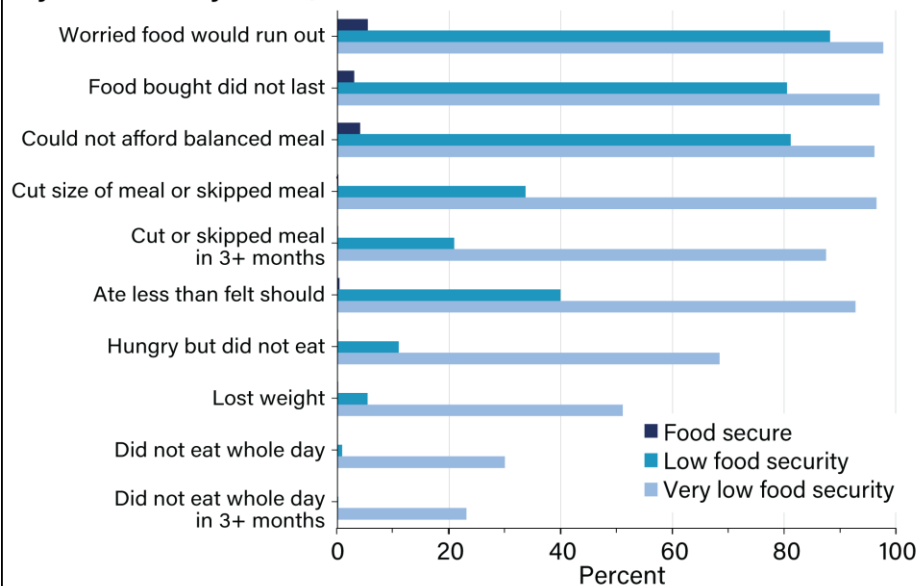
FeedingKY.org

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Food Insecurity, Defined

- **High food security:** no reported indications of food-access problems or limitations.
- **Marginal food security:** one or two reported indication. Little or no indication of changes in diets or food intake.
- **Low food security:** reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
- **Very low food security:** reports of multiple indications of disrupted eating patterns and reduced food intake.

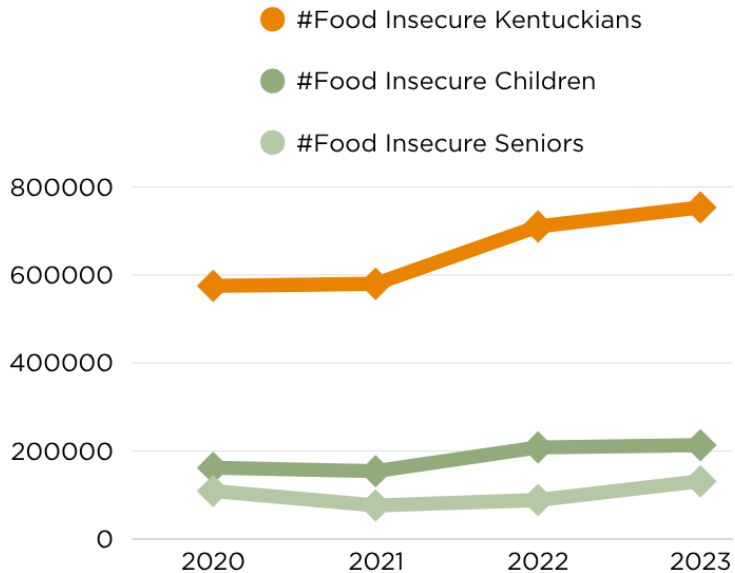
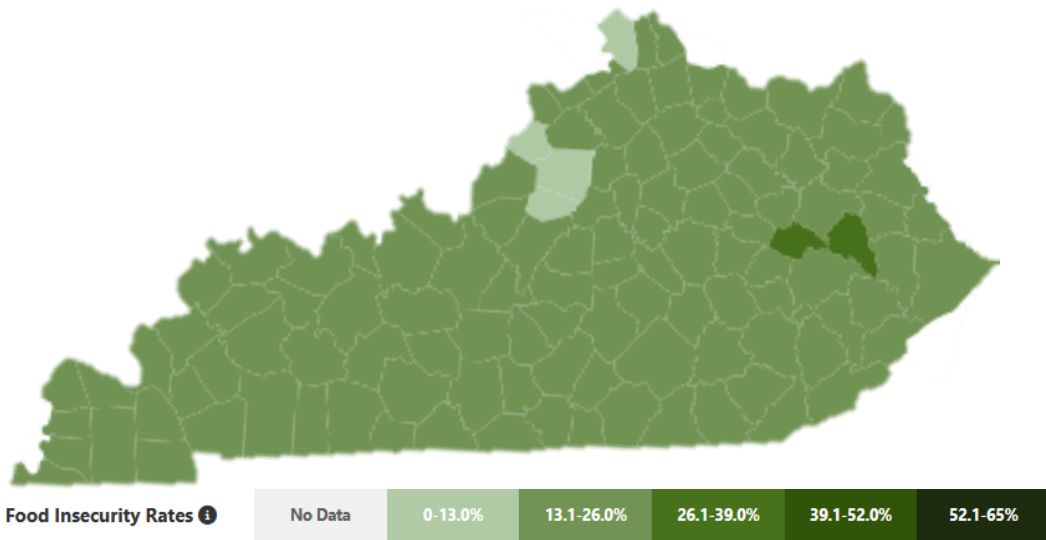
Percentage of U.S. households reporting indicators of food insecurity, by food security status, 2023

