



the food group

SNAP Challenge



Right now, across the entire state of Minnesota, people are struggling with food insecurity. That's why our team at The Food Group — a nonprofit that's driven to increase food access for all — is inviting you to help raise awareness by taking the SNAP Challenge. **Starting on November 25**, just before the holidays, we're asking you to live on a SNAP budget for three days (with an average SNAP benefit of \$5.16 per day) in an effort to highlight the difficulty that our community faces every day.

SNAP is an essential part of our hunger relief ecosystem here in Minnesota. While there is a strong sense of gratitude for this means-tested provision, we recognize the significant gap between survival and a thriving existence. **Currently, the minimum monthly benefit is about \$23.00*.**

While any challenge like this can't possibly compare with the very real circumstances that families face, it can serve as a poignant example of how important it is to work each day to solve hunger in our state. Living on this meager budget, especially this time of year, helps us to connect our hearts and minds on an issue that so often can be relegated to financial considerations.



Step up to the plate,
innesota

Share your experience during the SNAP Challenge on social media or other outlets you choose, we can amplify the conversation, raise awareness, and aim to drive long-lasting social and policy changes that move us closer to ending food insecurity in our state.

Follow us on social @thefoodgroupmn & use #StepUpForSNAP

Ready to join the challenge?

TAP HERE to sign up, and receive details on what to expect and how to take the challenge.

**For single-person households.*

www.thefoodgroupmn.org

