



QUICK FACTS ABOUT HUNGER 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 below the poverty line

Just the Facts



The image consists of two photographs. On the left, a display of ripe bananas hanging from a hook in a grocery store. On the right, a shopping cart filled with various groceries, including fruits like bananas and apples, vegetables, and packaged meat.

THANK YOU TO ALL OF
OUR PAST
PARTICIPANTS!

*We appreciate all for your participation,
partnership and advocacy in the fight to end
hunger in Maryland.*

Maryland's Annual SNAP Challenge!



September 28, 2015
through
October 2, 2015



Maryland Hunger Solutions
Ending hunger and promoting well-being



What is the SNAP Challenge ?

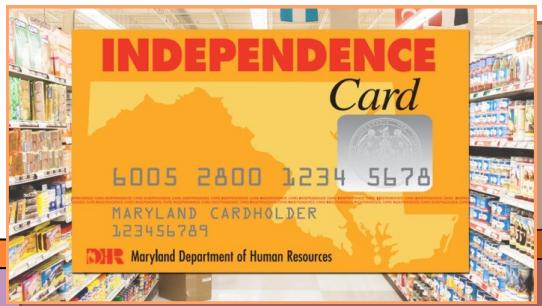


The Food Stamp Challenge highlights just some of the struggles many Marylanders face trying to put adequate food on the table with limited income and supports.

Participants pledge to use the weekly average Food Stamp benefit – just \$22– as their total budget for groceries for 5 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 a minuscule budget.

Taking the Food Stamp Challenge is a platform for empathy, education and advocacy for the Food Stamp program.



How to Take the Challenge

- 1** Sign up online and invite others to join at [www.mdhungersolutions.org/
foodstamp_challenge](http://www.mdhungersolutions.org/foodstamp_challenge)
- 2** Budget: \$22/person for food and beverages during the challenge week
- 3** Avoid consuming free food and drinks (excluding water), particularly at public meetings or events
- 4** Only eat food that you purchase for the challenge. Don't eat food that you already own (excluding spices and condiments)
- 5** Get Social! And post your photos.

Tumblr: mdsnapchallenge.tumblr.com
Twitter: @MarylandHunger
Facebook : Maryland Hunger Solutions
Instagram: Mdhungersolutions

What People Have Said About the Challenge

David Clements, *House of David Advocates for Fathers*

"I found the SNAP Challenge to truly be an eye opening experience and that everyone should try it at least once. It brings to reality the many difficulties that those who are food insecure face daily. For me, it made me painfully aware that I measure time according to meals. When there is very little to eat, or no meal at all, time passes painfully slow."

Jessica Conjour, *Maryland Out of School Time*

"Fresh vegetables turn frozen, eating out is reserved for the rare occasion of supplemental funds, and convenience turns to preparation and planning. It is certainly an exercise in extreme budgeting, and an eye opener to the daily conveniences we may take for granted, as well as the reality and inaccuracy of the judgments placed on those utilizing food stamps."

Rebecca Wagner, *Advocates for Children & Youth*

"A week? I did a week and as challenging as it was, it was a cake-walk compared to the families struggling to feed their families every day, day after day. It was a true reminder that I am so privileged that I have a responsibility to find ways to support and advocate for hungry children and families everywhere."