



United Way
of 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 (“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 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 2023 is approximately \$180, or about \$6 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.

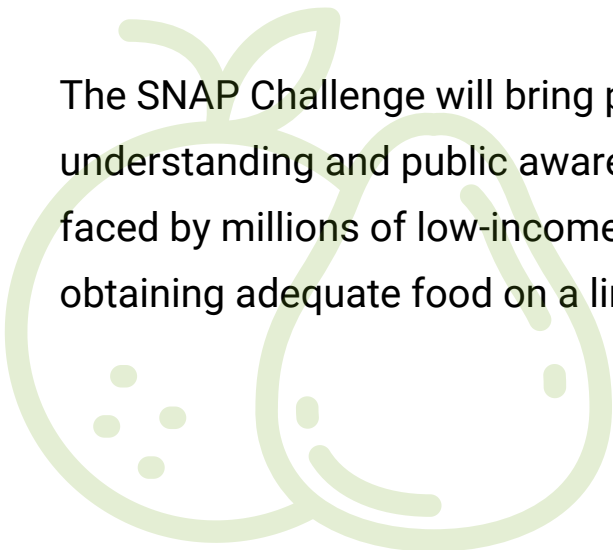
The Challenge is from September 11 – September 15, 2023, lasting a total of five days. The weeklong Challenge will lead up Hunger Action Day on September 22, 2023.

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.

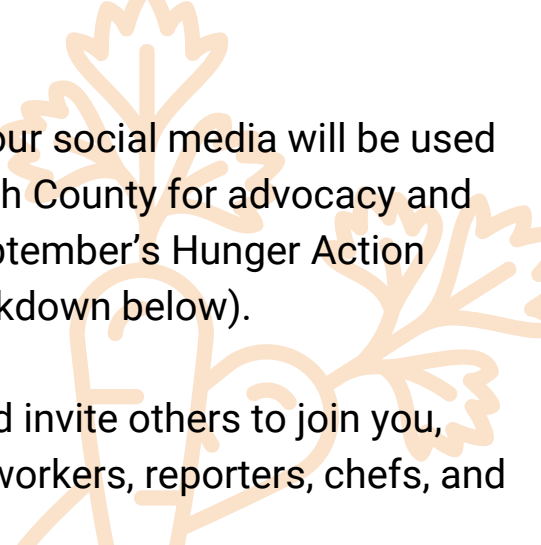
Why the SNAP Challenge?

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





THE CHALLENGE

1. Each person should spend up to \$6 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 not spend more than \$45.
 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 it 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 90-second video, and/or write a short blog with photos, recounting your experience for each day of the Challenge. Post the 90-second video and/or blog to your social media platforms using the following tags: #SNAPChallenge and #HungerActionMonth23. Make 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.
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BY PARTICIPATING YOU COMMIT TO THE FOLLOWING:

1. Spend only \$45 on your meals, includes breakfast, lunch, dinner and beverages for the week of September 11 – September 15, 2023.
2. Only consume food and beverages you purchased using your \$45 budget for the week of September 11 – September 15, 2023.
3. 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 'The Challenge' above for more information.
4. Tag United Way of Palm Beach County on your social media posts and use #SNAPChallenge and #HungerActionMonth.

Call Kathleen Mason at (561) 375-6633 or email kathleenmason@unitedwaypb.org if you accept the challenge.

CHALLENGE BREAKDOWN

Record Introductory Video

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

DAY
1

September 11, 2023 | Food Shopping

DESCRIPTION

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 12, 2023 | Thoughts & Expectations

DESCRIPTION

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 13, 2023 | Healthy Eating

DESCRIPTION

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 14, 2023 | Thoughts & Expectations

DESCRIPTION

1. Are your meals satisfying and holding off hunger inbetween?
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 15, 2023 | Thoughts & Expectations

DESCRIPTION

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.





