

# 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?

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 or 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.

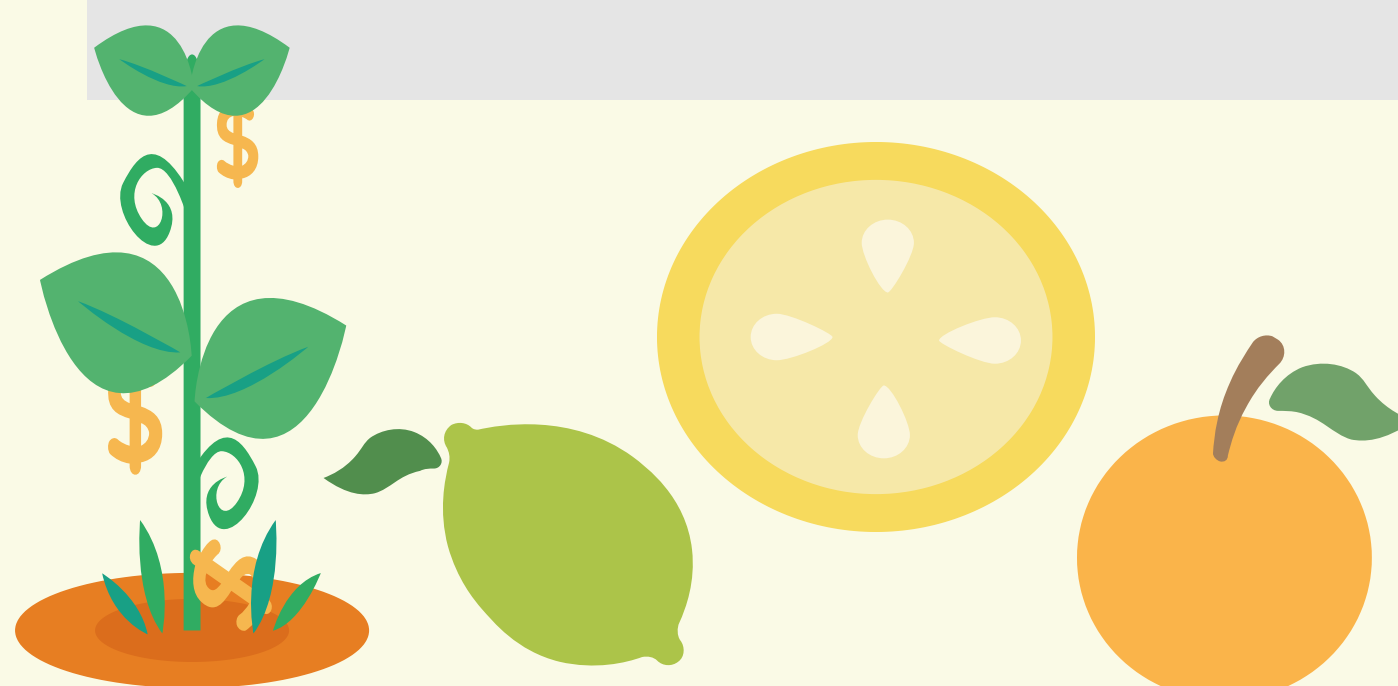
## Finding Coupons

- 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, SnipSnap, Shopkick, and Coupons.com, among others.
- Jewel uses MyMixx and keeps your coupons on your loyalty card.



