



Food Stamp Challenge

420,000 Oklahomans rely on an average of \$21 per person per week in food stamp benefits to meet their nutritional needs

Could you eat on \$21 per week?

Find out by taking the Food Stamp Challenge!

**The challenge is simple:
Attempt to live on the average food stamp benefit of \$21 per person or \$1 per meal for one week**

Here are some guidelines to follow:

1. Each person should only spend a total of \$21 on food and beverages during the week-long Challenge.
2. All food purchased and eaten during the Challenge week, including fast food and dining out, must be included in the total spending.
3. During the Challenge, only eat food that you purchase for the project. Do not eat food that you already own (this does not include spices and condiments).
4. Avoid accepting free food.

FOOD BANK
Community **FOOD BANK** of Eastern Oklahoma



REGIONAL
FOOD BANK
of Oklahoma