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:

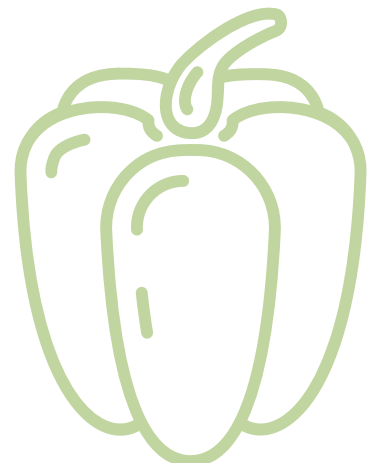
<https://www.cbpp.org/research/food-assistance/a-quick-guide-to-snap-eligibility-and-benefits>

For more information on local hunger and food insecurity, visit:

United Way of Palm Beach County:

[Fight Hunger - United Way of Palm Beach County](https://www.unitedwaypbc.org)
([unitedwaypbc.org](https://www.unitedwaypbc.org)).

[Hunger Assistance - United Way of Palm Beach County](https://www.unitedwaypbc.org)
([unitedwaypbc.org](https://www.unitedwaypbc.org)).



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, this includes breakfast, lunch and dinner, on \$6 a day from September 11 – September 15, 2023, lasting a total of five days. In 2023, the state average Supplemental Nutrition Assistance Program (SNAP) benefit was \$180 per person per month, or about \$5.93 per day.

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



DID YOU KNOW THAT SNAP...

(choose one of the SNAP facts below to end the video)

SNAP FACTS

- In Florida, approximately 15,000 authorized retailers participated in SNAP, redeeming about \$4 billion in SNAP benefits in 2019.
- SNAP helps 1 in 7 workers in Florida put food on the table (roughly 1.27 Floridian workers).
- In Florida, 60% of all SNAP benefits go to households that include a child, and more than 47% are families with members who are older adults or disabled.
- Almost one-third of SNAP households have earned income, though only 20 percent of households have gross monthly income above the federal poverty line. The average SNAP household's monthly gross income is \$872 and net income is \$398.
- More than 9 percent of participating households moved above the federal poverty line when SNAP benefits were included in gross income, and 10 percent of the lowest-income SNAP households moved out of deep poverty.
- Only 36 percent of SNAP households receive the maximum allotment. The other 64 percent of participating households receive less than the maximum, and are expected to spend some of their other income on food to make up the difference.

One of the greatest shortcomings of SNAP is that benefits for most households are not enough to get them through the entire month without hunger or being forced to sacrifice nutrition quality.



DID YOU KNOW THAT SNAP...

(choose one of the SNAP facts below to end the video)

SNAP FACTS

- Participation among seniors is staggeringly low. Approximately 3 out of 5 seniors who qualify to receive SNAP are missing out on benefits.
- Roughly 85% of older adults who receive SNAP benefits live alone. More than half of these isolated seniors have little to no income—depending entirely on general assistance, Supplemental Security Income (SSI), or other benefits for their subsistence. For these individuals, SNAP benefits can mean the difference between having food and going without.
- In addition to boosting the grocery purchasing power of eligible individuals and families, SNAP is an economic multiplier that infuses money into local economies. Every dollar in SNAP benefits spent helps generate an estimated \$1.50 in economic activity.

1. [Florida SNAP Profile - Center on Budget and Policy Priorities](https://www.cbpp.org/sites/default/files/atoms/files/snap_factsheet_florida.pdf)
https://www.cbpp.org/sites/default/files/atoms/files/snap_factsheet_florida.pdf

2. [SNAP Is an Important Public-Private Partnership – Center on Budget and Policy Priorities](https://www.cbpp.org/snap-is-an-important-public-private-partnership#Florida)
<https://www.cbpp.org/snap-is-an-important-public-private-partnership#Florida>

3. [New USDA Report Provides Picture of Who Participates in SNAP - Food Research & Action Center \(frac.org\)](https://www.frac.org/research/new-usda-report-provides-picture-of-who-participates-in-snap)

4. [7 Facts About Older Adults and SNAP \(ncoa.org\)](https://www.ncoa.org/7-facts-about-older-adults-and-snap)

5. [Supplemental Nutrition Assistance Program \(SNAP\) - Feeding America Action](https://www.feedingamerica.org/programs/supplemental-nutrition-assistance-program-snap)

