SNAP CHALLENGE

The SNAP (Supplemental Nutrition Assistance Program) Challenge gives people a glimpse of one aspect of life for low-income individuals facing hunger in the U.S.

WHAT IT IS
Participants will be challenged to live on $4.30 a day (the average daily food stamp allocation) for a week. This endeavor is an opportunity to help students understand the unique challenges, faced daily by millions in the U.S., in obtaining adequate nutrition. The goals are to:
1. create greater awareness of food insecurity and nutrition issues; and
2. mobilize young people into action through advocacy and volunteerism.

HOW IT WORKS
Your group will work with participants to support them and ensure they follow the guidelines. Steps can include:
1. **Recruit participants**: Tell your friends, put up flyers, table and post on social media sites. Collect names and contact information of participants that way you can keep track and follow their experiences.
2. **Explain guidelines**: See below.
3. **Post**: Ask participants to share photos of meals, receipts, thoughts and experiences on a selected social media site. Posts should be tagged #SNAPChallenge and #UnitedWay.
4. **Share**: Ask participants to take notes throughout the Challenge. Schedule a day shortly after the Challenge so participants can reflect on experiences, share thoughts and discuss any actions your group could take to work toward food equality.
5. **Donate**: Ask participants to donate the difference between $30.10 and the amount they usually spend on food in a week.

GUIDELINES
(revised from FRAC.org)

1. Each participant will spend no more than $30.10 for all food and beverages during the Challenge week.
2. All food purchased and eaten during the Challenge week, including fast food and dining out, must be included in the total spending. Factor dining hall meals into the cost.
3. During the Challenge, only eat food that you purchase for the project. Do not eat food that you already own (this does not include spices and condiments).
4. Avoid accepting free food from friends, family or at work, including at receptions, briefings or other events where food is served.
5. Invite others to join you, including classmates, professors, reporters, dining hall supervisors or elected officials.
6. Monitor your own health. While we appreciate your commitment to this Challenge, your participation is not more important than your health. If at any time during the Challenge you or another participant are unable to safely continue, end participation.