

WHAT IS THE FOOD STAMP CHALLENGE?

The Food Stamp Challenge highlights just some of the struggles many Marylanders face trying to put adequate food on the table with limited income and supports.

Participants pledge to use the weekly average Food Stamp benefit – just \$30 – as their total budget for groceries for seven days.

The challenge provides an opportunity for participants to get a small glimpse into the reality of how difficult it is for families living on food stamps to simultaneously avoid hunger, afford nutritious foods, and stay healthy on an miniscule budget.



The Food Supplement Program, formerly known as Food Stamps and known nationally as SNAP, is a vital resource, putting healthy food within reach of more than one in eight Marylanders. Taking the Food Stamp Challenge is a platform for empathy, education, and advocacy for this vital program.

MARYLAND HUNGER SOLUTIONS, an initiative of the Food Research and Action Center, is dedicated to ending hunger and promoting well-being among all low-income Marylanders. In 2012, one in six Marylanders reported not having enough money to buy food that they or their family needed at some points during the prior twelve months.*

*Food Hardship in America - Data for the Nation, States, 100 MSAs, and Every Congressional District, 2013 analysis of Gallup data by the Food Research and Action Center

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THANK YOU TO ALL OF OUR PAST PARTICIPANTS!

In particular, Maryland Hunger Solutions would like to recognize:

- **Ted Dallas**, Secretary of the Department of Human Resources
- **Gloria Lawlah**, Secretary of the Department of Aging
- **Rosemary Malone**, Department of Human Resources
- **Anne Sheridan**, Executive Director of the Governor's Office for Children
- **Maryland Senator Jamie Raskin**
- **Maryland Senator Bill Ferguson**
- **Maryland Senator Ana Sol Gutierrez**
- **Maryland Delegate Shane Robinson**
- **Maryland Delegate Mary Washington**
- **Maryland Delegate Nathaniel Oaks**
- **Maryland Delegate Al Carr**
- **Bill McCarthy**, Executive Director of Catholic Charities in Baltimore
- **Hank Greenberg**, AARP State Director for Maryland
- **Billy Shore**, Founder of Share Our Strength
- **And everyone else we have listed on our website** who has participated over the past 3 years.

Thank-you all for your participation, partnership and advocacy in the fight to end hunger in Maryland.

ACCEPT THE CHALLENGE: MARYLAND'S ANNUAL FOOD STAMP CHALLENGE



CAN YOU EAT FOR JUST \$4.30 A DAY?

OCTOBER 21-27 2013



Maryland Hunger Solutions
Ending hunger and promoting well-being

FOOD STAMP CHALLENGE: OCTOBER 21 –27

HOW TO TAKE THE CHALLENGE

1. Sign up online and invite others to join.

[WWW.MDHUNGERSOLUTIONS.ORG/
FOODSTAMP_CHALLENGE](http://WWW.MDHUNGERSOLUTIONS.ORG/FOODSTAMP_CHALLENGE)

2. Budget: \$30 per person for food and beverages during the Challenge week.
3. Only eat food that you purchase for the Challenge and be sure to count eating out in your budget. Don't eat food that you already own (excluding spices and condiments).
4. Avoid consuming free food and drinks (excluding water), particularly at public meetings and events.
5. Share your experiences by:
 - Taking and sending pictures to our tumblr blog mdsnapchallenge.tumblr.com
 - Tweeting @MarylandHunger #MDSNAPchallenge
 - Writing on our Facebook wall

WHAT PEOPLE HAVE SAID ABOUT THE CHALLENGE...

Bill McCarthy, Executive Director of Catholic Charities of Baltimore

"We're considered one of the wealthiest states in the country...We have a responsibility to our community that we help the least of us – our neighbors - to ensure that they have those basic necessities."

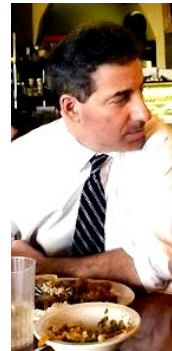
Gloria Lawlah, Secretary of Maryland Department of Aging

"This [fresh produce], ideally, is what we need to eat. But you cannot afford it. It is beyond our reach in terms of our pocket books...I will have one head of lettuce, one head of lettuce for the entire week."



Maryland State Senator Jamie Raskin

"People who are hungry are dealing with the bottom-level basic needs. We're facing some brutal budget choices in Maryland as are other states across the country. This experiment that you guys do [with the Food Stamp Challenge] reminds us that keeping people well-nourished should be at the very center of our thoughts."



QUICK FACTS ABOUT HUNGER AND POVERTY IN MARYLAND

- More than 1 in 8 Marylanders are food insecure
- 1 in 5 households with children in Maryland reported having a difficult time affording food at some point in the past 12 months
- 1 in 10 people in Maryland live below the poverty line
- 1 in 7 children in Maryland live in below the poverty line
- 43% of children in Maryland schools qualify for free or reduced-priced meals

SIGN UP TODAY!

To sign up, visit

**[WWW.MDHUNGERSOLUTIONS.ORG/
FOODSTAMP_CHALLENGE](http://WWW.MDHUNGERSOLUTIONS.ORG/FOODSTAMP_CHALLENGE)**

or contact Lisa Klingenmaier at
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Food purchased for the 2012 Food Stamp Challenge Week by Peter Nicewicz, Catholic Charities of Baltimore