

# MA Families Share Harm If Congress Cuts SNAP



## HARMS HEALTH



- **Veteran, age 80, and wife in Springfield:** “We have diabetes and I have heart issues. With SNAP we are able to buy healthy food for our conditions. We would be forced to buy food that is cheaper, food pantries offer food that is high in sugar and sodium.”
- **Older adult in the North Shore:** “SNAP allows me to eat better instead of relying on frozen meals like lean cuisines. I can include fish, more fresh fruits and produce...I’m 67 and it’s important to watch what I eat to prevent health issues....if SNAP is cut I can’t eat better.”
- **Woman who gets SNAP with her partner, both working, in Worcester:** “If SNAP is reduced it forces me to buy a lot less protein sources and unfortunately more unhealthy food so I can stretch it out for the month.”
- **Mom of 2 in Worcester:** “Healthy food is more expensive. A cut would mean we have to cut down on healthy stuff and snacks for my children and myself. The choice would be to pay out of pocket for healthy stuff, or put gas in my vehicle so I can work.”

## HARMS KIDS



- **Mom of young child in Fall River:** “Cuts would impact the way I shop for food and my budget on what I buy. My child needs to have healthy fresh food to grow.”
- **Mom of 15-year-old daughter in Western MA:** “I am limited with funds, the food stamps help so much, especially snacks for school for my daughter. My daughter is 15, and growing!! Cutting SNAP would hurt.”

## FORCES IMPOSSIBLE TRADE-OFFS



- **Worker in Fall River:** “A cut would add a strain on my budget for sure. The money needed to supplement the month’s food expense would make it more difficult to keep up with my bills.”
- **Mom of 2, ages 6 and 7, in Central MA:** “SNAP already isn’t enough, I still need to go to the food pantry or skip meals so my daughters’ meals can stretch further. The only bill I am able to manage always is my rent but I am behind on my electric bill, my phone bill, and my car payment. I work 40 hours a week which is as much as I possibly can with also being a single mother....I am also currently in school trying to get my bachelors to hopefully be able to afford everything some day. SNAP is such a blessing to my family it helps tremendously, don’t cut it.”