

Activity and Assessment: THE SNAP EXPERIENCE Living on a SNAP Budget

Name: _____ Date: _____

ACTIVITY

Supplemental Nutrition Assistance Program – SNAP Oct. 1, 2020 – Sept. 30, 2021	
Household Size	Maximum SNAP Monthly Allotment
1	\$204
2	\$374
3	\$535
4	\$680
5	\$807
6	\$969
7	\$1,071
8	\$1,224
+ Each Additional Person	+\$153

1. You will play the role of a single individual who receives SNAP benefits. Your monthly allotment is indicated in the table above, \$204 every month for the coming year. That translates to \$6.71 per day and \$47.00 a week.
2. In this activity, you will go grocery shopping at stopandshop.com. You will purchase groceries that are meant to last a week, spending no more than \$47.00.
3. When you arrive at the home page for Stop and Shop, scroll down through the page to locate any specials, discounts, or coupons. When you're ready to shop the store, hit the tab labeled "Browse Aisles" at the top.

4. All of the sections of the store will drop down in the menu and you may begin anywhere. When you decide to place an item in your cart, a handy calculator in the upper right corner keeps a running total of your accumulating bill. This will make it easy to stay within your \$47.00 budget limit.
5. Because you ultimately will not be checking out, it's imperative to use the "Shopping With SNAP" table, located below, to keep a detailed list of the items you are placing in the cart. Enter the item including the quantity or volume (5 bananas, 1 gallon of 2% milk, 4 boxes of Kraft Mac & Cheese). Enter the store category you purchased it from (dairy, cereal, deli) and enter the price paid. At the bottom of the price column, you should add the items and list the grand total.
6. The objective is to gather enough food items to feed yourself for a week while not exceeding the \$47.00 benefit limit. You can't accept help from any source (no borrowing money, accepting charity or shoplifting).
7. Once you have exhausted your funds and catalogued all of your selections, it's time to plan a daily menu for yourself.
8. For this exercise, you will utilize the "Daily Menu" table located below.
9. Use the groceries purchased in the previous activity to draw up a menu of three meals for one day. Be conscious of the need to feed yourself for six more days on these groceries, so allot the food and drink accordingly. If you have one box of cereal and one gallon of milk, then it has to last you seven days. If you buy one pound of rice and beans it has to last you seven days.
10. Plan out breakfast, lunch and dinner for yourself listing the food and beverage to be consumed and the portion size. For instance, if you buy a loaf of bread and you want to make seven sandwiches throughout the week, then be conscious of controlling each portion.

Daily Menu Planner	
Meal	Food/Beverage Item Consumed
BREAKFAST	
LUNCH	
DINNER	

ASSESSMENT

Directions: Answer the following questions about your experiences with the SNAP Budget Activity.

1. Did your SNAP benefits allow you access to enough food to support an active, healthy life? Explain.
2. What trade-offs were you forced to accept because of your limited budget?
3. In what ways do you believe your nutrition was compromised because of your limited budget?
4. Do you think you would spend more time preparing meals on a SNAP budget? Explain.
5. What impact do you think your location has on the endurance of your SNAP benefits?
6. Most grocery stores are not set up to accept SNAP benefits online yet. What additional strain, in this pandemic, does that create for SNAP recipients?