

GROCERIES WITHIN REACH

How SNAP/EBT Delivery Is Stretching Budgets,
Expanding Grocery Access, and Saving Time for Families



EXECUTIVE SUMMARY

Since launching SNAP/EBT payments in 2023, DoorDash has expanded access to affordable and convenient grocery delivery. To understand the scope of this impact, we combined findings from a survey of SNAP/EBT DoorDash users with our own internal platform data to evaluate how the availability of SNAP/EBT delivery is helping households that rely on these benefits. As of June 2026:

4.5M+

consumers have added their SNAP/EBT cards to DoorDash

Nearly

75,000

stores on DoorDash now accept SNAP/EBT

98%

of SNAP receiving households in food deserts across the U.S. have access to a SNAP-accepting store on DoorDash¹

Findings at a glance:

Survey respondents who use SNAP/EBT on DoorDash are largely female (**86%**), and parents and caregivers (**71%**).

SNAP/EBT on DoorDash helps consumers who face significant barriers to getting food they need:

- Those who use SNAP/EBT on DoorDash are **twice** as likely to live in a food desert compared to non-SNAP DoorDash consumers.²
- **More than 1 in 3** survey respondents report having a disability or chronic illness.
- Caregiving responsibilities (**46%**) and difficulty accessing transportation (**43%**) are the main reasons consumers who took the survey say they use SNAP/EBT on DoorDash.

Consumers surveyed reported real impacts, whether it is:

- **Consumer health:** **70%** reported a positive change in eating habits since using SNAP/EBT on DoorDash; **90%** of those consumers said those changes yielded positive impacts on their household's health.
- **Affordability:** **83%** said it is easier to manage their budget by shopping through the app.
- **Benefits to local merchants:** **61%** of consumers would turn to a different online big-box retailer instead of visiting a local merchant in store if SNAP/EBT on DoorDash was not available.





INTRODUCTION

Every day, millions of people use SNAP/EBT as a way to put food on the table for themselves and their families. DoorDash believes that everyone should have access to affordable groceries, and SNAP is one of the most important tools we have to make sure people can get the food they need.

By bringing SNAP/EBT payments to grocery delivery, we are removing barriers and fundamentally reshaping how millions of people facing hunger can access healthy foods. From June 2025 to June 2026, the number of consumers who have added their SNAP/EBT cards to DoorDash grew from nearly **3 million** to more than **4.5 million**, and the number of participating stores grew from over **50,000** to nearly **75,000**.

As SNAP/EBT delivery scales, understanding its real-world impact matters more than ever for the households who depend on it. This report draws on DoorDash internal data and findings from a survey of more than 1,000 consumers who recently used SNAP/EBT on DoorDash. Together, these findings tell a clear story of how SNAP/EBT delivery has a growing role in the fight against hunger nationwide.

WHO USES SNAP/EBT ON DOORDASH?

SNAP/EBT delivery on DoorDash reaches a broad cross-section of households from across the United States, many of whom face real barriers to shopping in person. Of those who took our survey:

86% are women

71% are parents or caregivers

52% have a total household income under \$25,000 a year

Thirty-seven percent of SNAP consumers surveyed reported having a disability or chronic illness, notably higher than the **24%** reported among U.S. DoorDash consumers overall and the 10% of SNAP participants nationally who are nonelderly individuals with a disability.³

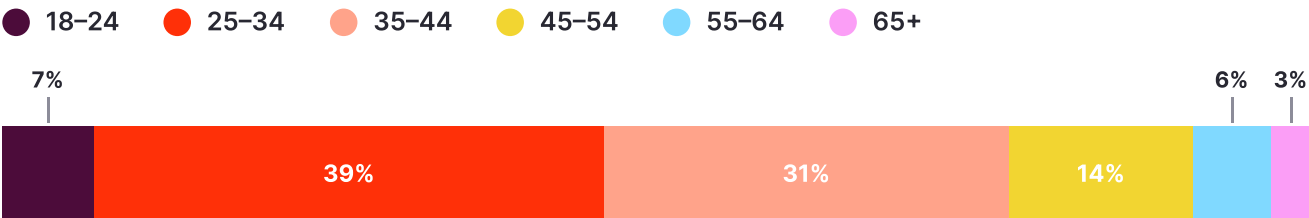
1 IN 3

More than 1 in 3 surveyed SNAP/EBT users have a disability or chronic illness (37%).



Age of SNAP users on DoorDash

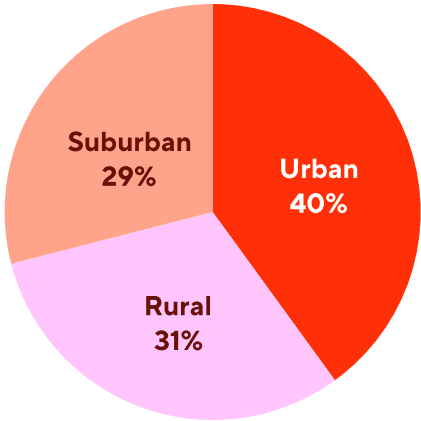
Of the consumers who took our survey, those who shop on DoorDash with SNAP/EBT on behalf of their households, also skew young: **39%** are 25-34 and **31%** are 35-44.