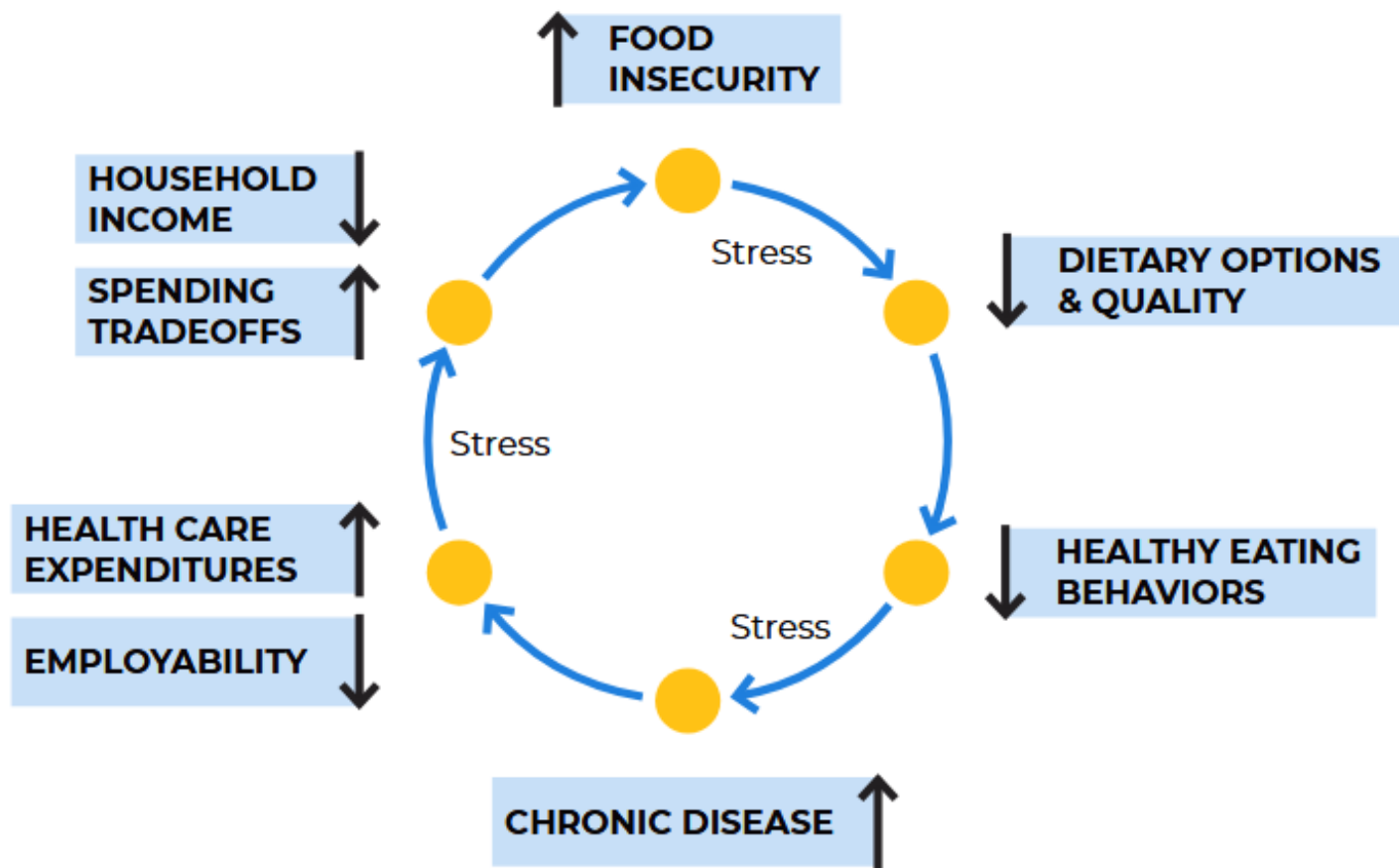


Source: USDA, Economic Research Service using U.S. Department of Commerce, Bureau of the Census, 2023 Current Population Survey Food Security Supplement data.

Map the Meal Gap 2025

- 1 in 5 Kentucky children are food insecure
- 2nd highest rate of hunger nationwide, ages 50-59
- Four counties in Kentucky rank nationally for food insecurity rates: Breathitt, Owsley, Knox, Magoffin





Adapted from Seligman, H. K., & Schillinger, D. (2010). Hunger and socioeconomic disparities in chronic disease. *New England Journal of Medicine*, 363(1), 6-9. and Feeding America. (2022, May 5). Understand Food Insecurity. Hunger and Health. Retrieved August 8, 2022, from <https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>



**Hunger doesn't have a zip code.
Food access does.**



Food Deserts, Defined

- **National Institute of Health** defines a “food desert” as a **neighborhood or community that has limited access to affordable, nutritious foods**
- Not just an urban problem, acutely affects rural areas as well

THE PUBLIC HEALTH EFFECTS OF FOOD DESERTS



WORKSHOP SUMMARY

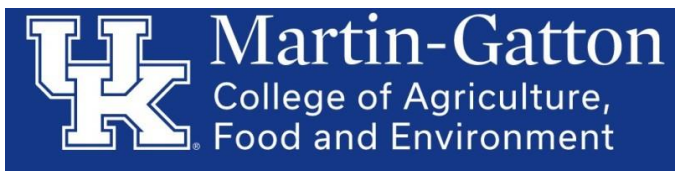
INSTITUTE OF MEDICINE AND
NATIONAL RESEARCH COUNCIL
OF THE NATIONAL ACADEMIES

Food Access, Proximity, and Affordability

- An estimated **1/3 of America must travel more than 10 miles to access fresh produce**
- **Preference** is not the only factor for consumer choice, nor is **proximity**, **affordability** has a role
 - Moving into the 21st century, the cost of fruits, vegetables, dairy, and meat was relatively constant (inflation adjusted), but the cost of products like chips and sodas plummeted, shifting consumer choice

UK CES Community Needs Assessment

- Between August-December 2023, statewide survey of 8,630 Kentuckians analyzed perceptions of what education is needed in communities



Category	Description	# of Respondents	% of Total
Food Access, Nutrition & Healthy Eating	Practical education and support on topics related to hunger and food insecurity; food banks and pantries; nutrition education and access to healthy food; education on growing, preserving, and canning food; etc.	1,050	12.17
Public Assistance	Comments related to the need for public and community assistance to address poverty, disaster recovery, child nutrition, single parents, etc.	496	5.75

