

**Did you ever wonder why
families on SNAP
run out of food before the end
of the month?**

SNAP (formerly Food Stamps)

Try the Snap Challenge!

WHAT IS SNAP?



How are Food Stamp Benefits Determined?

WHAT IS THE SNAP THRIFTY FOOD PLAN?

Lowest cost of four food plans USDA develops that estimate the cost of a healthy diet.

Represents the cost of a nutritious, practical, cost-effective diet **prepared at home** for a family of four, which is defined in law as an adult male and female, ages 20-50, and two children, ages 6-8 and 9-11

THE THRIFTY FOOD PLAN



Aligns with dietary guidance



Represents a limited food budget



Reflects what Americans buy and eat



Supports a healthy, active lifestyle

HOW IS THE FOOD STAMP BENEFIT DETERMINED?

USDA determines the maximum benefit amounts for other household sizes using a formula to adjust for the fact that it costs more per person to feed a smaller household than a larger one.

For more information about current maximum household benefit amounts and how an individual SNAP household's benefits are calculated refer to the [SNAP Eligibility](#) webpage.

SNAP SUPPLEMENTS FOOD COSTS

- 75% of SNAP participants use their own money to pay for some of their food.
- Families with an income are expected to contribute 30% of income to food.
- Only 20% of SNAP beneficiaries have no income.

On average, SNAP households received **about \$240 a month** in fiscal years 2019 and 2020, prior to the pandemic and the TFP increase.

The average SNAP benefit per person was about \$121 per month, which worked out to **less than \$1.40 per person per meal**.

REGULARLY EVALUATING THE TFP

- 2018 Farm bill mandated reevaluating the Thrifty Food Plan by 2022 and every 5 years after.
- 2022 -The average SNAP allowance increased by \$36.24 per person per month, or @\$1.20 per day
- For a family of four receiving the maximum benefit, they'll get \$835 a month, up from \$782.

FLORIDA

AUGUST - @ 3.1 MILLION PEOPLE/1.7 MILLION HOUSEHOLDS ON SNAP BENEFITS

- **Avg benefit amount**

\$153/person \$262/family

- $\$153/30 \text{ (days)} = \5.10 per day

- $\$5.10/3 \text{ (meals)} = \$1.70/\text{meal}$

FISCAL YEAR 2022

OCT. 1 2021 TO SEPT. 30 2022 (NATIONAL CHART)

SNAP Benefits by Household Size

Household Size	Maximum Monthly Benefit, Fiscal Year 2022	Estimated Average Monthly Benefit, Fiscal Year 2022*
1	\$250	\$175
2	\$459	\$334
3	\$658	\$520
4	\$835	\$638
5	\$992	\$748
6	\$1,190	\$869
7	\$1,316	\$941
8	\$1,504	\$1,137
Each additional person	\$188	

FISCAL YEAR 2022

- **Avg benefit amount**

\$175/one person

- $\$175/30$ (days) = **\$5.83 per day**

- $\$5.83/3$ (meals) = **\$1.94/meal**

SNAP CHALLENGE



WHAT IS THE SNAP CHALLENGE?

For one week an individual or household will eat meals prepared at home which cost the Average SNAP benefit of \$5.83 for one person per day.

WHAT WILL YOU DO

Participants plan out a **week's worth of (healthy) meals**, shop for the needed items and serve meals based on an extremely modest budget.

1. Determine your food budget.
2. Plan meals before shopping.
3. Keep a running total when you fill your shopping cart.

WHAT WILL YOU DO

1. Determine your food budget.
2. Plan Meals before shopping.
3. Keep a running total in your shopping cart.

HOW MANY WILL BE DOING THE SNAP CHALLENGE?

Do some people in your household have special dietary needs? They may not be good candidates at this time.

- Toddlers and Babies may need snacks or special food
- Someone with allergies or other specific dietary needs
- Someone who is pregnant or breastfeeding may need additional calories

WHAT IS THE SNAP CHALLENGE?

For one week an individual or household will eat meals prepared at home which cost the Average SNAP benefit of \$5.83 for one person per day.

HOW MANY WILL BE DOING THE SNAP CHALLENGE?

Use your judgment.

- Your toddler may eat the main meal with the family, but still need additional snacks.
- It isn't a requirement that everyone in the household participate.

