

Summer EBT or SUN Bucks Fast Facts

To provide you with the best science and to reduce review time, please find the following science-approved facts for use in your campaigns and materials. After each fact you will also find fast facts based on the science that can be cut and pasted word-for-word without need for additional science review. Please note that any change in wording will result in the need to run your documents through science review before release.

FACT 1

Thirty-seven states, four U.S. territories, two tribal nations, and the District of Columbia participated in Summer EBT in Summer 2024.

Fast Facts:

- ▶ A majority of U.S. states participated in Summer EBT in 2024.
- ▶ A majority of U.S. states, plus four territories, two tribal nations, and the District of Columbia opted into Summer EBT in 2024.
- ▶ Seventy-five percent of U.S. states have opted into Summer EBT so far.
- ▶ Three-quarters of U.S. states have opted into Summer EBT.

Source:

Sun Bucks (Summer EBT). Available from: <https://www.fns.usda.gov/summer/sunbucks>. Accessed Sept 26, 2024.

FACT 2

Evidence indicates that food insecurity increases and weight gain accelerates during the summer.

Fast Facts:

- ▶ During the summer, kids are more likely to experience food insecurity and gain weight more quickly.
- ▶ Food insecurity and child obesity rates increase during the summer months.
- ▶ Without access to healthy school meals, research shows that more kids experience food insecurity and gain weight more quickly.

Source:

von Hippel PT, Workman J. From kindergarten through second grade, U.S. children's obesity prevalence grows only during summer vacations. *Obesity*. 2016 Nov;24(11):2296-300. doi:10.1002/oby.21613.

Chen T -A., Baranowski T, Moreno JP, O'Connor TM, Hughes SO, Baranowski J, et al. Obesity status transitions across the elementary years: Use of Markov chain modelling. *Pediatric Obesity*. 2015 Apr 8;11(2):88-94. doi:10.1111/ijpo.12025.

Baranowski T, O'Connor T, Johnston C, Hughes S, Moreno J, Chen T-A, et al. School year versus summer differences in child weight gain: A narrative review. *Childhood Obesity*. 2014 Feb;10(1):18-24. doi:10.1089/chi.2013.0116.

Franckle R, Adler R, Davison K. Accelerated weight gain among children during summer versus school year and related racial/ethnic disparities: A systematic review. *Preventing Chronic Disease*. 2014 Jun 12;11. doi:10.5888/pcd11.130355.

FACT 3

Summer Electronic Benefit Transfer Program for Children (Summer EBT) is a new program from U.S. Department of Agriculture (USDA) that officially launched in the summer of 2024.

Fast Facts:

- ▶ The Summer EBT program, created by the USDA, is now available for all states to opt into.
- ▶ Every state can opt into the USDA's new Summer EBT program that launched in the summer of 2024.
- ▶ The USDA launched the permanent Summer EBT program in 2024.

Source:

Sun Bucks (Summer EBT). Available from: <https://www.fns.usda.gov/summer/sunbucks>. Accessed Sept 26, 2024.

FACT 4

In a bipartisan effort to close the summer hunger gap, Congress passed legislation in late 2022, making Summer EBT the first new federal nutrition program in decades.

Fast Facts:

- ▶ For the first time in decades, Congress passed a new federal nutrition program called Summer EBT, a bipartisan effort to improve children's health and food security over the summer.
- ▶ Summer EBT is the first new federal nutrition program in decades.
- ▶ In 2022, Congress came together to pass Summer EBT, the first new federal nutrition program in decades.
- ▶ Summer EBT was passed through a bipartisan effort in 2022.
- ▶ Congress came together in 2022 to close the hunger gap by passing Summer EBT, the first new federal nutrition program in decades.

Source:

The Consolidated Appropriations Act, 2023 (PL 117-328). Available from: <https://www.congress.gov/117/plaws/publ328/PLAW-117publ328.pdf>. Accessed Sept 26, 2024.

FACT 5

Summer EBT provides grocery-buying benefits to low-income families with school-aged children when schools are closed for the summer.

Fast Facts:

- ▶ During summer months when school is out, Summer EBT helps families with lower incomes buy groceries.
- ▶ Summer EBT is a program that provides grocery-buying benefits to families with lower incomes over the summer.
- ▶ When schools are closed over the summer, Summer EBT helps families with lower incomes buy food.

Source:

Sun Bucks (Summer EBT). Available from: <https://www.fns.usda.gov/summer/sunbucks>. Accessed Sept 26, 2024.

FACT 6

More than 29 million children across America could benefit from Summer EBT.