SNAP/EBT consumers on DoorDash are **twice as likely to live in a food desert** as non-SNAP DoorDash consumers – underscoring the role delivery plays in overcoming physical barriers to healthy food – and come from a range of types of communities across the U.S.⁴

2X

SNAP/EBT consumers on DoorDash are twice as likely to live in a food desert as non-SNAP DoorDash consumers.



CONSUMER IMPACT

SNAP/EBT on DoorDash provides meaningful benefits for households across several dimensions: time, finances, health, and access. It saves consumers hours they might otherwise spend shopping in person, helps families manage their budgets, supports healthier eating, and helps consumers overcome barriers to shopping in-store.

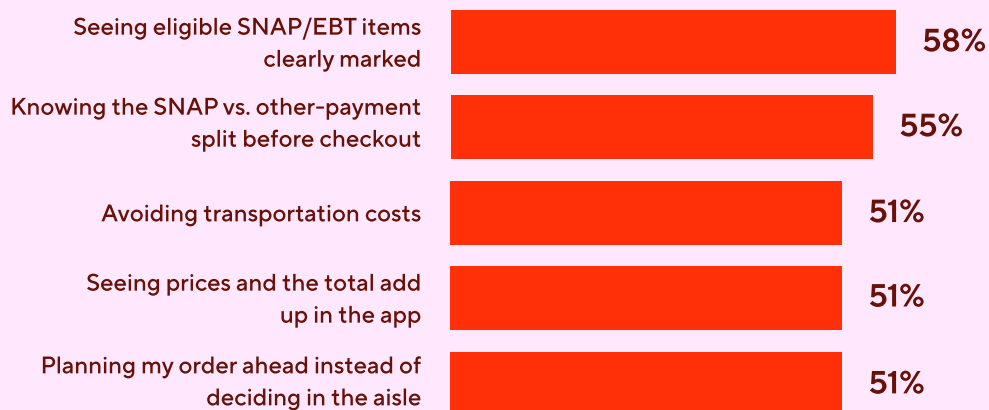
Affordability

When the trip to the store is no longer the obstacle, SNAP dollars go further, not just in stretching budgets but also in the time and stress they save households already stretched thin. Of consumers surveyed, **83%** said it is easier to manage their food budget when shopping through DoorDash versus in-store, and **81%** said it helps ensure they have groceries that last the entire month, a common issue well documented in USDA research.⁵

How SNAP/EBT is supporting consumers who use it



SNAP/EBT on the DoorDash platform is helping reshape the experience for consumers, from seeing which items are SNAP-eligible to watching the total add up before checkout. Of consumers surveyed who agreed that shopping with SNAP/EBT on DoorDash had some kind of financial benefit, the top reasons why were:



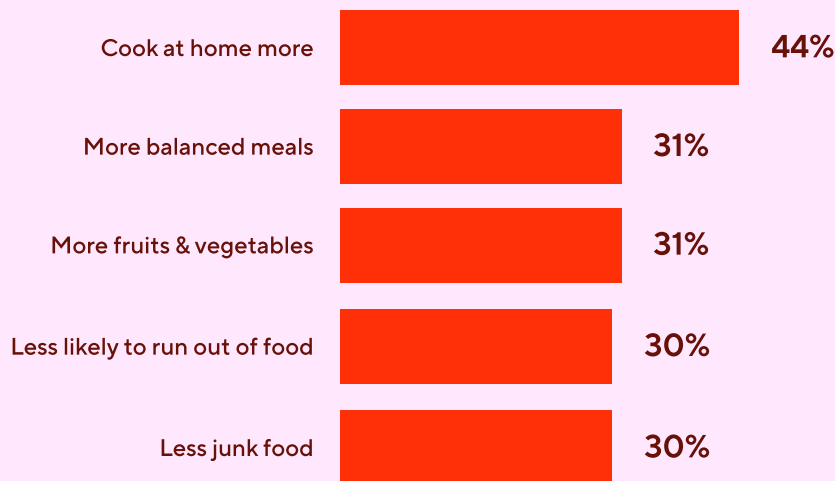
"Compared to in-store, I can change the store anytime for a cheaper option within my budget to be able to stretch my benefits to last the month till my next deposit of SNAP."

Health

SNAP recipients using DoorDash reported meaningful changes in how they eat and feed their households.

Seventy percent of consumers surveyed reported positive changes in eating habits since using SNAP/EBT on DoorDash – cooking at home more, eating more balanced meals, and eating more fruits and vegetables.

How have your household's eating habits changed since using SNAP/EBT on DoorDash?



Among those whose habits changed.

The vast majority of those who changed their habits – **90%** – said the impact on their household's health has been positive, with **51%** describing the health impact as very positive.

These experiences reflect a broader link between food security and well-being: research has associated SNAP participation with an estimated \$1,409 in lower annual health-care expenditures compared with low-income nonparticipants.⁶

"We eat healthy foods and [are] less likely to eat impulsively so my baby can grow healthy during my pregnancy. It's also been giving me time to connect with my partner more which equals a tight, loving family."

"We eat more fruit and vegetables than we used to because of the cool deals and savings I get from DoorDash!"

