

Answer Key: THE SNAP EXPERIENCE Living on a SNAP Budget

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.

(Students might say no, they might run out of money before they could purchase enough food for 7 days, they consumed so much time because the decisions were so challenging.)

2. What trade-offs were you forced to accept because of your limited budget?

(Students might say they were forced to sacrifice variety, treats, beverages, processed foods, pre-packaged meals, and hot foods.)

3. In what ways do you believe your nutrition was compromised because of your limited budget?

(Students might say they were not able to provide well-rounded meals for themselves that covered adequate amounts of the nutritional food groups.)

4. Do you think you would spend more time preparing meals on a SNAP budget? Explain.

(Students might say they would spend more time preparing meals because the SNAP budget does not allow for prepared or pre-packaged meals.)

5. What impact do you think your location has on the endurance of your SNAP?

(Students might indicate that a SNAP budget would be even more inadequate in areas with a high cost of living, many communities are "food deserts" that don't have fully stocked grocery stores.)

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?

(Students might say that the lack of this convenience means that more SNAP recipients must shop in person making them more vulnerable to the virus.)