SNAP Challenge Instructions
Family

This activity is intended to provide an example of the challenges faced by individuals experiencing food insecurity in our community. Grocery shopping, healthful eating, and budgeting can be not only difficult, but incredibly stressful and sometimes impossible for individuals with limited or inconsistent access to food. SNAP, or the Supplemental Nutrition Assistance Program, formerly known as Food Stamps, is the nation’s most beneficial program in reducing food insecurity and in cooperation with the charitable feeding network of food pantries and soup kitchens, our community can help to lift families out of food insecurity and poverty.

*Please keep in mind that the benefit amount outlined below are not standardized and benefits amounts are determined based on a variety of eligibility factors, taking income and expenses into account.*

Your group will need to purchase enough food for a family of 4 to eat 3 nutritious meals a day for 1 week. This household has $151.00 in SNAP benefits to spend during the entire week. This equates to about $1.80 per person/meal.

Select a weekly ad from the grocery store nearest you.

- [Hornbacher’s Weekly Ad](#)
- [Cashwise Weekly Ad](#)

In their “pantry” at home, they have a few items. Everything else your meals require will need to be purchased using your SNAP funds alone. Let’s assume this family has no other source of income to supplement their grocery budget.

Their pantry includes the following items:
- Salt and Pepper
- Flour
- White Sugar
- 1 cup white rice

They have the following kitchen tools:
- Selection of pots and pans
- Can Opener
- Blender
- Small Crockpot

Select someone in your group to write down the “menu” and another person to keep track of the “budget.”