Mental Health

Beyond diet alone, consumers repeatedly connected delivery to relief from the stress and anxiety of in-store shopping. Specifically, many users feel there is a stigma associated with using SNAP: **41%** of consumers surveyed said delivery helps them feel less self-conscious than using SNAP in-store — rising to **47%** among rural users.

“I don't currently have a vehicle to do my own groceries and always have to rely on neighbors for rides, and it's embarrassing. Being able to use SNAP/EBT on DoorDash for groceries [changes that].”

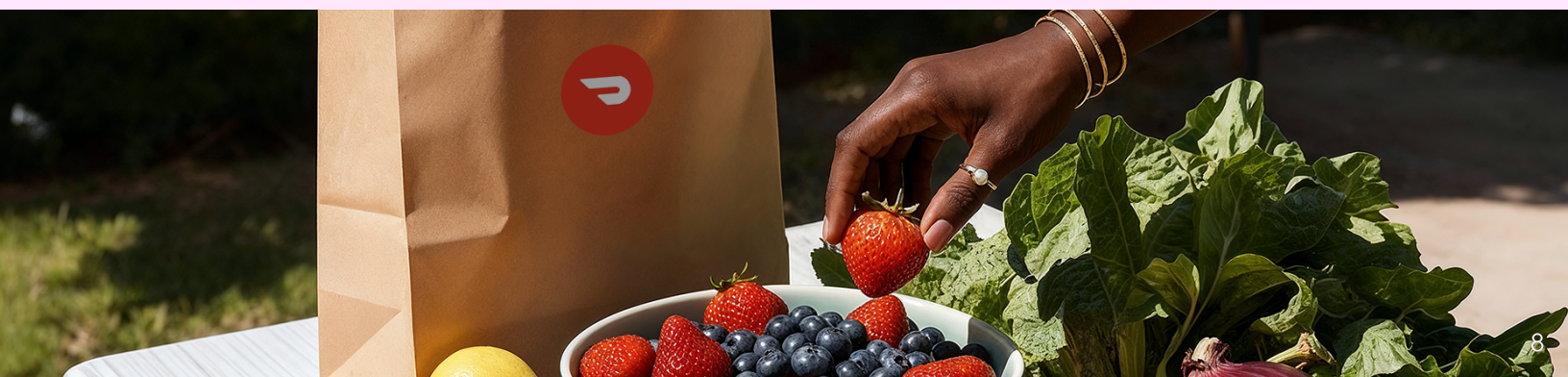
Consumers also say that using SNAP/EBT on DoorDash relieves stress in other ways, whether it's avoiding a complicated trip to the store with kids or ensuring that benefits will last the entire month:

“Less stress and worry about spending. And more time to do things for my son and home. I'm a single father it makes it hard to get all things done and worry about spending hours at the stores every week.”

“Helps my mental health, don't have to lug all 4 kids through the grocery store and stress myself out.”

“Less stress of shopping, much easier to do it through the phone and see everything and prices before I get them. Also helps me decide to get some healthier foods at times.”

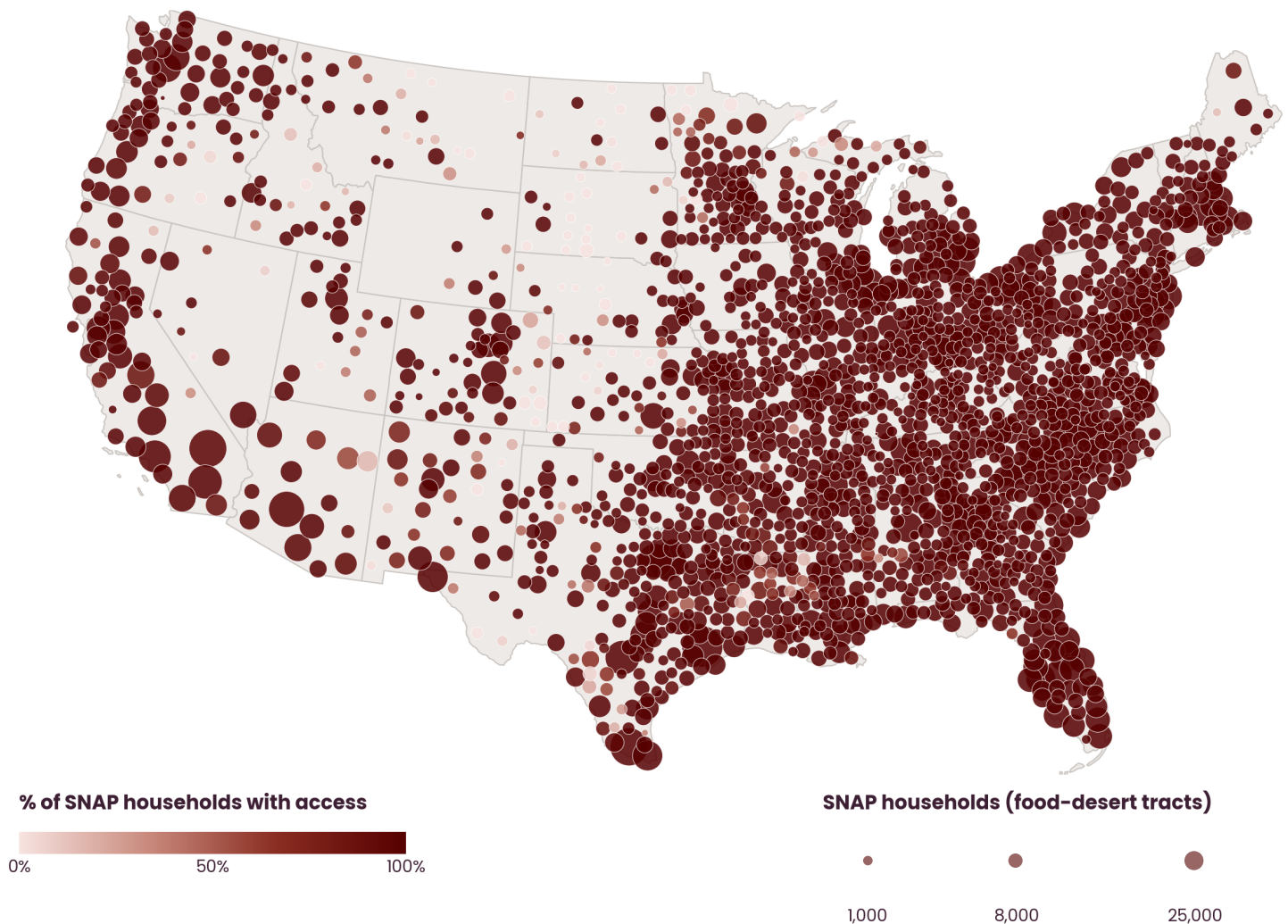
“My kids and I can add what we would like without the stress of us being in a busy store going different directions without a budget.”



