

No Relief for Texans as Food Costs Rise, Forcing Devastating Trade-Offs

Texans Choosing Between Groceries, Gas, & Utilities Amid Rising Costs; SNAP Remains a Critical Lifeline to Feed Their Kids

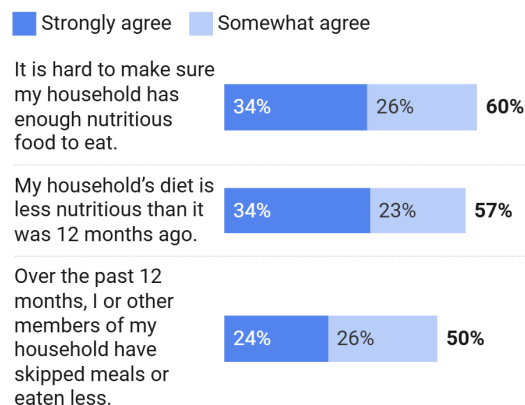
Rising Grocery Costs Damaging Finances and Forcing Trade-Offs

A new poll¹ conducted by Aspect Strategic on behalf of No Kid Hungry Texas highlights the impact of rising food prices on Texans' well-being. The vast majority (81%) say the cost of food is rising faster than their income.

Families in particular are struggling. A majority (60%) of respondents with a child ages 18 or younger in their household say it is hard to make sure their household has enough nutritious food to eat. Nearly as many (57%) say their situation is getting worse—that their household's diet is less nutritious than it was 12 months ago.

More than three-quarters (78%) of families are facing difficult choices between buying food and paying for other essentials, like choosing between food and paying for gas, a car repair, or transportation. Half (50%) of families report taking on debt or using a buy-now-pay-later program to afford enough nutritious food for their household.

Texas Families



Rising grocery costs are wreaking havoc on Texans' health and well-being. Over three-quarters (77%) say that the cost of food has caused their financial situation to suffer. 57% say their mental health has suffered, and half (52%) say their physical health and nutrition have suffered in the past 12 months due to the cost of food.

In what specific ways, if any, has the rising cost of food impacted your household?

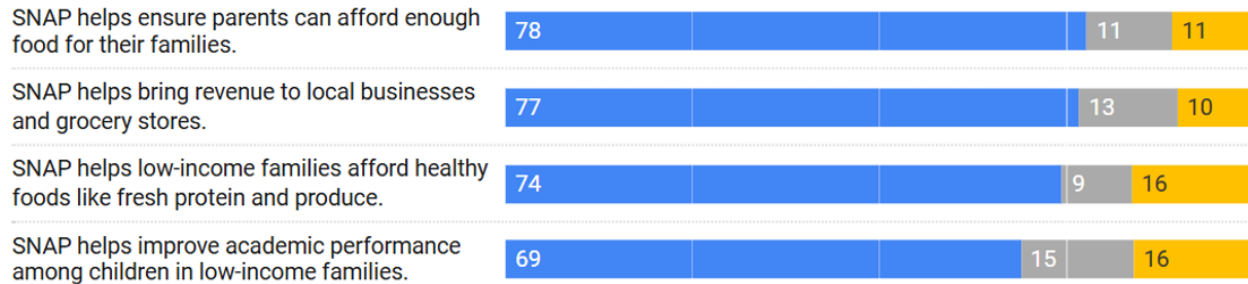


¹ Aspect Strategic used SMS messages and digital ads to recruit 1,126 survey respondents reflective of the adult population in Texas. The survey was conducted August 26th and September 3rd, 2026. The margin of error is 3.1% overall, and larger for subgroups. Post-stratification weighting was performed on age, race/ethnicity, gender, education, region, and political party identification. Weighting parameters were based on U.S. Census and voter file data. See full question text [here](#).

Widespread Belief that SNAP Helps Families and Communities Thrive

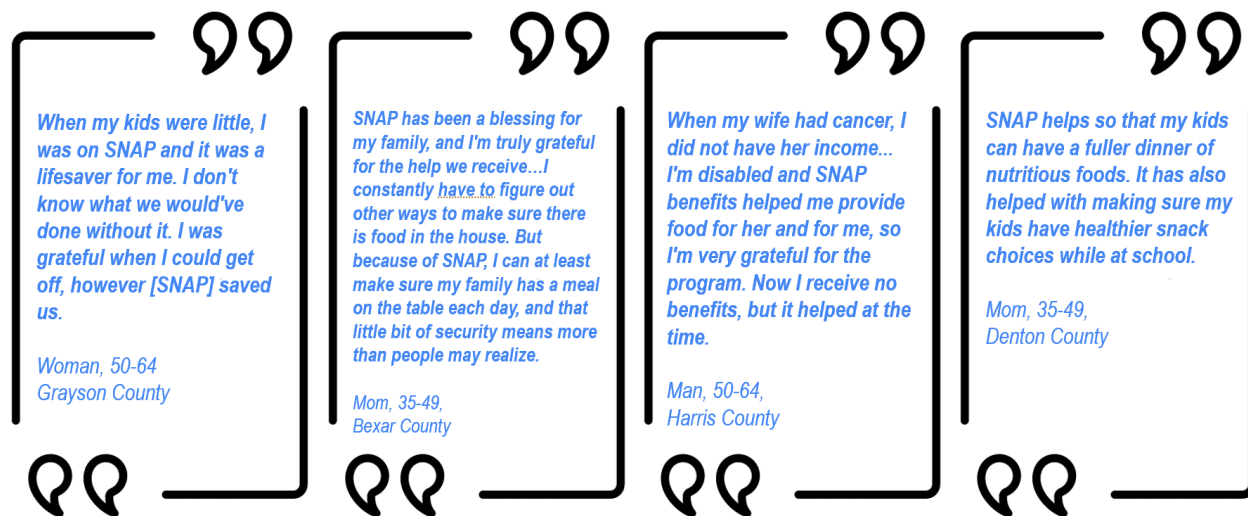
Texans say SNAP has a positive impact on low-income families and children. Three-quarters (78%) say SNAP helps parents afford enough food for their families and 74% say it helps families afford healthy, fresh food. Two-thirds (69%) say it improves academic performance among children in participating families. Beyond helping families, three-quarters (77%) of Texans also believe SNAP helps local businesses where program participants spend their benefits.

True Not sure False



Current and former SNAP participants underscored these beliefs when asked how SNAP benefits have helped them, with many expressing deep gratitude and crediting SNAP for getting their family through a difficult time in their lives.

How have SNAP grocery benefits helped you, your family, or people and businesses in your community?



Overwhelming Demand for Action on Hunger

Texans want Texas to participate in Summer EBT. The overwhelming majority (80%) of Texans say the state should participate in the federal program that allows families to receive \$120 per child in federally funded grocery benefits over the summer to purchase food for each school-age child who is eligible for free or reduced-price school meals.

Across the partisan spectrum, Texans want their elected officials to take action on hunger. Nearly all (98%) respondents agree that child hunger should not exist in Texas. The vast majority (90%) would like to see the state's elected officials do more to end childhood hunger, and 89% say school meals in Texas should be free for all students who need them.

