



# CONVERSATION STARTERS

**Start a conversation about the SNAP Challenge with family, friends and neighbors using these prompts and questions:**

- We've all felt the effects of inflation; it's even tougher for folks who rely on emergency food resources like SNAP.
- The way our kids eat, it's tough to keep food in the house. I have so much respect for people who have to put the puzzle together using SNAP, food shelves, community meals and more.
- Do you know anyone who has struggled with food security?
- It can be easier for people to fill out a loan application than it is to get basic food benefits, and it definitely takes more time.
- Have you ever heard of a SNAP Challenge? I decided to participate in one this fall.

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**Use these key SNAP talking points to help answer questions that come up in conversation:**

- When pandemic emergency funding ended in 2023, people in Minnesota lost an average of \$82 per month
- In state fiscal year 2023, more than 449,000 Minnesotans received SNAP assistance every month
- Minnesota food shelf visits grew by two million in the year 2023
- Right now, the average SNAP participant in Minnesota receives just \$5.16 per day
- 11.6% of Minnesota children lived below the poverty line in 2024

**[TAP HERE and refer to the SNAP FAST FACTS sheet for more highlights to bring into your conversations.](#)**