Geographic Access

Food deserts – neighborhoods where residents lack nearby access to a full grocery store – are often where delivery is most crucial for addressing hunger. SNAP consumers on DoorDash are **twice** as likely to live in one, yet DoorDash's SNAP access in these communities remains nearly as comprehensive as it is nationwide:

98% of SNAP receiving households in food deserts across the U.S. have access to a SNAP-accepting store on DoorDash.

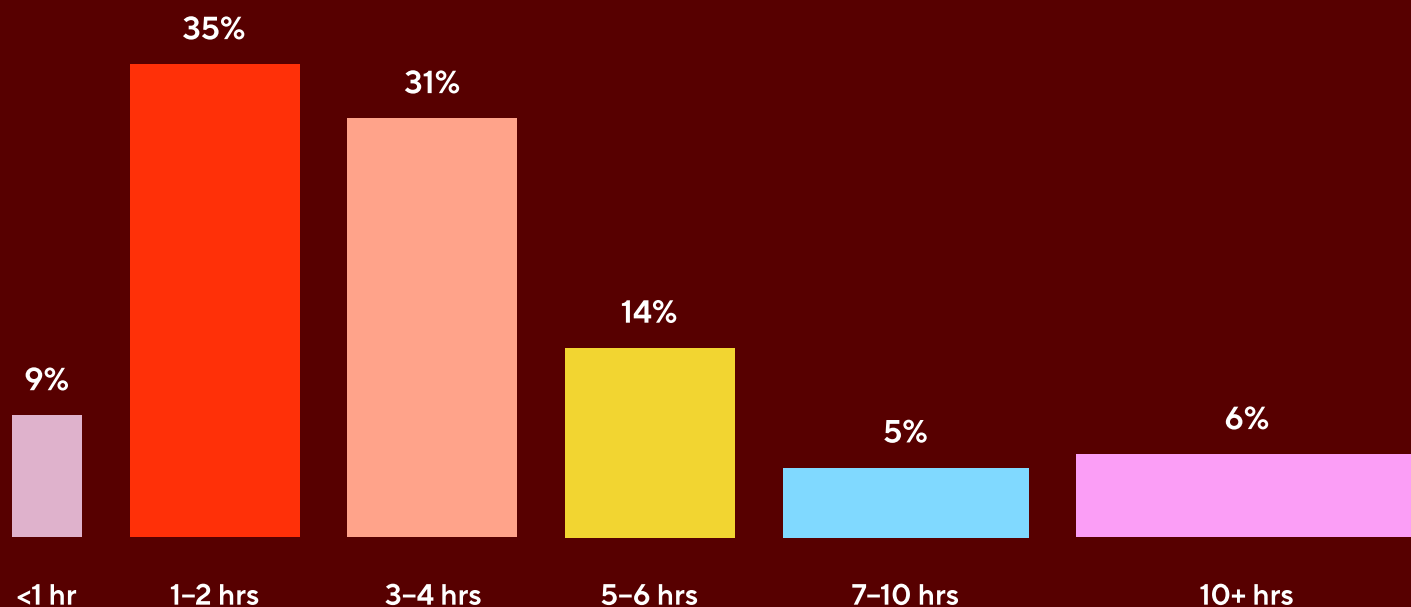


Sources: USDA Food Access Research Atlas (food-desert tracts); SNAP household counts by tract; DoorDash SNAP-store coverage. Contiguous US shown. Each bubble is a county with a food-desert tract, sized by SNAP households in those tracts.

