

**United
Way**



**United Way
of Palm Beach County**

**United Way of Palm Beach County
Hunger Relief
invites you to join the
September 2024
SNAP CHALLENGE!**





DO YOU ACCEPT?

September is Hunger Action Month. This year, United Way of Palm Beach County Hunger Relief is raising awareness about food insecurity in Palm Beach County by asking community members to participate in the SNAP (Supplemental Nutrition Assistance Program) Challenge. The SNAP Challenge (“Challenge”) gives participants a glimpse into some of the struggles faced by millions of low-income Americans who are trying to put food on their tables. Participants are asked to spend \$6.20 per day on food for the duration of the Challenge. The Center on Budget and Policy Priorities estimates that the average monthly benefit amount for Floridians in 2024 is approximately \$189, or about \$6.20 per day. The Challenge provides an opportunity for participants to experience how difficult it is for families and individuals living on SNAP to simultaneously avoid hunger, afford nutritious foods, and stay healthy with limited resources.

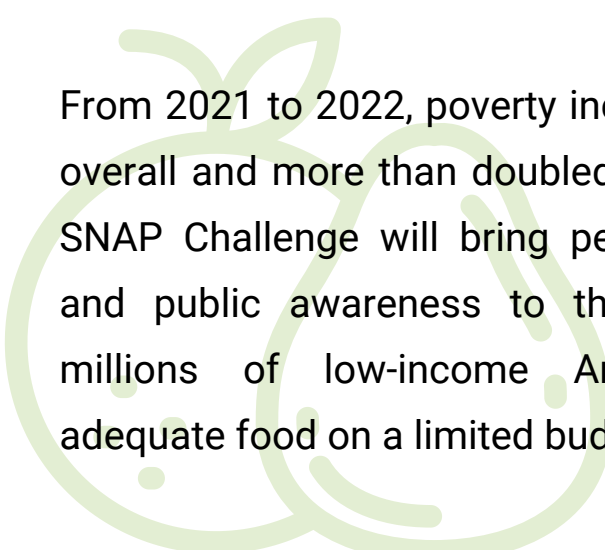
The Challenge is from September 16 – September 20, 2024, lasting a total of five days. The weeklong Challenge will lead up to Hunger Action Day on September 21, 2024. Visit UnitedWayPBC.org/Blog to learn more.

What is the Supplemental Nutrition Assistance Program (SNAP)?

SNAP is the largest program working to fight hunger in America. Administered by the U.S. Department of Agriculture, SNAP (previously named the Food Stamp Program) provides nutrition benefits to supplement the food budget of low-income families so they can purchase healthy food and move towards self-sufficiency. According to the Food Research and Action Center (FRAC), by providing monthly benefits to eligible low-income people to purchase food, SNAP plays a critical role in reducing hunger, malnutrition, and poverty and improving family security, child and adult health, employment, and other outcomes. Studies estimate that each dollar in federally funded SNAP benefits during a recession generates \$1.50 in economic activity.

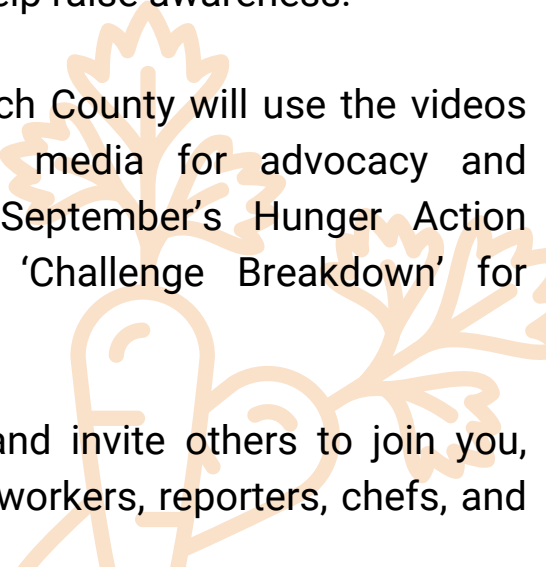
Why the SNAP Challenge?

From 2021 to 2022, poverty increased by 60 percent overall and more than doubled among children. The SNAP Challenge will bring personal understanding and public awareness to the struggle faced by millions of low-income Americans to obtain adequate food on a limited budget.





