



THE SNAP CHALLENGE

WHAT IS THE SNAP CHALLENGE?

The SNAP Challenge encourages participants to experience what life is like for millions of low-income Americans living on the average daily SNAP benefit of only \$4.60 for food each day! We suggest taking the challenge for a week, but some participants last only a few days, while others have chosen to participate for the duration of Hunger Action Month.

TAKING THE SNAP CHALLENGE:



Eat on a daily food budget of \$4.60 for a day, a week, or longer. The week of September 10, 2017 is GardenShare's **SNAP Challenge Week**, but do it on the schedule that works for you.



Plan out your menu, do the shopping and get started...



Engage others by sharing your experience. Create a blog, post to Facebook, or share with GardenShare & encourage friends to participate.

PARTICIPATION GUIDELINES

- Each person should only spend \$4.60 per day on food and drink.
- All food purchased and eaten in this time must be counted in total spending - this includes dining out.
- During this time, do not eat any food purchased prior to the start of the Challenge.
- Avoid accepting free food from family, friends and coworkers, including at meetings, since these opportunities are not *always* available to those in need.

HELPFUL HINTS

- **Get your children involved** by sharing with them your reasons for participating, what you are eating during the Challenge and why you have chosen to take part. *Please note: it is important that children receive all of the necessary nutrients, so we do not recommend younger children take part.*
- Track your spending and publicly share your experience on a blog, Facebook, or Twitter. Don't forget to send us your blog so that we can share it with our followers.

Participating as a group, class, or congregation? GardenShare can help you by giving a speech or conducting a Hunger 101 at your location. Just give us a call at 315-261-8054 or e-mail office@gardenshare.org

Think you can handle the Challenge?



[Register Now](#)