SNAP Overview, (CHFS June 2025 Data)

- There are over **562,000 Kentuckians** participating, most only on the program for **6-9 months**
- Average benefit is **\$174/month** for an individual, **\$370/month** for a household
- SNAP provides an estimated **\$1.54 of economic impact for every \$1 spent in KY**, with **\$1.2b injected in local economies in 2024**
- **Provides 9 meals for every 1 that a food bank does.**



**Supplemental
Nutrition
Assistance
Program**

Lexington Mobile Market

- Great option for expanding food access reach
- Coordinated by God's Pantry Food Bank, brings Kroger Neighborhood Markets to communities, emphasizing local produce
- Accepts SNAP in addition to credit/debit cards



The Healthy Incentives Pilot, 2011-2012

- Operated in 55,000 urban, rural, and suburban Massachusetts households
- Tested how to make fruits/vegetables more affordable for SNAP participants
- For every \$1.00 spent on target fruits/veggies (TFV's), participants received a \$0.30 incentive on their EBT card



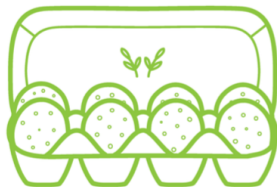
HIP Findings

- Increased TFF consumption, a statistically significant **26% increase** over non-HIP participants
 - HIP households spent more SNAP benefits than non-HIP households on TFF's, **average earned incentive of \$3.65/month**
- Retailers reported HIP purchases were easy to process, over **90% reported no change in check-out time**



KENTUCKY

DOUBLE DOLLARS



**1,000+ FARMERS
SERVED ANNUALLY**



**80 LOCATIONS
AND GROWING**



**14% SALES
INCREASE PER
FARMER**



**40% INCREASE
IN ON-FARM
EMPLOYMENT**



**\$4.56 MILLION
ECONOMIC
IMPACT SINCE 2017**

SNAP FRUIT AND VEGETABLE



- Up to \$12 per person per day
- Valid at participating farmers markets and community markets
- Matches amount that SNAP customers spend at the market
- Valid for Kentucky-grown fruits and vegetables, edible herbs, and plant starts

SNAP MEAT, EGGS, AND DAIRY



- Up to \$8 per person per day
- Valid at participating farmers markets and community markets
- Matches amount that SNAP customers spend at the market
- Valid for Kentucky-grown fruits and vegetables, edible herbs, and plant starts

RETAIL



- Up to \$10 per person per day
- Given with any \$10 SNAP purchase
- Valid at participating retail stores
- Valid for Kentucky-grown fruits and vegetables, edible herbs, and plant starts

WIC & SENIORS FARMERS' MARKET NUTRITION PROGRAM



- Up to \$16 per person per market season
- Valid at participating farmers markets
- Given to participants in WIC and Seniors Farmers' Market Nutrition Program
- Valid for Kentucky-grown fruits and vegetables, edible herbs, and plant starts

Frankfort & SNAP Sustainability



- **Thrifty Food Plan**
 - Previously, benefits only scaled with inflation, but that changed in Oct. 2021. Expected to decrease benefits from \$5.20/day average to \$4.80/day average.
 - The TFP increased benefits based off a cost-effective, nutritious diet, recognizing that healthier options often cost more
- **SNAP Education Outreach**
 - Provided nutrition curricula for participants
- **Nutrition Incentives**
- **Fully funding any future cost shift**

FKY Statewide Hunger Study

- In partnership with the **Cabinet for Health & Family Services** and our network of food banks, we are hosting the first statewide **Hunger Study** in over 10 years.
- Interviewing hundreds of hungry Kentuckians, we hope to not just understand how many are going without, but why.
 - Food deserts and transportation impacts
 - Socioeconomic status
 - Mental and physical health
 - Diet and exercise
 - Economic trade-offs



Hunger is not just a matter of policy.
It's also a matter of priority.

