

Guidelines and Tips

The SNAP Challenge is a 5 day experience simulating the SNAP budget. The average SNAP benefits for an individual in South Carolina is \$4.01.

1. Spend no more than \$4.01 per day or \$20.05 for the full 5 days.
2. Avoid accepting free food from family, friends and events. These opportunities are not always available for everyone.
3. You may not eat any pre-purchased foods before you started the challenge (including spices!).
4. Blog/ post, share on social media or comment about your experiences at least once a day.

Use the SNAP tracker sheet to record your thoughts and track the money you have spent. Please email or return a handwritten track sheet to the Center for Civic Engagement by 11/26/13.

FAQ

Q: What if food is brought into my office, dorm, or classroom? What about free coffee at work?

Unfortunately, a person on SNAP would not likely have those free food opportunities. Bringing in a packed lunch or saying no to the food, would be a great opportunity to discuss the SNAP challenge.

Q: What about bottled water, spices or condiments?

You can not count pre-bought spices, water bottles, or condiments. If you do not want to rebuy the spice or condiment, record the price of the item in your tracker and count it in your running total as if you purchased it. (Exception salt and pepper)

Q: How do I incorporate foods I already have at home?

At the grocery store record the price of the item as if you were buying it with your budget (probably the store brand version of the item).

Q: If I only spend \$3 one day, can I spend \$5 the next day– or does it always have to be \$4.01 per day?

You do not have to spend the same amount every day. The weekly total can't be more than \$20.05.

Q: What if I am invited to someone's house for a meal?

Eat before the event, or take your own food. Maybe suggest the snacks or meal be based off a SNAP budget. It could be a great conversation piece!

Q: Are there foods that can't be purchased with SNAP benefits?

Yes. If possible avoid consuming foods that can not be purchased with SNAP benefits.

- "Hot" prepared foods such as rotisserie chickens, and other entrees.
- Alcohol
- Cigarettes
- Fast food, restaurants, to-go food, delivery pizza.
- Medicines and vitamins

TIPS

- ⇒ You may need to cut coupons or search grocery paper ads on days that items are discounted.
- ⇒ Use your Trader VIC or other grocery discount card.
- ⇒ Meal planning when you go to the grocery store will help you budget and spend wisely.
- ⇒ Try to eat as healthy as possible but note that organic food may be expensive and out of your budget.

We encourage you to share your experience by blog, Facebook or Twitter by using #CofcSNAPChallenge.

Questions about the SNAP Challenge? Visit www.cofcSNAPchallenge.weebly.com or email: napiera1@cofc.edu.