



**UNITED WAY**

Palm Beach County

**United Way of  
Palm Beach County  
Hunger Relief  
invites you to join the  
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 Challenge. The SNAP Challenge provides an opportunity for participating to experience how challenging it is for families and individuals living on SNAP (Supplemental Food Assistance Program) to simultaneously avoid hunger, afford nutritious foods, and stay healthy with limited resources. The Center on Budget and Policy Priorities estimates that the average monthly benefit amount for Floridians in 2025 is approximately \$184, or about \$6.08 per day. The Challenge provides an opportunity for participants to experience how difficult it is for families and individuals living on SNAP (Supplemental Food Assistance Program) to simultaneously avoid hunger, afford nutritious foods, and stay healthy with limited resources.

The Challenge lasts a total of three consecutive days of your choice between September 8 – 12, 2025. The three-day challenge will lead up to Hunger Action Day on September 16, 2025.

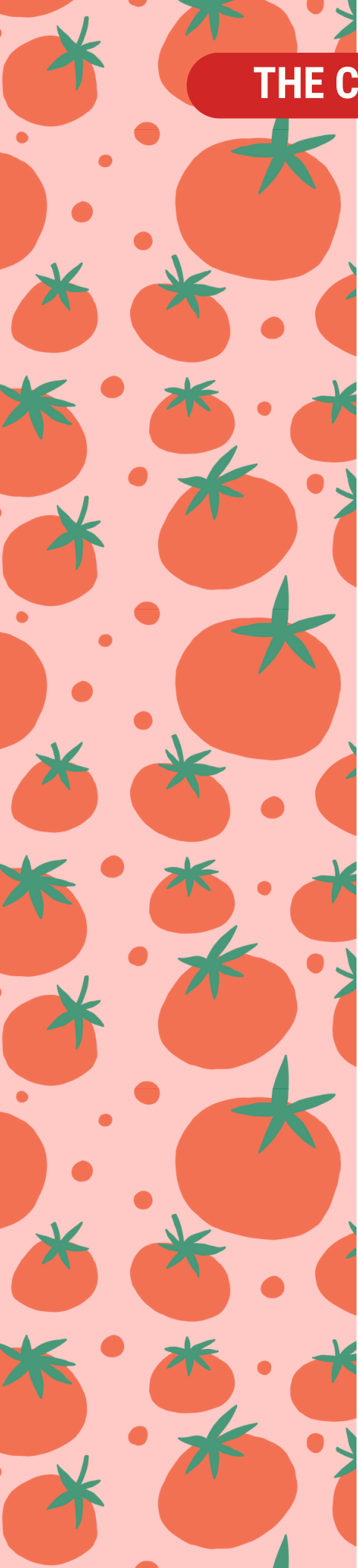
## **What is the Supplemental Nutrition Assistance Program (SNAP)?**

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, poverty, and improving family security, child and adult health, employment, and other outcomes. Studies estimate that each dollar in federally funded SNAP benefits generates between \$1.50 and \$1.80 in economic activity.

## **Why the SNAP Challenge?**

The SNAP Challenge brings personal understanding and public awareness to the struggle faced by millions of low-income Americans to obtain adequate food on a very limited budget.





## THE CHALLENGE

1. Each person should spend up to \$6.08 per day for food and beverages during the challenge timeframe. This is the average national SNAP recipient dollar amount benefit. All food purchased and eaten during the Challenge week, including dining out, must be included in the total spending.
2. If you plan to buy groceries for the week during the Challenge, eat only 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 it in your SNAP budget.
3. Keep track of receipts on food spending and take notes of your experiences throughout the timeframe.
4. Optional: Record a 90-second video, and/or write a short blog with photos, sharing your daily experience of the Challenge. Post the 90-second video and/or blog to your social media platforms using the tags: #SNAPChallenge and #HungerActionMonth25. Be sure to tag United Way of Palm Beach County and any other agency you feel can help raise awareness.
5. The videos you post on your social media will be used by United Way of Palm Beach County for advocacy and education efforts during September's Hunger Action Month. (See Challenge Breakdown below).
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 \$6.08 on your total meals for each day, including breakfast, lunch, dinner, and beverages during the timeframe of September 8 – September 12, 2025.
2. Only consume food and beverages you purchased using your \$18.25 budget for the three days of the Challenge.
3. Tag United Way of Palm Beach County on your social media posts and use #SNAPChallenge and #HungerActionMonth25.
4. Optional: Post a total of six blog posts or 90-second reflection videos throughout the week that the SNAP Challenge takes place on your social media platform of choice. Refer to pages 2-3 for more information.