Fast Facts:

- ▶ If all states opt into Summer EBT, more than 29 million children could benefit from this nutrition program.
- ▶ Summer EBT could keep more than 29 million children fed when schools are closed.

Source:

States and tribes partner with USDA to kick off new Summer EBT program. 2024. Available from: <https://www.fns.usda.gov/news-item/fns-020.23#:text=Once%20implemented%20nationwide%2C%20Summer%20EBT%20is%20expected%20to,nutrition%20they%20need%20to%20grow%2C%20learn%2C%20and%20thrive>. Accessed Sept 26, 2024.

FACT 7

Summer EBT has been shown to reduce hunger and improve diet quality—increasing consumption of fruits, vegetables, whole grains and dairy, and reducing sugary drink consumption.

Fast Facts:

- ▶ Summer EBT reduces hunger and improves kids' diets.
- ▶ Summer EBT reduces hunger among U.S. kids.
- ▶ Summer EBT increases kids' consumption of fruits, vegetables and whole grains.
- ▶ Summer EBT reduces kids' consumption of sugary drinks.
- ▶ By providing families with resources to buy more fruits, vegetables, dairy and whole grains, Summer EBT reduces hunger and contributes to nutritious diets for kids.
- ▶ Research shows that Summer EBT can promote healthy diets and reduce hunger.

Source:

Summer EBT - a tested and effective strategy for ending summer hunger. Available from: <https://www.fns.usda.gov/sebt/evidence>. Accessed Sept 26, 2024.

FACT 8

When kids are food insecure, they may skip meals or eat less because there isn't enough food to go around.

Fast Facts:

- ▶ Food insecurity means that kids are more likely to skip meals or eat less because there isn't enough food to eat.
- ▶ Kids are more likely to skip meals or not eat enough because of food insecurity.

Source:

States and tribes partner with USDA to kick off new Summer EBT program. 2024. Available from: <https://www.fns.usda.gov/news-item/fns-020.23#:text=Once%20implemented%20nationwide%2C%20Summer%20EBT%20is%20expected%20to,nutrition%20they%20need%20to%20grow%2C%20learn%2C%20and%20thrive>. Accessed Sept 26, 2024.

FACT 9

Summer EBT has been shown to decrease children's food hardships by 33%.

Fast Facts:

- ▶ Summer EBT reduces child hunger by one-third.
- ▶ Summer EBT reduces child hunger by 33%.
- ▶ Summer EBT decreases children's food hardship.
- ▶ By providing free meals when school is closed, Summer EBT has significantly reduced kids' hunger.

Source:

States and tribes partner with USDA to kick off new Summer EBT program. 2024. Available from: <https://www.fns.usda.gov/news-item/fns-020.23#:~:text=Once%20implemented%20nationwide%2C%20Summer%20EBT%20is%20expected%20to,nutrition%20they%20need%20to%20grow%2C%20learn%2C%20and%20thrive>. Accessed Sept 26, 2024.

FACT 10

Pandemic EBT, a precursor to Summer EBT, lifted at least 2.7-3.9 million out of hunger.

Fast Facts:

- ▶ The predecessor to Summer EBT, Pandemic EBT, lifted more than 2.7 million people out of hunger.
- ▶ Millions of people were able to access healthy food through Pandemic EBT, the precursor to Summer EBT.

Source:

States and tribes partner with USDA to kick off new Summer EBT program. 2024. Available from: <https://www.fns.usda.gov/sebt/evidence>. Accessed Sept 26, 2024.

FACT 11

Summer EBT benefits will come in the form of pre-loaded cards that families can use to purchase groceries. Beginning in the summer of 2024, families will receive kid per eligible child, per month that school is not in session.

Fast Facts:

- ▶ Summer EBT provides eligible families with \$40 per child per month during the months when school is out.
- ▶ Summer EBT provides qualifying families with pre-loaded cards that can be used to buy groceries. Each family receives \$40 per month per child.
- ▶ Through Summer EBT, qualifying families receive \$40 per month per child to purchase groceries when school is not in session.

Source:

Sun Bucks (Summer EBT). Available from: <https://www.fns.usda.gov/sebt>. Accessed Sept 26, 2024.

FACT 12

These benefits work together with other available USDA food assistance programs, such as [summer meal sites](#), [SNAP](#) and [WIC](#), to help ensure kids have consistent access to critical nutrition when school is out.

Fast Facts:

- ▶ Summer EBT works with other federal nutrition programs like [summer meal sites](#), [SNAP](#) and [WIC](#) to keep kids fed when school is out.
- ▶ USDA supplements the benefits of Summer EBT through initiatives like [summer meal sites](#), [SNAP](#) and [WIC](#). All of these programs ensure that when school is out, kids have access to healthy foods.

