



New Hampshire State Commission on Aging

117 Pleasant St Dolloff Building 4th Floor
Concord NH, 03301

April 13, 2026

Re: SB 603 – Relative to the Funding of the SNAP Program by DHHS

Chairman Weyler and Members of House Finance,

The New Hampshire Commission on Aging supports SB 603. SNAP provides essential assistance to older adults in our state by reducing food insecurity and ensuring access to adequate nutrition. For many older adults living on fixed or limited incomes, SNAP is a critical resource that helps them maintain their health without having to choose between food, medication, and housing.

According to the NH Food Alliance's 2025 [New Hampshire Food and Agriculture Strategic Plan](#), **80,251 older adults** in our state are affected by food insecurity. Ensuring access to SNAP, particularly for older adults in rural areas, helps them afford nutritious food and supports their ability to remain healthy and independent.

SNAP funding also strengthens local economies by bringing federal food dollars into New Hampshire communities.

Research underscores the value of this investment. A 2017 study published in [JAMA](#) found that low-income adults who participated in SNAP **reduced their annual healthcare expenditures by approximately \$1,400**. Multiple high-quality studies have shown similar outcomes, demonstrating that SNAP participation leads to improved health and lower healthcare costs.

This testimony is respectfully submitted on behalf of the New Hampshire State Commission on Aging. The Commission is a legislative body established to advise the Governor and the General Court on issues related to aging, recognizing that New Hampshire is experiencing a rapid and lasting demographic shift toward an older population. Thoughtful policy and investments across generations will help ensure a future in which people of all ages can thrive.

Respectfully,

A handwritten signature in cursive script that reads "Lily Wellington".

Lily Wellington
Executive Director
NH State Commission on Aging