



# #SNAP challenge PA PLANNING GUIDE

SEPTEMBER 24-28, 2018





## About #SNAPchallengePA

The Pennsylvania Department of Human Services (DHS) oversees the Supplemental Nutrition Assistance Program (SNAP) in Pennsylvania. Secretary Teresa Miller, who is the head of DHS, will be taking the **SNAP Challenge** for one week, **Sept. 24 to Sept. 28**.

**What is the challenge, you ask?** Secretary Miller will go to a grocery store and shop for a week of groceries for her family of three with the same average food budget a family of three receives in SNAP benefits in Pennsylvania.

**Why the SNAP challenge?** Secretary Miller wants to know firsthand the experience of Pennsylvanians who rely on SNAP benefits to fill their cupboards. “I am so honored to serve vulnerable Pennsylvanians who depend on DHS services, and this will help me better understand their personal circumstances,” Secretary Miller says.



**SECRETARY MILLER**

## Join Us!

We’d love for you to share in this experience with us! Follow us on [Facebook](#) and [Twitter](#) to keep up with Secretary Miller’s progress in real time. Find share-worthy graphics and messaging about the challenge on [our website](#) to help spread the word to your friends and followers about the importance of SNAP.

Want to take the challenge yourself? Find a chart outlining how much you can spend on the next page, then get shopping. Don’t forget to share your experience with us on social media by using **#SNAPchallengePA!**



# Shopping participation guidelines



FAMILY SIZE	SPENDING AMOUNT
<b>1 PERSON</b>	\$27.50
<b>2 PEOPLE</b>	\$55
<b>3 PEOPLE</b>	\$83
<b>4 PEOPLE</b>	\$110.50
<b>5 PEOPLE</b>	\$138
<b>6 PEOPLE</b>	\$165
<b>7 PEOPLE</b>	\$192.50
<b>8 PEOPLE</b>	\$220
<b>9 PEOPLE</b>	\$247.50
<b>10 PEOPLE</b>	\$275

**USE THIS  
FOR 5 DAYS  
OF GROCERIES!**





# Help spread the message!

Here are some things worth sharing about SNAP, written in social media friendly language. Download the graphics on [our website](#).



## MESSAGING

SNAP does so much to help vulnerable Pennsylvanians. It improves the health of older adults, children, and people with disabilities every day. Learn more: [dhs.pa.gov](http://dhs.pa.gov) | #SNAPChallengePA

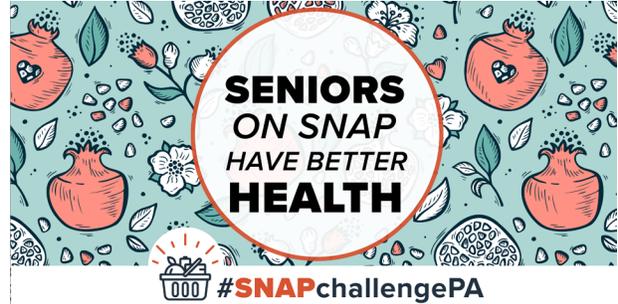
About 1.8 million Pennsylvanians rely on the Supplemental Nutrition Assistance Program, known as SNAP, in order to have enough to eat. Learn more: [dhs.pa.gov](http://dhs.pa.gov) | #SNAPChallengePA



## MESSAGING

Of 1.8 million Pennsylvanians depending on the Supplemental Nutrition Assistance Program, more than 690,000 are children, and more than 184,000 are older adults. Learn more: [dhs.pa.gov](http://dhs.pa.gov) | #SNAPChallengePA

No one should ever have to go hungry. That's why the Supplemental Nutrition Assistance Program (aka SNAP) helps eligible, low-income individuals purchase food they otherwise could not afford. Learn more: [dhs.pa.gov](http://dhs.pa.gov) | #SNAPChallengePA



## MESSAGING

When it comes to children, the Supplemental Nutrition Assistance Program (aka SNAP) improves their high school graduation rates, adult earnings, and adult health. Learn more: [dhs.pa.gov](https://dhs.pa.gov) | #SNAPChallengePA

It is estimated that one in six older U.S. adults struggles with hunger, which can negatively impact their health. That's why the Supplemental Nutrition Assistance Program (aka SNAP) is a crucial resource. Learn more: [dhs.pa.gov](https://dhs.pa.gov) | #SNAPChallengePA

Studies have shown that older adults who depend on the Supplemental Nutrition Assistance Program (aka SNAP) experience 13 percent fewer hospitalizations than those who qualify but do not receive SNAP. Learn more: [dhs.pa.gov](https://dhs.pa.gov) | #SNAPChallengePA

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# Thank you!

Thanks for helping us spread the word about the Supplemental Nutrition Assistance Program. If you have questions about this or any other services from the Pennsylvania Department of Human Services, please feel free to [contact us](#).