THE CHALLENGE

1. Each person should spend up to \$6.20 per day for food and beverages during the challenge week, which is the average national benefit for a SNAP recipient. All food purchased and eaten during the Challenge week, including dining out, must be included in the total spending. If you plan to buy groceries for the week, you should spend at most \$47.25.
 2. During the Challenge, only eat food that you purchased for the project. If you eat food that you already have at home or that is given to you by friends, family, or work, account for the cost in your SNAP budget.
 3. Keep track of receipts on food spending and take notes of your experiences throughout the week.
 4. Optional: Record a video and/or write a short blog with photos recounting your experience for each day of the Challenge. Post the video and/or blog to your social media platforms using the following tags: #SNAPChallenge and #HungerActionMonth24. Make sure to tag United Way of Palm Beach County and any other agency you feel can help raise awareness.
 5. United Way of Palm Beach County will use the videos you post on your social media for advocacy and education efforts during September's Hunger Action Month and beyond. See 'Challenge Breakdown' for instructions on the video.
 6. Share your experience and invite others to join you, including family, friends, coworkers, reporters, chefs, and elected officials.
- 



BY PARTICIPATING YOU COMMIT TO THE FOLLOWING:

1. Spend only \$47.25 on your meals, including breakfast, lunch, dinner, and beverages, for the week of September 16 – September 20, 2024.
2. Only consume food and beverages you purchased using your \$47.25 budget for the week of September 16 – September 20, 2024.
3. Post a total of six blog posts or reflection videos throughout the week of September 16 – 20 on your social media platform(s) of choice. Refer to 'The Challenge' above for more information.
4. Tag United Way of Palm Beach County on your social media posts and use #SNAPChallenge and #HungerActionMonth24.

**Contact Kathleen Mason at
HungerRelief@UnitedWayPBC.org
to accept The SNAP Challenge.
Thank you for being a Hunger Hero!**

CHALLENGE BREAKDOWN

Record Introductory Video

Record up to a 90-second video introducing yourself and accepting the SNAP Challenge. See 'Video Script' below.

DAY
1

September 16, 2024 | Food Shopping

1. Where are you shopping?
2. Explain barriers you may have experienced when shopping with your SNAP budget.
3. Was there anything you wanted to buy but could not afford?
4. What changes/adjustments did you have to make to your shopping list?
5. Did you meal plan for the week?
6. Share what you purchased.

DAY
2

September 17, 2024 | Thoughts & Expectations

1. What are your thoughts about the Challenge so far?
2. What meals or recipes have you planned or utilized?



CHALLENGE BREAKDOWN

DAY
3

September 18, 2024 | Healthy Eating

1. What changes have you had to make to your diet?
2. Do you have enough protein and fresh produce to make complete nutritious meals?
3. Share a favorite meal you made as part of the Challenge.

DAY
4

September 19, 2024 | Thoughts & Expectations

1. Are your meals satisfying and holding off hunger in-between meals?
2. Do you feel like you are consuming enough healthy food each day?
3. How would you describe your mental state?
4. How has your outlook of the Challenge evolved when compared to day one or two?

DAY
5

September 20, 2024 | Thoughts & Expectations

1. Looking back at the week, do you feel like your food choices allowed you to be as productive at work and at home? Explain.
2. Share any thoughts you have about the Challenge and the SNAP program.



VIDEO SCRIPT

My name is _____ I am with _____

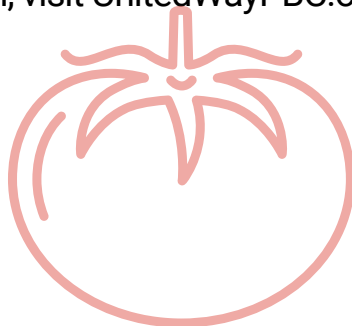
I accept the SNAP Challenge because I want to bring personal understanding and public awareness to the struggle faced by millions of low-income Americans to obtain adequate food on a limited budget.

SNAP is the largest program working to fight hunger in America. Administered by the U.S. Department of Agriculture, SNAP (previously named the Food Stamp Program) provides nutrition benefits to supplement the food budget of low-income families so they can purchase healthy food and move towards self-sufficiency.

To raise awareness about the SNAP program, I'll be eating my daily meals, including breakfast, lunch, and dinner, for \$6.20 a day from September 16 – September 20, 2024, for a total of five days. In 2023, the state of Florida's average Supplemental Nutrition Assistance Program (SNAP) benefit was \$189 per person per month, or about \$6.20 per day.

Please follow me on my SNAP Challenge journey, which I'll post about daily on my Instagram, Facebook, X, etc. I invite you to join the Challenge if you feel called to do so.