**Contact United Way of Palm Beach County  
Hunger Relief at  
(561) 375-6633 or  
email [HungerRelief@UnitedWayPBC.org](mailto:HungerRelief@UnitedWayPBC.org)  
if you accept The SNAP Challenge.**

**Thank you for being a Hunger Hero!**

# CHALLENGE BREAKDOWN

**DAY  
1**

## **Record Introductory Video (optional)**

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

## **Food Shopping - Thoughts and Expectations**

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. Share what you purchased.

**DAY  
2**

## **Healthy Eating**

1. What changes have you made 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 SNAP challenge.

**DAY  
3**

## **Mental and Physical Wellbeing**

1. Are your meals satisfying and holding off hunger in-between?
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?
5. 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 known as Food Stamps) 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, this includes breakfast, lunch and dinner, on \$6.08 a day from September xx – September xx, 2025, lasting a total of x days. In 2025, the state of Florida average Supplemental Nutrition Assistance Program (SNAP) benefit was \$184 per person per month, or about \$6.08 per day.

Please follow me on my SNAP Challenge journey! I'll post daily on my Instagram/Facebook, Twitter, etc. I invite you to join me for the SNAP Challenge!

Did you know that SNAP... (choose one of the SNAP facts below to end the video)?



A decorative vertical bar on the left side of the page, featuring a light orange background with several stylized orange carrots with green tops scattered vertically.

## DID YOU KNOW THAT SNAP...

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

- SNAP is the nation's first line of defense against hunger, helping 3,070,653 people in Florida put food on the table.
- In fiscal year 2024, SNAP brought \$6.6 billion to the State of Florida.
- 13% of households in Florida participated in SNAP last year.
- In fiscal year 2024, SNAP participants in Florida received an average of \$184.96 per month in SNAP benefits. This represents an average \$6.08 per person per day.
- Helped over 1 million children in Florida in fiscal year 2023.
- SNAP supports local businesses, including 15,148 retailers in Florida, which redeemed a total of \$7.1 billion in 2023.
- Every dollar in SNAP benefits spent helps generate an estimated \$1.50 to \$1.80 in economic activity.
- 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.
- 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 a well-designed program that responds quickly and effectively to support families with low incomes and communities during times of increased need, expanding when the economy weakens and contracting as the economy recovers.



## SNAP FACTS CONTINUED...

- SNAP provides key 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.
- When added to households' gross incomes, SNAP benefits and emergency allotments raised 30 percent of SNAP households above the poverty level.
- The average number of SNAP customers in Florida for Fiscal Year 2023-2024 was 2,999,486 (a 1.1% decrease from the previous year).
- The average number of SNAP customers in Palm Beach County for Fiscal Year 2023-2024 was 168,015 (a 1.1% increase from the previous year).

## SOURCES

- [SNAP Is and Remains Our Most Effective Tool to Combat Hunger](#)
- [Why lawmakers must improve SNAP](#)
- [Funding for federal food assistance fell while participation increased, report says](#)
- [Feeding America Action – Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [USDA FNS - Characteristics of SNAP Households - FY 22](#)
- [ESS Standard Reports – Department of Children and Families \(DCF\)](#)

**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://UnitedWayPBC.org/Hunger).