HOW MANY WILL BE DOING THE SNAP CHALLENGE?

- Some elementary school students may want to participate.
- Some children would like to know that your family will donate the money you saved for a special cause.

HOW MANY WILL BE DOING THE SNAP CHALLENGE?

What will your budget be?

Number of participants x
7(days) x \$5.83

WHAT WILL YOU DO

2. Plan meals before shopping.

- **Develop a menu plan and a shopping list**
- Tip: Some planners use an excel spreadsheet as a planning aid.
- Tip: Use an on online ordering tool to determine prices

SHOP AND KEEP A RUNNING TOTAL

3. Keep a running total when you fill your shopping cart.
 - Be flexible if the store brand is cheaper, consider it.
 - Select a cheaper cheese, etc.

PICK A WEEK

- Choose your own week.
- You may want to avoid a week with a special event or if it is the best week for other reasons, then do six days. You will still get a glimpse of what it is like to live on SNAP.

ARE THERE RULES?

- **Track Your Spending.** Keep track of how much you spend on groceries during the week. If you eat out during the week, the money you spend must come out of your SNAP budget.
- **Don't Shop Your Pantry.** Any food you bought before starting the Challenge is off-limits. (If you do, take money out of your food budget.)
- **Don't Take Freebies.** Accepting free food from family, friends, or coworkers isn't allowed, since freebies aren't always available to people living on SNAP. You can't let a friend treat you to Starbucks or eat a donut at a meeting. (if you do, take it from your food budget)

CONSIDER TAKING NOTES

- Record some of your experiences.
- Take pictures of your groceries and/or some meals.
- Did your family enjoy a cheap meal they would like to eat again?
- Was someone hungry well before the next meal?

CONSIDER TAKING NOTES

- Was there an epic fail? No one liked the _____...
- Were you feeling satisfied/deprived?
- What did you learn about your family diet?
- Were your meals more healthy/less healthy?

TIPS - PLANNING CHALLENGES

Want to do some research?

- SNAP Challenge stories <https://www.snapchallenge.org/snap-challenge-stories>

Some have a shopping list or menu items

- Eat right when money's tight at USDA.gov

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/eat-right-when-moneys-tight>

- Google SNAP Challenge Menu

TIPS – PLANNING CHALLENGES

- Corey Booker did the SNAP Challenge while Newark Mayor.
- He said with his schedule he had to **do meal prep in the morning** so he could take the food with him and eat it on the way to his next meeting/event.

TIPS - PLANNING CHALLENGES

- Beth, the Blogger at Budget Bytes, prepares her lunches -cooks and puts a serving in six containers

<https://www.budgetbytes.com/feeding-america-snap-challenge/or-the-week>

- Has some good inexpensive recipes. Is honest about Her “fails”, stresses and what she misses

TIPS –PLANNING CHALLENGES

- Making myself plan and cook, despite a busy schedule.
- Not knowing if what I cooked will be filling enough or delicious enough.

TIPS – PLANNING CHALLENGES

- **Not splurging.** Food has so much power over our brains. A little morsel of food can make or break a day. Food is one of the easiest and most accessible stress relievers, and it's really challenging when that release is not available.

TIPS -PLANNING CHALLENGES

- **Dietary variety** available.
- **Social restrictions**

TIPS -PLANNING CHALLENGES

SNACKS

Providing Regular Snacks
Can Be A Challenge

TIPS

- Snacks are going to be difficult to fund on a SNAP budget
- Found this on Walmart (web) 32 oz for \$2.08.
- Make it on top of the stove, with a little oil.



TIPS

- Caffeine coffee cola tea – can you do without? Or can you make do with tea bags
- Walmart website \$1.88 /24 ct

**Tea bags are
portable!**



TIPS

- Dried Beans are your friend. Soak overnight and cook in your crockpot, while you go about your day. Make enough for a few days.
- Think Beans and Rice, add beans to a salad ...
- Always work late on Wed? Reuse or repurpose leftovers from Mon. or Tues.

TIPS

- Think of a Mexican/SW American diet that combined corn with beans or US Native Americans who ate succotash (lima beans and corn)

<https://www.motherearthnews.com/real-food/corn-and-bean-recipes-zmaz72jzfre/>

- Add some fruits and vegetables to supply the vitamins and minerals that beans and corn lack, add some real milk, and you've got a fairly well-balanced diet that is both tasty and very economical.

