

MAKE A MEAL FOR

Joaquin



Dairy

Milk: \$0.41 / 8 oz
Cheese: \$0.75 / 2 oz
Greek Yogurt: \$1.29 / 6 oz
Yogurt: \$0.50 / 6 oz

INSTRUCTIONS

- 1 Look over the plate at the food options and their prices.
- 2 Select and circle five items—one from each food category.
- 3 Calculate the **Total meal cost.**

Total meal cost:
\$ _____

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Prices collected at Ralphs in Los Angeles, CA on 7/12/16

JOAQUIN RELIES ON SNAP (A.K.A. FOOD STAMPS)

The Supplemental Nutrition Assistance Program (SNAP) is the nation's most effective defense against hunger. The program reaches millions of low-income households that need help putting food on the table, the majority of which are families that include children, seniors, and people with disabilities.

While the national average SNAP benefit is a modest \$1.40 per person, per meal, SNAP plays a critical role in lifting millions of people—especially children—out of poverty. Research shows that improving food security through SNAP significantly improves health and other outcomes for both adults and children.

If your total meal cost for Joaquin was more than \$1.40, start again and try to make a meal that will fit Joaquin's budget.



"When I go shopping with my food stamps, I think of what my mother taught me when I was nine. She'd say, 'Mijo, you want to count the ounces per dollar of one brand and compare it to the other brand.'"

There's ways to try to get the most out of your dollar. If you're hungry it doesn't matter if the quality of the food is good or not. If you're hungry you got to feed yourself.

If I didn't have food stamps I don't know what I would do. I would be barely scraping by on food box donations. The \$200 in food stamps that I receive it does help; it does last at least 2, 3 weeks-4 weeks if I'm lucky."

- How difficult was it to make a meal with \$1.40?
- Would you want to eat this meal?
- How nutritious is the meal you created?