

In 2009, more than 33 million Americans received benefits from the **Supplemental Food Assistance Program** (SNAP, commonly known as food stamps). This was a nearly 21 percent increase from the previous year. More than half of food stamp participants are children. The program is designed as a safety net to help ensure people have access to food during difficult times, with the majority of people leaving the program within nine months.

Hunger Free Colorado asks - have you ever considered what types and quality of foods can you afford on food stamps?

Are you willing to take on the FOOD STAMP CHALLENGE???



To experience “a taste” what it is like to live on food stamp benefits:

For 1 Week,

- Commit yourself to **ONLY** spending \$31.50 for the entire week on food, beverages, and all meal-related purchases. *This is \$4.50 per day.*
- Food stamps are not allowed at fast food or restaurant settings, so please avoid these places for any meals or snacks.
- During your Challenge, only eat food you purchased for the project. This means do not eat food you already own. Choose at the start whether you will use the spices and condiments you already own.
- Avoid accepting free food from friends, family, or at work.

In May 2010, the U.S. Senate passed Child Nutrition Reauthorization (CNR). This is the bill that funds programs such as school lunch. This Senate version pays for itself in part by cutting the current Recovery Act rates of SNAP benefits by \$2.2 billion. This cut would return food stamp recipients to an average of \$94.05 a month in benefits. To experience what affect this cut would have on SNAP recipients, complete this challenge:

For 1 Week,

- Commit yourself to **ONLY** spending \$21.00 for the entire week on food, beverages, and all meal related purchases. *This is \$3.00 per day.*
- Food stamps are not allowed at fast food or other restaurant settings, so please avoid these places for any meals or snacks.
- During your Challenge, only eat food you purchased for the project. This means do not eat food you already own. Choose at the start whether you will use the spices and condiments you already own.
- Avoid accepting free food from friends, family, or at work.

Share your experience with us at info@hungerfreecolorado.org!

Prepared by Hunger Free Colorado