Food Insecurity

- Why do Families need help managing the Cost of Food

Food Insecurity

Lack of consistent access to enough food for every person in a household to live an active, healthy life.

Food Insecurity

- Can be temporary or last a long time.
- One way to measure how many people can't afford food.
- More than 38 million people, including 12 million children face food insecurity in the US

Food Insecurity - Why

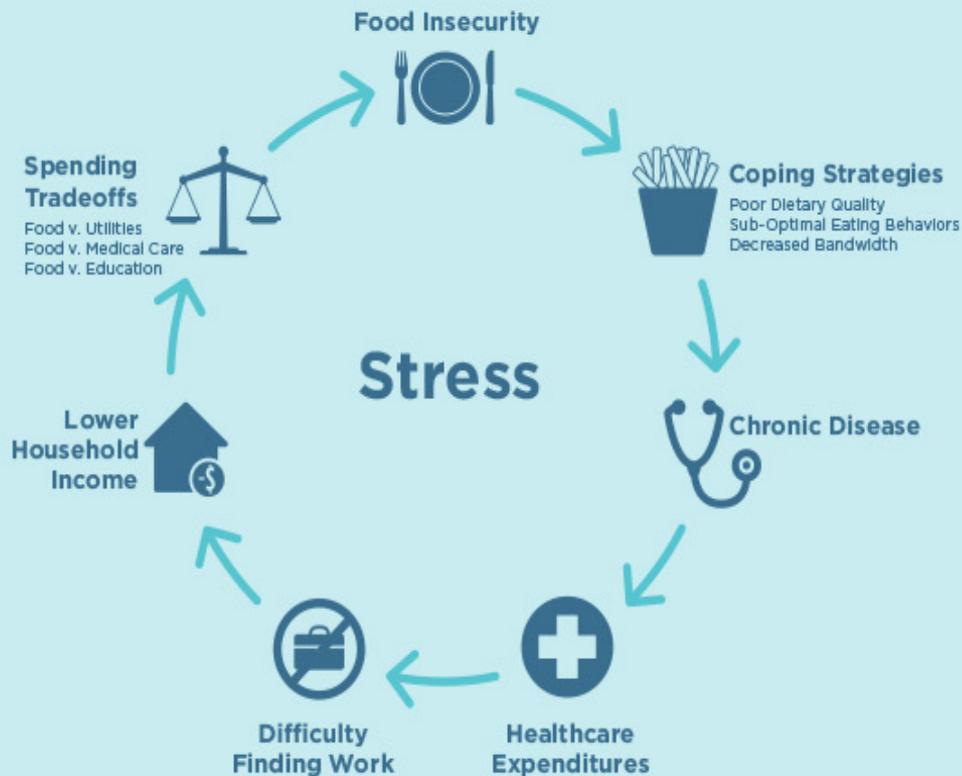
- Many people in America struggle to meet basic needs increasing the risk of food insecurity.
- Lay-offs at work, unexpected car maintenance, or an accident on the job can suddenly force a family to choose between buying food and paying bills.

Food Insecurity Some Causes

- Poverty, unemployment, underemployment or low income
- Lack of affordable housing
- Chronic health conditions/no access to healthcare
- Food Deserts
- Systemic racism and racial discrimination

WHY SHOULD I CARE ABOUT FOOD INSECURITY?

The Cycle of Hunger and Health



FOOD INSECURITY CENTRAL FL

March 2021: Feeding America projects

- **13.8%, one in seven people and**
- **20.1%, one in five children**

live in households that may be food insecure in 2021.

CHILD FOOD INSECURITY CENTRAL FL

- **153,220 children, one in five kids are food insecure.**
- **Devastating for children: it can**
 - **stunt their growth**
 - **affect their ability to learn**
 - **force them to withdraw from social interaction.**

FOOD INSECURITY

Health of Adults

- People experiencing food insecurity often **consume a nutrient-poor diet**, which may contribute to the development of obesity, heart disease, hypertension, diabetes, and other chronic diseases. People who live in food-insecure households also have difficulties in managing diet-related chronic conditions

- SNAP provides only part of the food cost.
- *The SNAP Challenge ignores that SNAP is supplemental. SNAP benefits are not expected to be the only source of food.*

SNAP PARTICIPANTS' BARRIERS TO HEALTHY EATING

- 88% of SNAP Families report facing challenges to a Healthy diet
- 61% report the cost of healthy foods as a barrier

OTHER BARRIERS

- Time to prepare meals from scratch | 30%
- Transportation to the grocery store | 19%
- Distance to the grocery store | 18%
- Knowledge about healthy foods | 16%

OTHER BARRIERS

- Physical disability or limitations | 15%
- Storage for fresh or cooked foods | 14
- Kitchen equipment | 11%
- Cooking skills | 11%

WHAT DOES CATHOLIC TEACHING SAY ABOUT FOOD INSECURITY?