For more information, visit UnitedWayPBC.org/Blog.



DID YOU KNOW THAT SNAP...

(choose a SNAP fact below to end the video or blog post)

SNAP FACTS

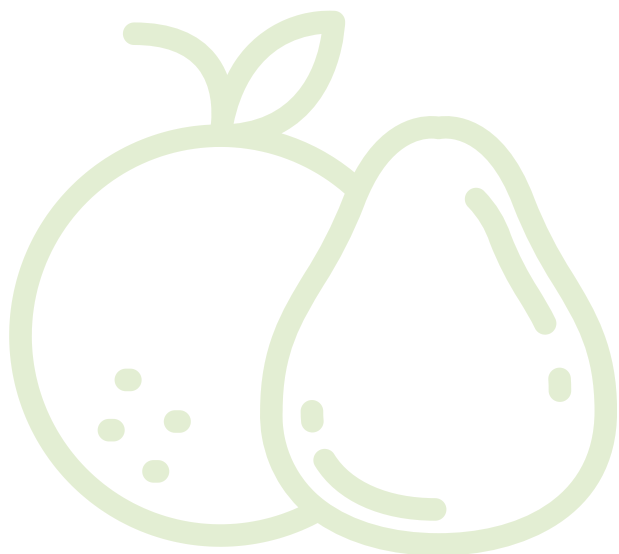
- The Supplemental Nutrition Assistance Program (SNAP) feeds nearly one-quarter of all children in the U.S.
- SNAP reduces hunger by as much as 30%.
- SNAP helps nearly 4 million non-elderly adults who either receive disability benefits or have work-limiting health conditions.
- SNAP is linked to improved outcomes for education, economic security, and self-sufficiency.
- For every meal that food banks can provide, SNAP provides nine.
- In 2023, nearly 13% of U.S. residents were receiving SNAP benefits in an average month.
- Among households receiving SNAP benefits, 81% include a child, senior, or person living with disabilities.
- Households usually spend their monthly benefits within weeks, so SNAP provides quick support to local economies.
- SNAP is designed to respond quickly and effectively to support families with low incomes and communities during times of increased need. It expands when the economy weakens and contracts as the economy recovers.
- SNAP provides critical support while people search for new jobs. Receiving SNAP benefits has been found to increase long-run rates of employment for people who worked steadily prior to application. Most non-elderly adult SNAP recipients without disabilities work in the year before or the year after receiving SNAP benefits.
- SNAP promotes long-term health and well-being. Adult SNAP participants save an average of \$1,400 per year in healthcare costs compared to non-participants.
- The average SNAP household received a monthly benefit of \$297.
- Most SNAP households (75%) lived at or below the poverty level.



SNAP FACTS CONTINUED

- When added to households' gross incomes, SNAP benefits and emergency allotments raised 30 percent of SNAP households above the poverty level.
- Social Security benefits were the most common source of income among SNAP households.
- The average number of SNAP customers in Florida for Fiscal Year 2022-2023 was 3,033,908 (a 5.4% increase from the previous year).
- The average number of SNAP customers in Palm Beach County for Fiscal Year 2022-2023 was 166,207 (a 9% increase from the previous year).

1. [SNAP Is and Remains Our Most Effective Tool to Combat Hunger.](#)
2. [Why lawmakers must improve SNAP.](#)
3. [Funding for federal food assistance fell while participation increased, report says.](#)
4. [Feeding America Action – Supplemental Nutrition Assistance Program \(SNAP\).](#)
5. [USDA FNS - Characteristics of SNAP Households - FY 22.](#)
6. [ESS Standard Reports – Department of Children and Families \(DCF\).](#)
7. [Census Data Reveals Surge in Poverty - Food Research & Action Center \(frac.org\).](#)





For more information on SNAP, visit.

Food and Nutrition Service, USDA, Supplemental Nutrition Assistance Program:

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Food Research and Action Center, FRAC, Supplemental Nutrition Assistance Program (SNAP):

<https://frac.org/programs/supplemental-nutrition-assistance-program-snap>

Center on Budget and Policy Recommendations, A Quick Guide to SNAP Eligibility and Benefits:

<https://www.cbpp.org/research/food-assistance/a-quick-guide-to-snap-eligibility-and-benefits>

For more information on local hunger and food insecurity, visit [UnitedWayPBC.org/Hunger](https://www.unitedwaypbc.org/Hunger).