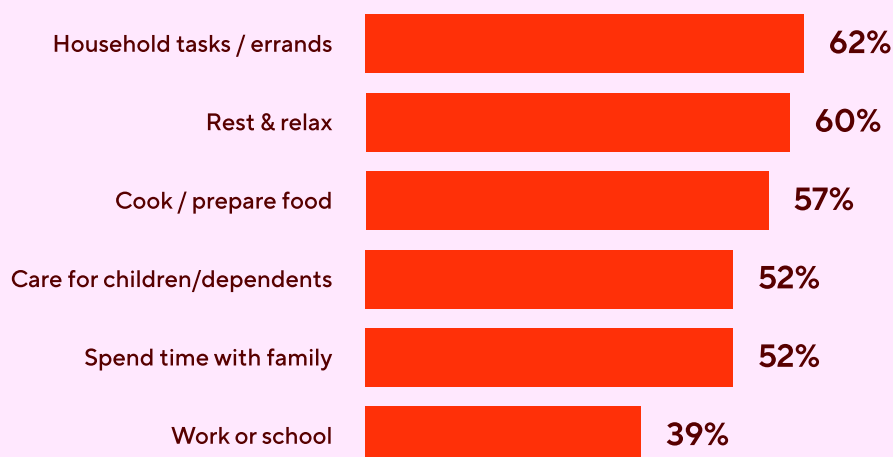
Time Saved

Nearly all surveyed consumers — **93%** — said using SNAP/EBT benefits on DoorDash helped free up time. That share is even higher among consumers who tend to be most time-pressed: **96%** of younger consumers, **95%** of those working, and **95%** of parents.

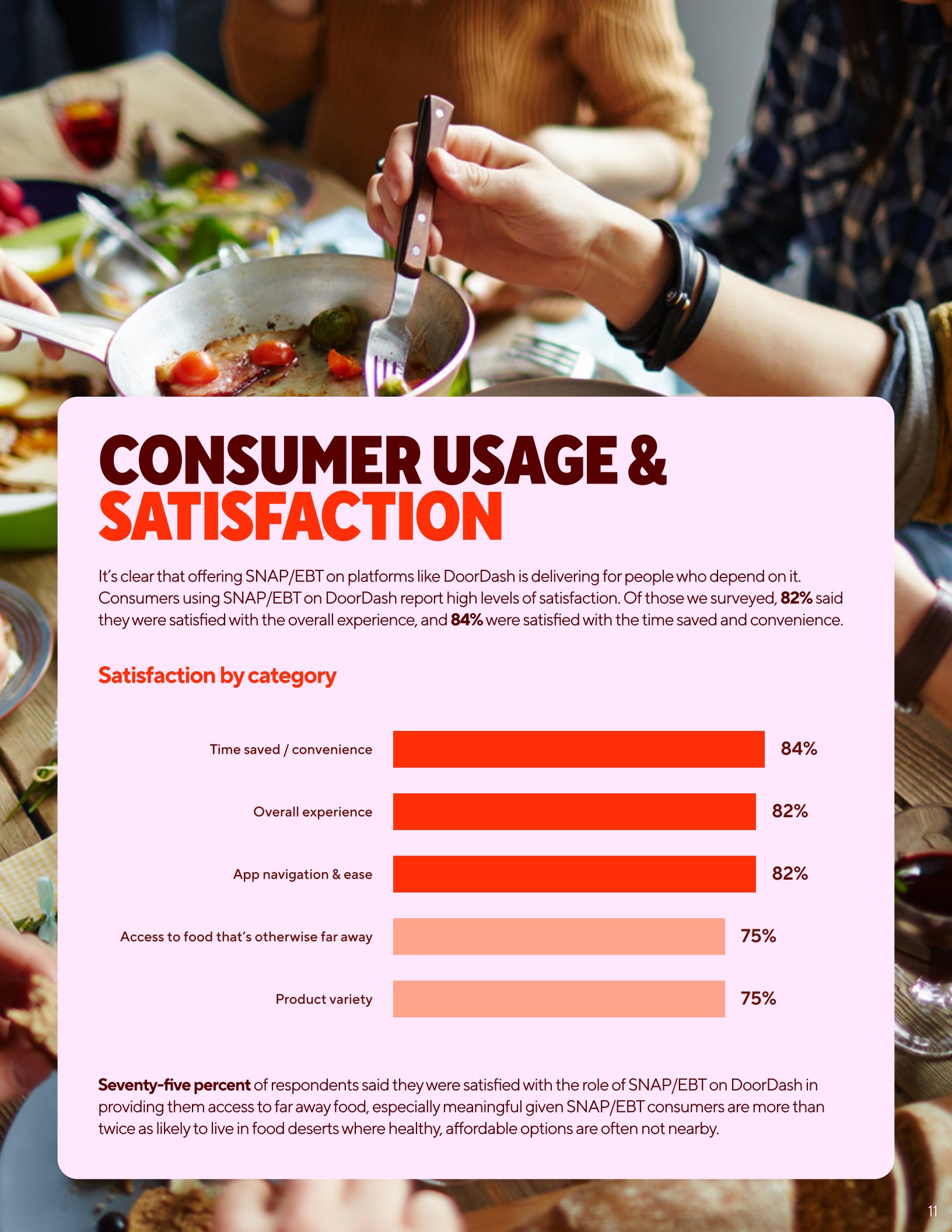
For many, that adds up to several hours a week:



Reclaimed time goes back into various aspects of everyday life, from household chores and family time to work and rest:



