

FOOD STAMP (SNAP) CHALLENGE



ARKANSAS CONFERENCE SNAP CHALLENGE

For one week, you must try to get three nourishing meals spending \$5 a day. The goal of this challenge is to learn firsthand what it's like to live on a tight budget.

Below, you will find a moving scale for households. For example, if there are two people in your household, both willing to participate in the Food Stamp (SNAP) Challenge, then you may pool your resources and spend \$10 a day.

Household Size	1	2	3	4	5	6	7	8
Food Stamp Challenge Daily Budget	\$5	\$10	\$15	\$20	\$25	\$30	\$35	\$40

Challenge Rules:

- Eat three meals a day (breakfast, lunch, and dinner) using only your allotted amount of money.
- Try to include fresh produce and lean meats.
- You may not use food that is currently in your home with the exception of spices and condiments.

Challenge Tips:

- Make a shopping list and stick to it
- Give yourself plenty of time to shop
- Buy staple items- example: beans, rice, potatoes, and long-lasting produce
- Buy store brands and clip coupons

During the Challenge, please post thoughts or videos to our Facebook page at

<https://www.facebook.com/200kReasons>