



SNAP PARTICIPANTS' BARRIERS TO HEALTHY EATING



88% of SNAP participants report facing challenges to a healthy diet



61% reported cost of healthy foods as a barrier

SNAP participants who struggled to afford healthy foods were **more than 2x as likely** to experience food insecurity.

OTHER CHALLENGES TO EATING A HEALTHY DIET



Time to prepare meals from scratch | **30%**



Physical disability or limitations | **15%**



Transportation to the grocery store | **19%**



Storage for fresh or cooked foods | **14%**



Distance to the grocery store | **18%**



Kitchen equipment | **11%**



Knowledge about healthy foods | **16%**



Cooking skills | **11%**