The US bishops have defined moral criteria to evaluate the allocation of our nation's resources

- How it safeguards or compromises human life and dignity

WHAT DOES CATHOLIC TEACHING SAY ABOUT FOOD INSECURITY?

- How it affects “the least of these” (Matthew 25)
- How it reflects a shared responsibility to promote the common good of all, especially workers, families and the elderly

FOOD STAMPED

Food Stamped is an informative and humorous documentary film following a couple as they attempt to eat a healthy, well-balanced diet on a food stamp budget.

FOOD STAMPED

Through their adventures they consult with Members of Congress, food justice advocates, nutrition experts, and people living on food stamps to take a deep look at America's broken food system. A FilmBuff Presentation

STREAMING FOOD STAMPED - FREE

- TubiTV <https://tubitv.com>
- Pluto TV <https://pluto.tv/>
- The ROKU Channel

<https://therokuchannel.roku.com>

SNAP CHALLENGE STORIES

<https://www.snapchallenge.org/snap-challenge-stories>

REFLECT

1. Why did you take the SNAP Challenge?
2. What was your experience with food shopping? Was \$5.83 a day enough for an entire day?
3. Did you eat well on the SNAP Challenge ?
How did you feel?

REFLECT

4. What kind of meals did you prepare?
5. What was the most difficult thing you faced during the SNAP Challenge?
6. Do you have any additional thoughts or comments about living for a day on a SNAP budget?

WHAT CAN I DO TO SUPPORT SNAP?

- Be an Advocate
- Send a message to your Congress person and Senators asking them to increase SNAP benefits for all recipients and to help provide important food for struggling families, the unemployed and seniors

WHAT CAN I DO TO SUPPORT SNAP?

- 2022 is an election year for your Congress person and a FL Senate seat.
- Save your letter and any notes you kept during the SNAP challenge. Send a letter to candidates for these offices. Find your rep at https://ziplook.house.gov/htbin/findrep_house

WHAT CAN I DO TO SUPPORT SNAP?

Consider talking to your friends about what you are learning with the SNAP Challenge!

Example: Calculating a Household's Monthly SNAP Benefits

Family of three with one full-time, minimum-wage worker, two children, dependent care costs of \$78 a month, and shelter costs of \$993 per month.

- **Step 1 — Gross Income:** The federal minimum wage is currently \$7.25 per hour. Full-time work at this level yields monthly earnings of \$1,257.

Example: Calculating a Household's Monthly SNAP Benefits

- Step 2 — Net Income for Shelter Deduction: Begin with the gross monthly earnings of \$1,257. Subtract the standard deduction for a three-person household (\$177), the earnings deduction (20 percent times \$1,257 or \$251), and the child care deduction (\$78). The result is \$751 (Countable Income A).

Example: Calculating a Household's Monthly SNAP Benefits

- **Step 3 — Shelter Deduction:** Begin with the shelter costs of \$993. Subtract half of Countable Income A (half of \$751 is \$376) for a result of \$617. Because there is a shelter deduction cap of \$597, the shelter deduction for this household is \$597.
- **Step 4 — Net Income:** Subtract the shelter deduction (\$597) from Countable Income A (\$751) for a result of \$154.

Example: Calculating a Household's Monthly SNAP Benefits

- **Step 5 — Family's Expected Contribution Toward Food:** 30 percent of the household's net income (\$154) is about \$46.
- **Step 6 — SNAP Benefit:** The maximum benefit in 2022 for a family of three is \$658. The maximum benefit minus the household contribution (\$658 minus \$46) equals about \$612. The family's monthly SNAP benefit is \$612.^b

- <https://www.cbpp.org/research/food-assistance/a-quick-guide-to-snap-eligibility-and-benefits>