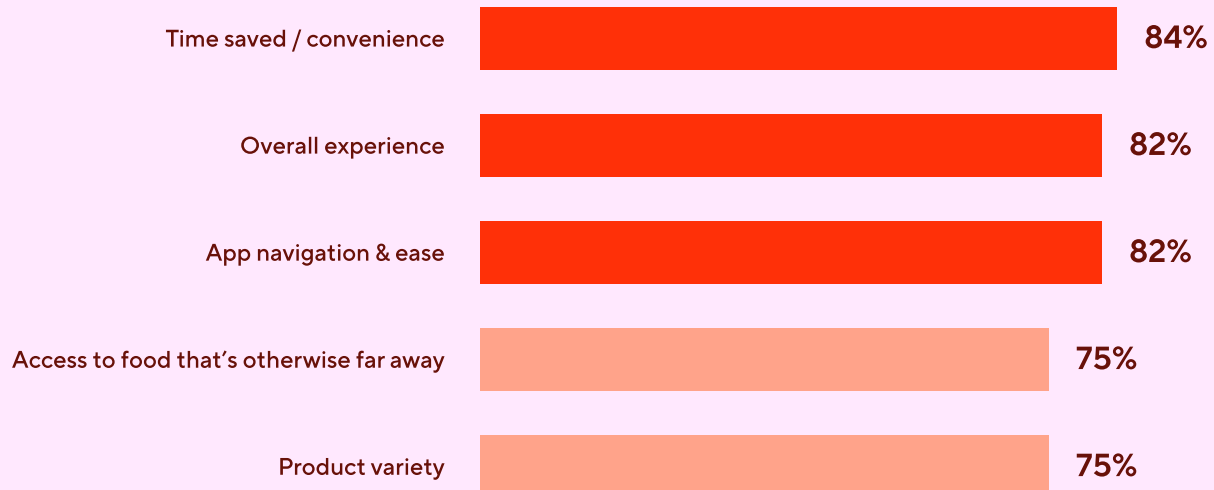
Notably, lack of time to cook is described by the USDA as a constraining factor on the effectiveness of SNAP, as it is a common barrier to healthy eating⁷ — a barrier that time savings can help relieve, with **57%** of consumers reporting using freed-up time to cook or prepare food.



CONSUMER USAGE & SATISFACTION

It's clear that offering SNAP/EBT on platforms like DoorDash is delivering for people who depend on it. Consumers using SNAP/EBT on DoorDash report high levels of satisfaction. Of those we surveyed, **82%** said they were satisfied with the overall experience, and **84%** were satisfied with the time saved and convenience.

Satisfaction by category

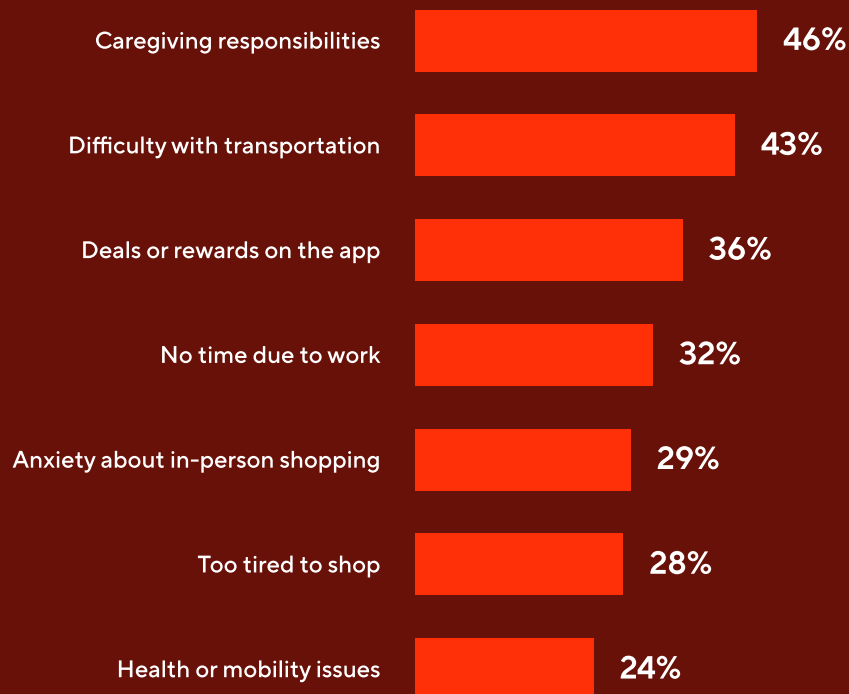


Seventy-five percent of respondents said they were satisfied with the role of SNAP/EBT on DoorDash in providing them access to far away food, especially meaningful given SNAP/EBT consumers are more than twice as likely to live in food deserts where healthy, affordable options are often not nearby.

Why people choose delivery

Consumers reported a range of reasons for ordering groceries and convenience items with SNAP/EBT on DoorDash. Caregiving responsibilities and difficulty accessing transportation top the list, but affordability is close behind: more than a third (**36%**) of respondents cite deals or rewards available on the DoorDash app.

