

2021 SNAP Match Survey Results

September 2022

Fruit and Vegetable Incentives Program



About the Survey: In June 2021 the Department of Health launched the SNAP Match Survey online to gather fruit and vegetable consumption, food security, health, and demographic information about SNAP Match participants aged 18 years and older. The cross-sectional survey is an annual requirement as part of the U.S. Department of Agriculture’s Gus Schumacher Nutrition Incentive Program (GusNIP) grant. Survey respondents were recruited through a direct mailer – the mailer was sent to households who used SNAP in June 2021 in select areas of Washington state. The survey was available in English, Spanish, Russian, and Vietnamese.

About SNAP Match Programs: [SNAP Match](#) programs increase the purchasing power for people who use Supplemental Nutrition Assistance Program (SNAP) benefits to buy more fruits and vegetables at participating farmers’ markets, farm stands, and grocery stores.

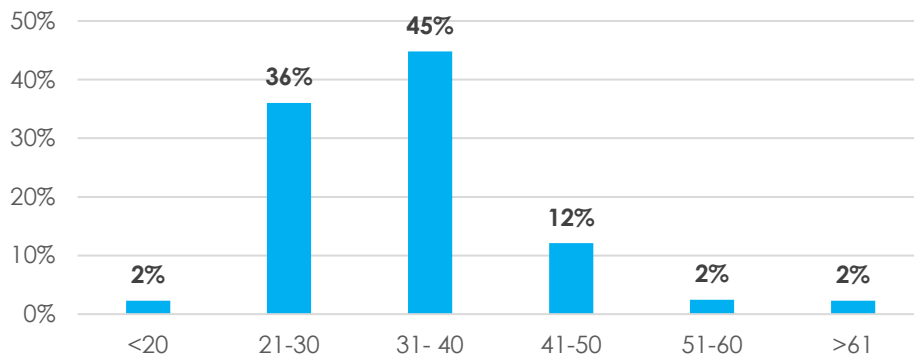
Key Findings:

- Most respondents (63%) agreed their household had more money to spend on food because of SNAP match programs.
- Most respondents (74%) reported experiencing some level of food insecurity.
- Respondents who used SNAP Match programs for more than 6 months reported higher fruit intake (1.11 cup equivalents daily) and higher vegetable intake (1.87 cup equivalents daily), compared to the reported average fruit intake (.96 cup equivalents daily) and vegetable intake (1.57 cup equivalents daily) among U.S. adults.
- Of those who used SNAP Match programs for more than 1 year, 73% had a positive experience with the program.

SURVEY RESPONDENTS

4,190 individuals completed the survey across the state. 37% of respondents were from King County, 10% from Pierce County, 10% from Spokane County, 8% from Snohomish County, 6% from Clark County, 5% from Thurston County. Garfield County was the only county in which no individuals participated in the survey.

Age



Gender

Gender	Percent
Female	51%
Male	47%
Non-binary/third gender	1%
Prefer not to answer	1%

Race and Ethnicity

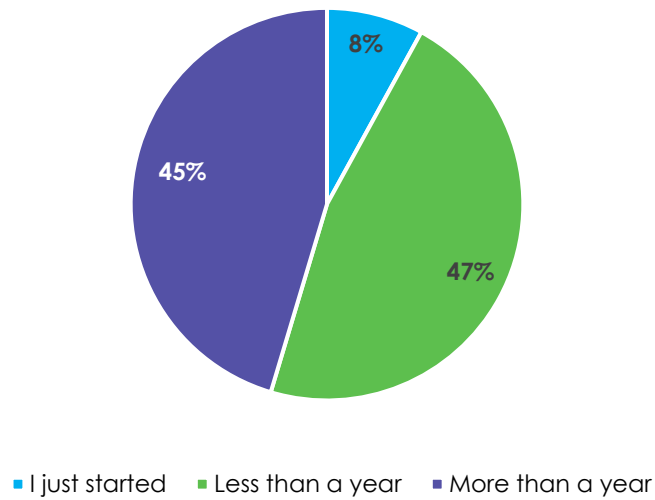
Race/Ethnic Background	Percent
American Indian or Alaska Native	5%
Asian	4%
Black or African American	26%
Native Hawaiian	2%
Pacific Islander	2%
White	57%
don't know/not sure	0%
Prefer not to answer	3%

