



WIC VS. SNAP: WHAT'S THE DIFFERENCE?

During the government shutdown, both programs face uncertainty, but they're not the same. WIC and SNAP work together to help families afford food, but they differ in how they're funded, the rules they follow, and when benefits are provided.

KEY DIFFERENCES AT A GLANCE

	WIC	SNAP
Focus	Nutrition support for pregnant people, babies, and young children.	Food access for all eligible low-income households.
How it's funded	Funded each year by Congress	Automatically funded based on how many people qualify (Note: During a government shutdown, funds may be limited because Congress must approve the money for the program.)
What it provides	Nutrition education, breastfeeding support, social service, and healthcare screenings and referrals	Helps families buy groceries
What you can buy	Specific healthy foods (like milk, eggs, fruits, and veggies)	Can be used for most food grocery items. SNAP benefits can't be used to buy alcohol, tobacco products, or non-food items.

Many families depend on both WIC and SNAP. Together, they ensure:

- Infants and toddlers get the nutrition they need to grow.
- Parents can put food on the table during tough times.
- Communities stay healthier and stronger.

WHAT'S HAPPENING NOW

- **WIC:** States are using emergency funds to keep clinics open and benefits available, but those funds are running out quickly.
- **SNAP:** If no additional emergency funds are provided, SNAP benefits will not be issued, starting November 1. However, any unspent benefits from prior months will remain available on participants' EBT cards. Some states are exploring alternative options to continue supporting SNAP families during the shutdown.

STAY INFORMED AND SPREAD THE WORD

Check with your local WIC or SNAP office for updates in your area, share this information with others, and call on Congress to fund both programs.