Top reasons consumers use DoorDash to order groceries and convenience items with SNAP/EBT



The reasons consumers use SNAP/EBT benefits on DoorDash also vary by demographic. According to survey results:

- Parents are far more likely to cite caregiving responsibilities compared to the overall population (**59%**, versus **46%** overall).
- Consumers with disabilities are more than twice as likely to use SNAP/EBT on DoorDash due to health or mobility issues (**55%**, vs **24%** overall)
- Lower income users (annual household income under \$25,000) also disproportionately face transportation barriers with **51%** saying they use SNAP/EBT on DoorDash due to difficulty accessing transportation, compared to **36%** of those with household incomes above \$25,000 a year.



What SNAP/EBT dollars buy

SNAP/EBT consumers rely on DoorDash for a full grocery basket, not just fill-in items. Meat and fish account for the largest share (**15%**) of SNAP-funded grocery spending. Combined, meat, fish, eggs, dairy, produce, and pantry staples account for over **40%** of total spend.⁸ This is consistent with USDA's most recent detailed analysis of SNAP food purchasing, which, using transaction data from 2011, found that roughly 40 cents of every food dollar was spent on basic staples such as meat, fruits and vegetables, milk, eggs, and bread.⁹

Over 40% of SNAP/EBT dollars go towards grocery staples:

15%

Meat & fish

12%

**Pantry
& staples**

8%

Produce

7%

Dairy & eggs

Share of total SNAP/EBT grocery spend, by category

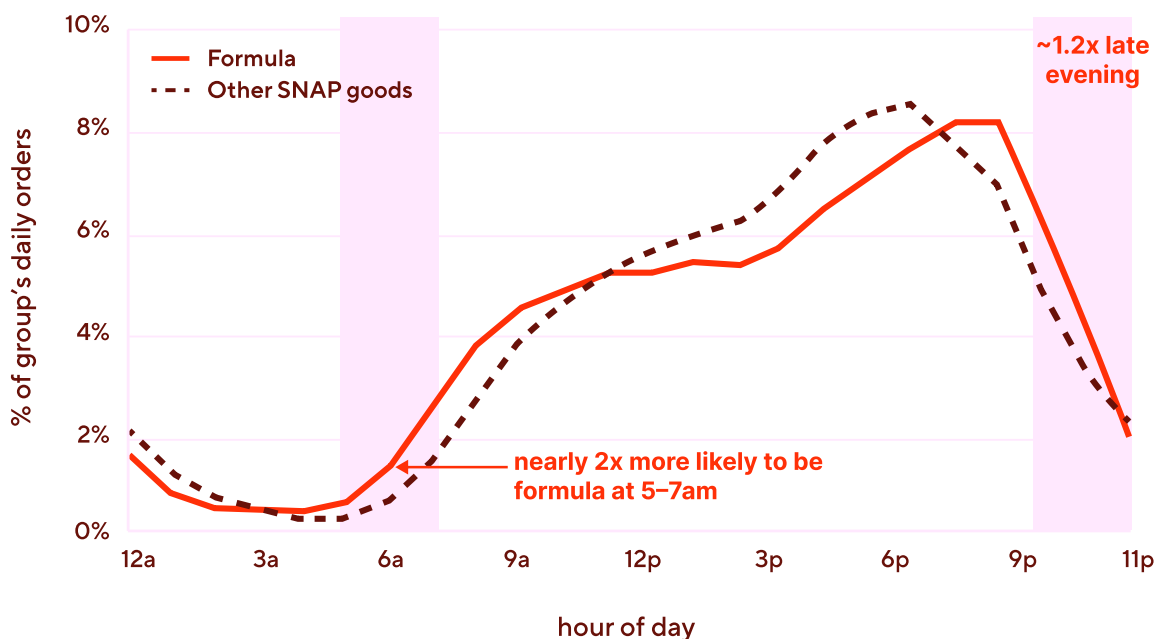


Case Study: Formula, when families need it most

At pharmacies, baby formula dominates SNAP/EBT spend. It's the single largest category at about **18%** of pharmacy SNAP spending.¹⁰ And unlike most grocery items, formula can't wait until the next store run, and it can't be swapped for something else. When a family runs low, they order it right away.

That urgency shows up in the data. A SNAP order placed at between 5 and 7am is nearly **twice as likely to contain formula** than the all-day pattern would predict, and stays elevated (about 1.2x) through the late evening – the hours when getting to a store may be hardest and a hungry infant can't be put off.¹¹

Distribution of formula orders by hour



MERCHANT BENEFITS

Accepting SNAP/EBT does more than serve consumers, it connects merchants with a base they weren't reaching before. Across participating stores, about **80% of a store's SNAP consumers were new to that store**, having never ordered from it before it enabled SNAP/EBT on DoorDash.¹²

These consumers are also highly engaged. At the same SNAP-eligible stores, SNAP customers spend roughly **50%** more per order and order about **three times more often** per calendar month than non-SNAP customers, suggesting many rely on DoorDash for regular grocery stock-ups rather than occasional fill-in orders.¹³