Hispanic, Latino/a or Spanish Origin	Percent
Yes	24%
No	72%
Prefer not to answer	4%

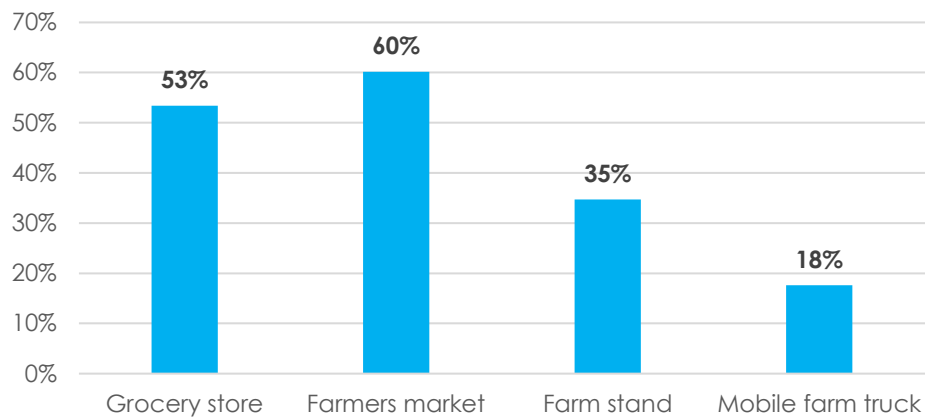
Survey Findings

Use of Food Assistance Programs

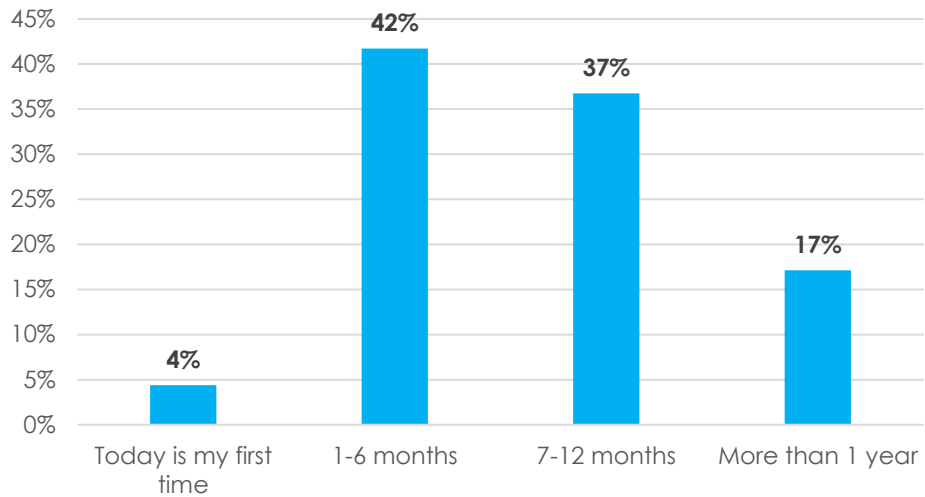
Almost half of the respondents used SNAP for less than one year.



Respondents used SNAP Match programs at a variety of locations.



Most respondents have used SNAP Match programs from 1 to 12 months.