Source:

Sun Bucks (Summer EBT). Available from: <https://www.fns.usda.gov/sebt>. Accessed Sept 26, 2024.

FACT 13

Summer EBT will supplement existing summer meal programs for children.

Fast Facts:

- ▶ Summer EBT builds on existing summer meal programs to keep kids fed when school is out.
- ▶ Children can now access a new summer meal program in Summer EBT.
- ▶ In addition to the existing programs to improve child nutrition when school is out, families in participating states can now access Summer EBT benefits.

Source:

Sun Bucks (Summer EBT). Available from: <https://www.fns.usda.gov/sebt>. Accessed Sept 26, 2024.

FACT 14

Existing summer meal programs (Summer Food Service Program and Seamless Summer Option) only reach a small number of eligible children—only 14 of every 100 eligible students nationally.

Fast Facts:

- ▶ Existing summer meal programs only reach 14% of eligible students. Summer EBT can help get healthy meals to more families when school is out.
- ▶ Summer meal programs like the Summer Food Service Program and Seamless Summer Option only serve 14% of eligible students in the U.S.
- ▶ Summer EBT will help make summer meal programming more accessible to children who are food insecure.

Source:

Hayes C, FitzSimons C. Hunger doesn't take a vacation: Summer nutrition status report - 2020. Available from: <https://www.summerlearning.org/knowledge-center/hunger-doesnt-take-a-vacation-summer-nutrition-status-report-2020/>. Accessed Sept 26, 2024.

FACT 15

Summer EBT would be especially helpful with children living in rural and suburban areas—transportation issues can make it difficult for children in rural and suburban areas to reach summer meal program sites.

Fast Facts:

- ▶ Summer EBT would serve more families in rural and suburban areas, where a lack of transportation makes it difficult to access summer meal sites.
- ▶ Children who live in rural and suburban areas have more difficulty accessing summer meal program sites. Summer EBT helps break down that barrier.
- ▶ Accessibility to summer meal sites for children living in rural areas would improve with Summer EBT.

Source:

Bentley J, Chan S, Swerdlow D, Toll T, Tracz M. Summer meals transportation barriers and solutions: opportunities and practices for promising partnerships and recommendations for stakeholders. 2015. Available from: https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.worldhunger.org%2Fwp-content%2Fuploads%2F2016%2F04%2Fsummer_meals_study.docx&wdOrigin=BROWSELINK. Accessed Sept 26, 2024.

Baylor University. Lack of transportation hampers hungry children from getting free summer meals, study finds. ScienceDaily; 2016. Available from: <https://www.sciencedaily.com/releases/2016/06/160613130817.htm>. Accessed Sept 26, 2024.

Food Research & Action Center. The importance of Summer EBT: why states must operate Summer EBT and summer nutrition programs. Available from: <https://frac.org/wp-content/uploads/Summer-EBT-and-Summer-Nutrition-national.pdf>. Accessed Sept 26, 2024.

FACT 16

Millions of children participate in USDA's school breakfast and lunch programs during the school year. However, when schools are closed, kids lose access to these healthy meals and are at higher risk of food and nutrition insecurity.

Fast Facts:

- ▶ When kids are in school, they can access healthy meals through USDA's school breakfast and lunch program. But when schools are closed, kids are unable to access healthy meals and are at higher risk of food insecurity.
- ▶ Millions of kids are at risk for food and nutrition insecurity during the summer months when they don't have access to school meals.

Source:

U.S. Department of Agriculture. Child nutrition tables. 2024. Available from: <https://www.fns.usda.gov/pd/child-nutrition-tables>. Accessed Sept 26, 2024

Roberts X. Ending childhood summertime hunger through direct cash assistance. 2022. Available from: <https://journal.sanford.duke.edu/article/ending-childhood-summertime-hunger-through-direct-cash-assistance/>. Accessed Sept 26, 2024.

FACT 17

Summer EBT is also an important community economic driver—the program allows families to purchase groceries at their local stores and farmers markets, supporting not just the retailers, but also the producers, suppliers and transporters.

Fast Facts:

- ▶ Summer EBT improves the economy by empowering families to buy groceries locally and at farmers markets. This supports community producers, suppliers and transporters.
- ▶ Buying locally and through community food markets is an important element of Summer EBT that spurs economic growth. Families can purchase groceries from every part of the economic food chain.

Source:

Food Research & Action Center. The Summer EBT program will help reduce summer hunger across the nation. Available from: <https://frac.org/wp-content/uploads/Summer-EBT-Program-Impact-Fact-Sheet.pdf>. Accessed Sept 26, 2024.