



## TAKING THE SNAP CHALLENGE FOR HUNGER ACTION MONTH

*Taking the SNAP Challenge is just one way to take action during Hunger Action Month this September. The goal of Hunger Action Month is to engage every American in the fight to end hunger by raising awareness of the issue and encouraging action.*

### What is the SNAP Challenge?

Can you eat on just \$4.50 a day? The SNAP Challenge encourages participants to get a sense of what life is like for millions of low-income Americans facing hunger. While the Supplemental Nutrition Assistance Program (SNAP, commonly known as food stamps) provides monthly benefits to supplement the food budgets of families in need, in many cases the benefits are inadequate and families still struggle to put food on the table.

By accepting the SNAP Challenge, you'll commit to eating all of your meals from a limited food budget comparable to that of a SNAP participant. The goal is to gain some understanding of the struggles vulnerable families in our communities face each day. While it is impossible to fully comprehend the difficult decisions low-income families face, taking the SNAP Challenge this September will help raise awareness about the issue of hunger in America.

### You've Accepted the Challenge, Now What?

1. Choose the duration of your SNAP Challenge. For Hunger Action Month, we are encouraging everyone to take the SNAP Challenge the September 15-21, so we can align our voices in the media for maximum awareness. However, any day or week (or longer!) is great for the SNAP Challenge.
2. Your food budget for the week or day of your Challenge will be based on the average SNAP benefit, which is \$4.50 per person per day— for ALL your food and beverages. You can use coupons while taking the Challenge but should not shop at membership clubs.
3. Using your Challenge budget, decide on groceries to purchase and how much to put aside for food incidentals. Be aware of ALL food purchased and eaten during the Challenge week/day.
4. During the Challenge, do not eat food that you purchased prior to starting the challenge.
5. Avoid accepting free food from friends, family, or while at work.
6. Keep track of receipts on food spending and take note of your experiences throughout the week, in particular the choices you made between the variety and quality of food you ate.
7. Invite others to join you, including your co-workers, family members, and elected officials.
8. **Share your SNAP Challenge through social media and by blogging about your experience!**

