



TAKE THE SNAP EXPERIENCE FOR HUNGER ACTION MONTH

Thank you for taking the SNAP Experience! This is a very impactful activity for Hunger Action Month in September. The SNAP experience allows us all to have more meaningful conversations about what it is really like for thousands of families right here in northern Nevada and across the country.

What is the SNAP Experience?

Can you eat on \$4.17 per day? The SNAP Experience encourages participants to get a sense of what life is like for millions of low-income Americans facing hunger. While the Supplemental Nutrition Assistance Program (SNAP, commonly known as food stamps) provides monthly benefits to supplement the food budgets of families in need, in many cases the benefits are inadequate and families still struggle to put food on the table.

By accepting the SNAP Experience, you'll commit to eating all of your meals from a limited food budget comparable to that of a SNAP participant. The goal is to gain some understanding of the struggles vulnerable families face each day. While it is impossible to fully comprehend the difficult decisions low-income families face, participating in the SNAP Experience this September will help raise awareness about the issue of hunger right here in Nevada.

I've Accepted the Experience, Now What?

- For Hunger Action Month, we are encouraging everyone to take the SNAP Experience for 5 full days on September 16-20, 2019 with the Food Bank of Northern Nevada.
- Your food budget for the week of your Experience will be based on the average SNAP benefit for Nevada, which is \$4.17 per day – for ALL of your food and beverages. You can use coupons while you participate in the Experience but should not shop at membership clubs or buy food in places that do not accept SNAP (like fast food restaurants).
- Try to eat healthy! Do your best to plan the week and eat the food that is as nutritious as possible.
- Using your Experience budget, decide on groceries to purchase and how much to set aside for food incidentals. Be aware of ALL food purchased and eaten during the Experience week needs to be in the budget.
- During the Experience, do not eat food that you purchased prior to starting the Experience but if you do, figure the cost per serving and deduct it from your budget total.
- Avoid accepting free food from friends, family or while at work.
- Keep track of receipts on food spending and take note of your experiences throughout the week. Note the choices you may need to make regarding the variety and quality of the food you eat.
- Invite friends, family or coworkers to join the experience.
- Share your experience through social media and use the following hashtags: #fighthunger #hungeractionmonth, #FeedingAmerica #Reno #RenoTahoe #ThisIsReno #BiggestLittleCity #BattleBorn and tag the Food Bank @FoodBankNN.
- 46,000 Nevadans are at risk of losing their SNAP benefits due to a proposal to revise categorical eligibility in the program. Please join us in adding a public comment in opposition of this proposal before the deadline of September 23, 2019. The link to the public comment can be found at fbnn.org/HAM.

For more information about Hunger Action Month visit fbnn.org/HAM or call 775-331-3663.