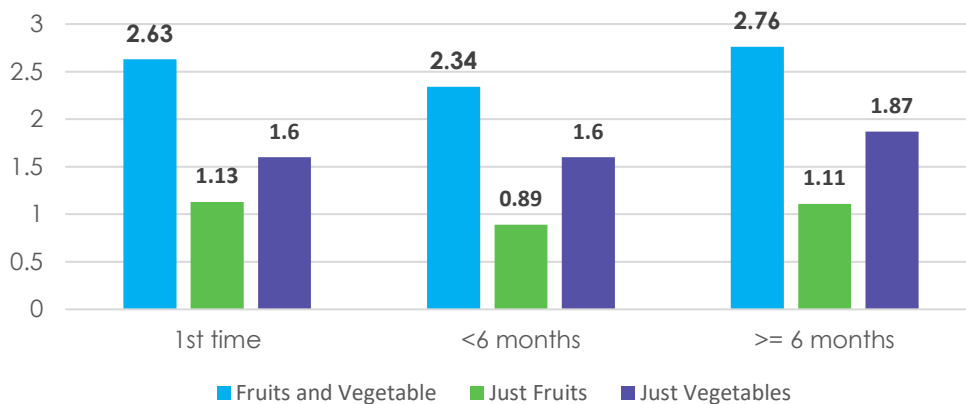
Experience with the SNAP Match Programs

- 64% of survey overall respondents had a positive experience with SNAP match programs. Of those who used SNAP Match programs for more than 1 year, 73% had a positive experience with the program.
- 63% of respondents agree their household has more money to spend on food because of SNAP match programs.
- 62% of respondents agree that their household has more money to spend on other daily needs.

Fruit and Vegetable Consumption

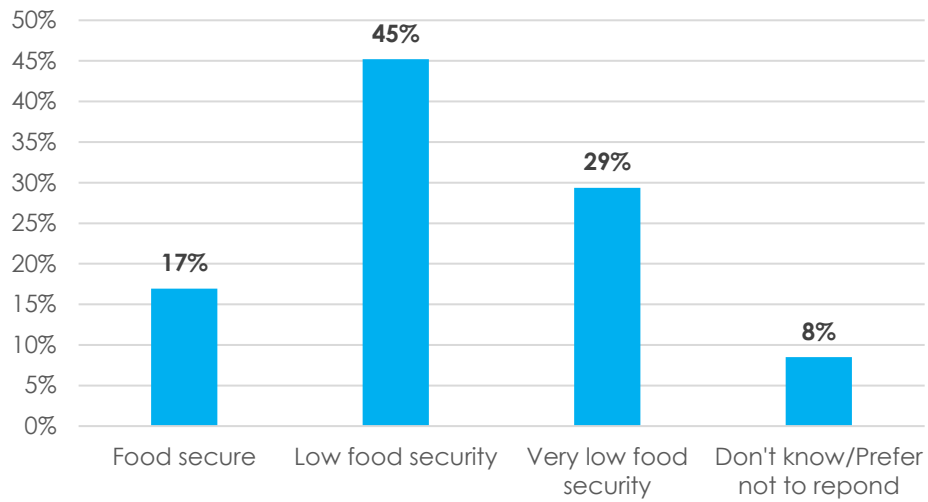
- Respondents who used the SNAP Match programs more than 6 months reported the highest level of fruit and vegetable consumption combined.

Average daily fruit and vegetable intake (cup equivalents) by program participation length



Food Security

Most survey respondents (74%) reported some level of food insecurity.



General Health

Respondents self-reported their health status.

- 26% reported their health was good.
- 44% reported their health was very good or excellent.
- 28% reported their health was fair or poor.

Nutrition Education and Food Assistance Programs

Respondents participated in nutrition education through various organizations in the prior year.

- 34% of respondents participated in nutrition education through a **community organization**.
- 30% of respondents participated in nutrition education through a **food bank**.
- 25% of respondents participated in nutrition education through a **local WSU (Washington State University) extension office**.
- 23% of respondents participated in nutrition education through a **health clinic**.
- 22% of respondents participated in nutrition education through **WIC (Women, Infants, and Children)**.
- 18% of respondents participated in nutrition education through a **local health department**.
- 5% of respondents participated in nutrition education through a **school**.

Respondents used a variety of other food assistance programs in the prior year.

- 40% of respondents used **Free / reduced price lunch or Pandemic (P-EBT)**
- 34% of respondents used **WIC Farmers Market Nutrition Program (WIC FMNP)**
- 30% of respondents used **Food pantries**
- 26% of respondents used **WIC (Women, Infants, and Children)**
- 21% of respondents used **Senior Farmers Market Nutrition Program (Senior FMNP)**

SNAP Match programs are supported in part by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2020-70030-33180.

If you have any questions, please email FVIP@doh.wa.gov or visit doh.wa.gov/SnapMatchPrograms to learn more.



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