What is SNAP?

SNAP is the Supplemental Nutritional Assistance Program. It is given to low-income individuals and families to help them buy the food they need. The average individual receives usually no more than $45.00 per day in food supplementary benefits, which breaks down to $1.50 a meal.

How do you make your food budget last the entire month?

1. Set a meal plan before you grocery shop:
   - Check what’s in your refrigerator and pantry first.
   - Identify your budget, and create a meal plan for the week.
   - Pick out foods that will create filling meals for you.
   - Create a grocery list based on your meal plan. Do not buy what you already have!

2. Set out your shopping destination:
   - Have your coupons, circulars, and other sales ready for you to take to your local grocery store, before you leave the house.
   - Do you live near a Farmer’s Market that takes your benefits? Some Farmer’s Markets may double your SNAP benefits.

3. Storing your food to minimize waste:
   - Store your food safely once you get home.
   - Produce goes in the refrigerator to remain fresh and safe to eat.
   - Dried goods go in the cabinet and pantry.

4. Cook your food:
   - Now that you have done all of the work, sort out your food for the week to separate your food into the meals you would like to eat.
   - Clean any fruits and vegetables as needed.
   - Remember to sanitize any areas that raw meat, or eggs have touched.

Money Saving Tips

- Buy in bulk where you can: such as items that do not spoil.
- Buy in season, and check ads and circulars for sales.
- Refer back to your circulars for BOGO (Buy One, Get One) deals on meat, fruits, vegetables, or other items. Use these specials for now, and freeze the leftovers for future meals.

Not Sure Where to Start?

- Aim to make your meals consist of a mix of each of the main food groups.
- Make your plate: fruits, vegetables, grains, protein, some dairy, and fats, sugars and oils sparingly.

Recipe Ideas

- BudgetBytes.com has tons of delicious and affordable recipes that are easy to make.
- Search AllRecipes.com by ingredient, or by what you are looking to make.
- Do you have a certain diet requirement? (diabetes, vegetarian, heart health, etc.) Use any of the above to search, or check eatingWell.com.

Want to go to a Farmer’s Market?

North Side
6550 N. Sheridan Road, Chicago, Illinois 60660
Open Mondays 3pm-7pm
June 5th - October 16th

South Side
1400 W. 44th St., Chicago, Illinois 60609
Open Saturdays 10am-2pm
June 4th - September 10th

Look into the USDA.gov website to search farmer’s markets that accept benefits near you!

Finding Coupons

- Check your local grocery store’s circular for coupons for the week, or month.
- Tech savvy? Utilize apps, or online resources to collect your coupons per store.
- Apps include: Ibotta, SnapSnap, Shopkick, and Coupons.com, among others.
- Jewel uses MyMixx and keeps your coupons on your loyalty card.

Fresh Moves Mobile Market

Wednesdays 1-3pm at Howard Brown Health
718 W. 47th St.
Chicago, IL 60609

Chicken Quesadilla

Directions

1. In a skillet, over medium heat, cook you chicken (breast, thigh, etc).
2. In a skillet, combine the first 6 ingredients. (in green)
3. Over medium heat, cook uncovered, for 10 minutes or until heated through, stirring occasionally.
4. Brush one side of tortillas with margarine, or olive oil.
5. Spoon 1/3 cup chicken mixture over half of unbuttered side of each tortilla.
6. Sprinkle with 1/3 cup of cheese, fold in half.
7. Place on a lightly greased baking sheet.
8. Bake at 475 degrees for 10 minutes or until crisp and golden.
9. Cut into wedges; serve with sour cream, guacamole, more salsa or hot sauce.

In ingredients
11. 2 1/2 cups shredded cooked chicken.
2. 2/3 cup salsa.
3. 1/2 cup sliced green onion
4. 1 teaspoon ground cumin
5. 1/2 teaspoon salt
6. 1/2 teaspoon dried oregano
7. 8-ounce flour tortillas
8. 1/4 cup butter, or margarine, melted
9. 2 cups shredded monterey jack cheese
10. Optional: sour cream, guacamole, hot sauce

Don’t love every ingredient in your recipe?

You can always substitute something you do like, such as: chicken instead of turkey, or yellow onion instead of green onions. The same rule applies for an ingredient that you may not have. But, try to stay as close to the recipe as you can.

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South Side
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Open Saturdays 10am-2pm
June 4th - September 10th

Look into the USDA.gov website to search farmer’s markets that accept benefits near you!
Meal Planning and Budgeting on SNAP Benefits

What is SNAP?
SNAP is the Supplemental Nutritional Assistance Program. It is given to low-income individuals and families to help them buy the food they need. The average individual receives usually no more than $4.50 per day in food supplementary benefits, which breaks down to $1.50 a meal.

How do you make your food budget last the entire month?

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   - Create a grocery list based on your meal plan. Don’t buy what you already have!

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If you want to go to a Farmer’s Market?

North Side
6550 N. Sheridan Road, Chicago, Illinois 60660
Open Mondays 3pm-7pm
May 6th - October 16th

South Side
1400 W. 44th St., Chicago, Illinois 60609
Open Saturdays 10am-2pm
June 4th - September 10th

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- Buy in season, and check ads and circulars for sales.
- Refer back to your circular ads for BOGO (Buy One, Get One) deals on: meat, fruits, vegetables, or other items. Use these sales to store for now, and freeze the leftovers for future meals.

Recipe Ideas
- BudgetBytes.com has tons of delicious and affordable recipes that are easy to make.
- Search AllRecipes.com by ingredient, or by what you are looking to make.
- Do you have a certain diet need? Brush off that portion of the charts above to search, or check eatingWell.com.

Don’t love every ingredient in your recipe?
You can always substitute something you do like, such as: chicken instead of turkey, or yellow onion instead of green onions. The same rule applies for an ingredient that you may not have. But, try to stay as close to the recipe as you can.

Want to try something new?
You can buy items that are not on your SNAP benefits list, such as: a certain spice or seasoning. But try to stay as close as possible to the ingredients on your receipt.

Fresh Moves Mobile Market

Wednesdays 1-3pm at Howard Brown
718 W. 47th St.
Chicago, IL 60609

DOUBLES your SNAP benefits

Chicken Quesadilla

Directions
1. In a skillet, over medium heat, cook you chicken (breast, thigh, etc),
2. In a skillet, combine the first 6 ingredients. (In green)
3. Over medium heat, cook uncovered, for 10 minutes or until heated through, stirring occasionally.
4. Brush one side of tortillas with melted margarine, and brush other side with melted butter.
5. Spoon 1/3 cup chicken mixture over half of unbuttered side of each tortilla.
6. Sprinkle with 1/3 cup mixture of cheese, fold in half.
7. Place on a lightly greased baking sheet.
8. Bake at 425 degrees for 10 minutes or until crisp and golden brown.
9. Cut into wedges; serve with sour cream, guacamole, some salsa or hot sauce.

Ingredients
1. 2 1/2 cups shredded cooked chicken.
2. 2/3 cup salsa.
3. 1/3 cup sliced green onion
4. 1 teaspoon ground cumin
5. 1/2 teaspoon salt
6. 1/2 teaspoon dried oregano
7. 6-8 inch flour tortillas
8. 1/2 cup butter, or margarine, melted
9. 2 cups shredded monterey jack cheese
10. Optional: sour cream, guacamole, hot sauce

In the above to search, or check eatingWell.com.

Recipe for a better life: Mix it up and try something new!