80%

of a store's
SNAP/EBT
customers are new
to that store

+50%

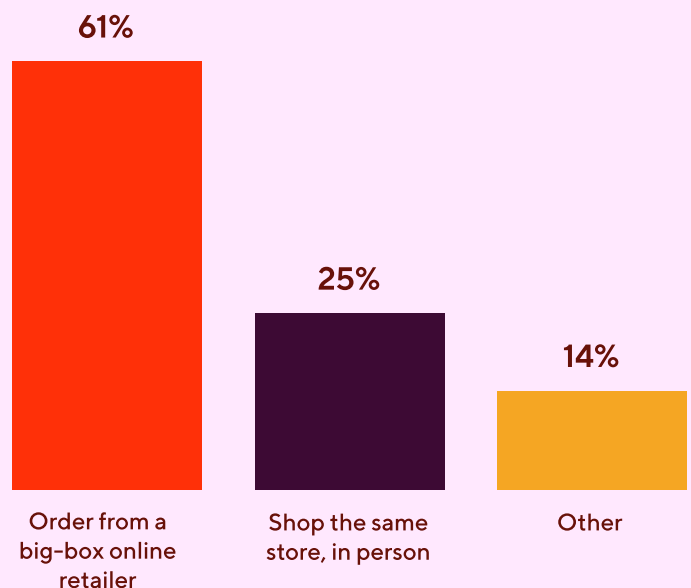
more spent per order
by SNAP/EBT
customers vs. non-
SNAP customers

3X

more frequent
monthly orders
from SNAP/EBT
customers

The benefits for merchants of enabling SNAP/EBT payments are well documented outside of DoorDash as well. According to the National Grocers Association, SNAP accounts for roughly **12%** of U.S. grocery sales overall but can exceed **60%** of sales at grocers serving low-income rural and urban communities.

What consumers surveyed say they would do without SNAP on DoorDash reinforces that this is a delivery-specific need: **61%** would turn to a big-box online retailer, while only about **25%** would return to shopping at the same store in person. Among consumers with a disability, reliance on a delivery alternative rises to **67%**.¹⁴



CONCLUSION

Food access shouldn't depend on how far someone can travel or how much time they have to spare, and DoorDash is committed to closing that gap for even more households.

The data and stories in this report make one thing clear: when access improves, so does people's ability to put food on the table. Three years after launching SNAP/EBT payments, DoorDash has grown into a meaningful channel for helping people get the food they need. The platform now reaches nearly all SNAP-receiving households in the country – including the vast majority of those in food deserts – and connects merchants with new, recurring customers. For the households who rely on these benefits, delivery gives back time, helps stretch budgets across the month, supports healthier eating, and removes physical and personal barriers to getting food home.

Methodology

Survey findings reflect responses from 1,107 qualified consumers who used SNAP/EBT on DoorDash in the past month, weighted to the locale mix of DoorDash's SNAP/EBT customer base (margin of error ± 3.0 percentage points at 95% confidence). Internal figures are based on DoorDash platform data. Consumer locale is determined by the classification of delivery addresses from [EDGE](#).



ENDNOTES

¹ Note that 99% of all SNAP-receiving households in the U.S. have access to a SNAP-accepting store on DoorDash. Based on 2024 American Community Survey Census tract-level data showing distribution of SNAP-receiving households in the U.S. and USDA Food Desert classification: food deserts are low-income Census tracts where a significant number (at least 500 people) or share (at least 33 percent) of the population is greater than 1 mile from the nearest supermarket, supercenter, or large grocery store for an urban area or greater than 10 miles for a rural area. See <https://www.ers.usda.gov/data-products/food-access-research-atlas/documentation> (2025)

² Based on DoorDash delivery data from January 1-June 30, 2026 and USDA data which defines food deserts as low-income Census tracts where a significant number (at least 500 people) or share (at least 33 percent) of the population is greater than 1 mile from the nearest supermarket, supercenter, or large grocery store for an urban area or greater than 10 miles for a rural area. See <https://www.ers.usda.gov/data-products/food-access-research-atlas/documentation> (2025)

³ <https://doordash2025.publicfirst.co/> (2026), <https://www.fna.usda.gov/research/snap/characteristics-fy23> (2023)

⁴ Uses internal data to link top consumer delivery addresses to locale as defined by EDGE. See <https://nces.ed.gov/programs/edge/Geographic/LocaleBoundaries> (2025)

⁵ Research published by the USDA Food and Nutrition Service found that the average SNAP-receiving household redeems most benefits (nearly 80%) within two weeks of receiving them. See <https://www.fns.usda.gov/research/snap/benefit-redemption-patterns/2022> (2022)

⁶ <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2653910> (2017)

⁷ <https://fns-prod.azureedge.us/sites/default/files/resource-files/SNAP-Barriers-QualitativeReport.pdf> (2021)

⁸ Based on DoorDash internal transaction data from January 1-June 30, 2026

⁹ <https://fna-bwbufwdzbabpezgc.z01.azurefd.us/sites/default/files/ops/SNAPFoodsTypicallyPurchased-Summary.pdf> (2016)

¹⁰ Based on DoorDash transaction data from January 1-June 30, 2026

¹¹ Based on DoorDash transaction data from January 1-June 30, 2026

¹² Based on DoorDash internal transaction data from 2023 through June 30, 2026

¹³ Based on DoorDash internal transaction data from January 1-Dec 31, 2025

¹⁴ Reported by Stephanie Johnson, group vice president of government relations and political affairs at the National Grocers Association, in an interview with Grocery Dive. <https://www.grocerydive.com/news/snap-policy-grocery-state-waivers/753346/> (2025)