

My name is Kayte Barton. I a high functioning autistic adult, and self advocate. I am a SNAP recipient. As a person with an intellectual disability, and with limited income, and someone who struggles with obesity access to healthy affordable food is hard to get.

The cost of food is rising, making it hard to afford healthy food choices. I decided to apply for Snap to help. Snap helps me with being able to access the healthy foods that I want to purchase, in order to help improve my nutrition and help improve my health. But my social security benefits makes it so I don't get the full

amount. I receive \$23 a month, which doesn't last long. And I have a weekly food budget of \$50-\$55.

Receiving SNAP would be a huge budget saver. Not worrying where I am going to get the money for healthy foods would be a relief. Healthy foods are not very affordable, if you are needing them to improve your health.

Food insecurity affects everyone. By increasing the income limit, this will help improve who is eligible for Snap. And hopefully encourage people with disabilities to apply for benefits. Income is often limited due to social security rules, and paying for things like transportation

costs, and rent. Food is often the thing that is last. Especially now with the rising costs of everything. Eliminating the social security earnings from SNAP income would be very important and allow for people to be able to access healthy foods.

Obesity and food insecurity are often linked together. It's often cheaper to purchase processed , high sugar and high fat foods than it is to purchase foods such as fresh fruits, and fresh vegetables , and foods that are rich in nutrients. Consumption of processed, high sugar and high fat foods also often increases the risk of obesity which often leads to diabetes, and heart disease.

People with intellectual disabilities are also affected by food insecurity, and often not a population that is thought of when it comes to food insecurity and the need for food stamps, and ways to help improve access to food.

Upon receiving my Snap benefits I realized that I have limited online shopping options. The only option for shopping I have is ALDI. I don't drive, I often use Lyft to get to and from the store. So I am left lugging groceries in a car, and once I get home I have to lug them out of the car. I live with my elderly parents who a high risk for Covid complications, I am unable to get to a physical

store. Transportation is also a very big key to food insecurity. The limited options, make it hard to get everything that I need, making food options very limited. ALDI doesn't carry much.

I am advocating to help improve access to online shopping, by hopefully raising awareness for the need for more online options, even more options for delivery! This is an equity issue when it comes to accessing food!

Thank you for taking the time to listen to my testimony food insecurity t truly effects everyone in the community! Your support will

help improve access, and help find solutions for all the communities involved.