## Money Saving Tips

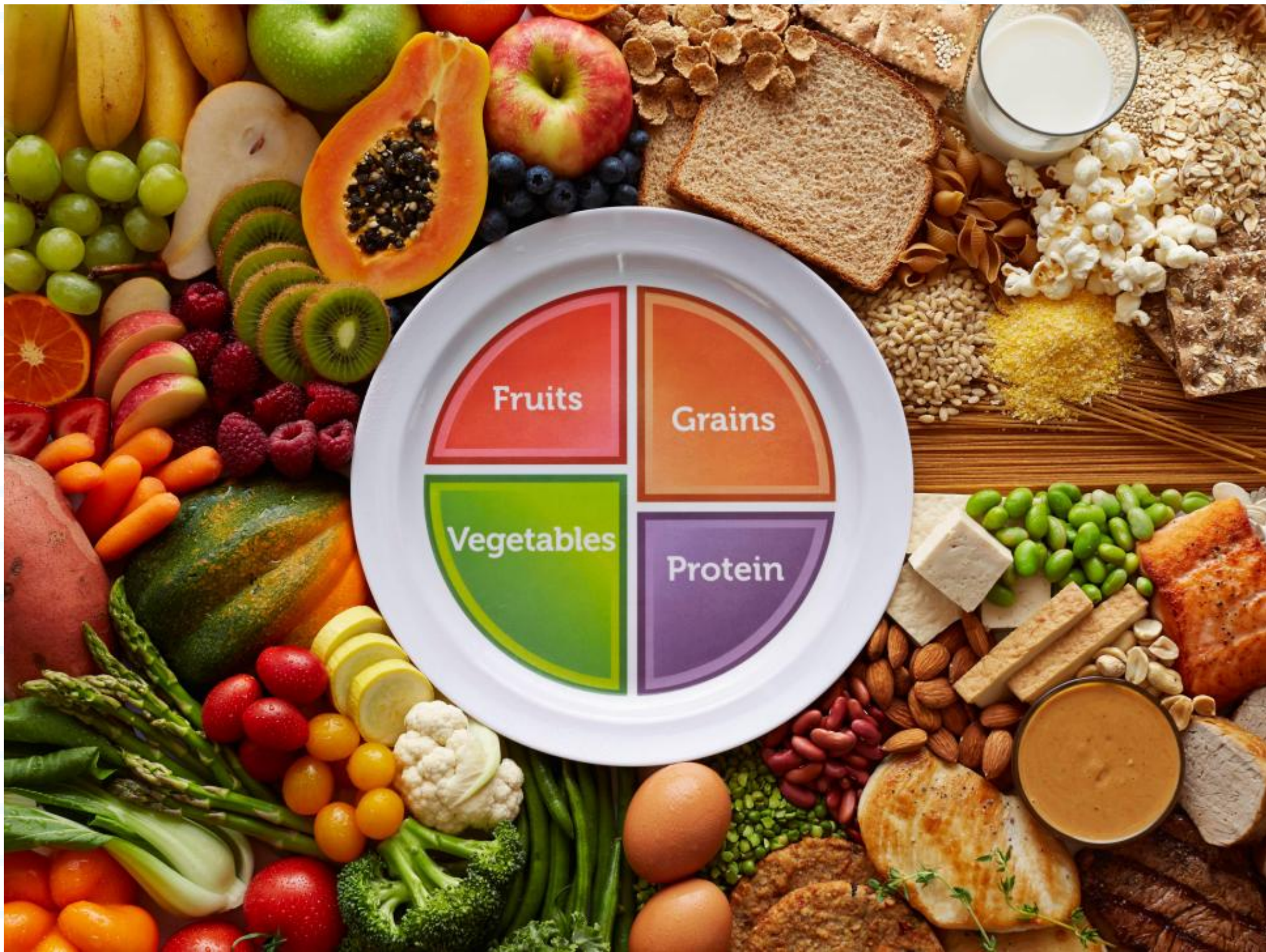
- Buy in bulk where you can; such as items that do not spoil.
- Buy in season, and check ads and circulars for sales.
- Refer back to your circular ads for BOGO (Buy One, Get One) deals on: meat, fruits, vegetables, or other items. Use one portion for now, and freeze the leftover for future meals.





# 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

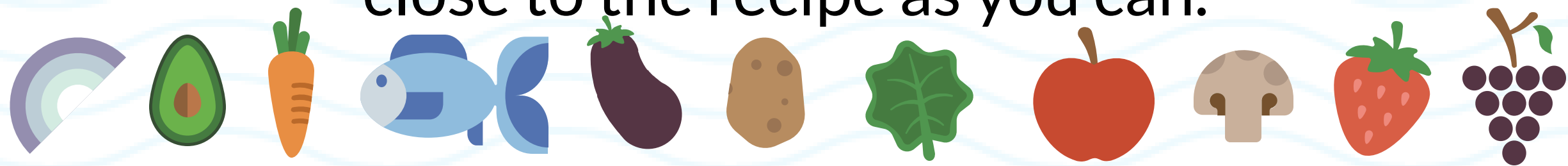
- BudgetBytes.com has tons of delicious and affordable recipes that are easy to make!
- Search AllRecipes.com by ingredient, or by what you are looking to make.
- Do you have a certain diet (diabetes, vegetarian, heart heath, etc.) Use any of the above to search, or check EatingWell.com.

## Want to go to a Farmer's Market?

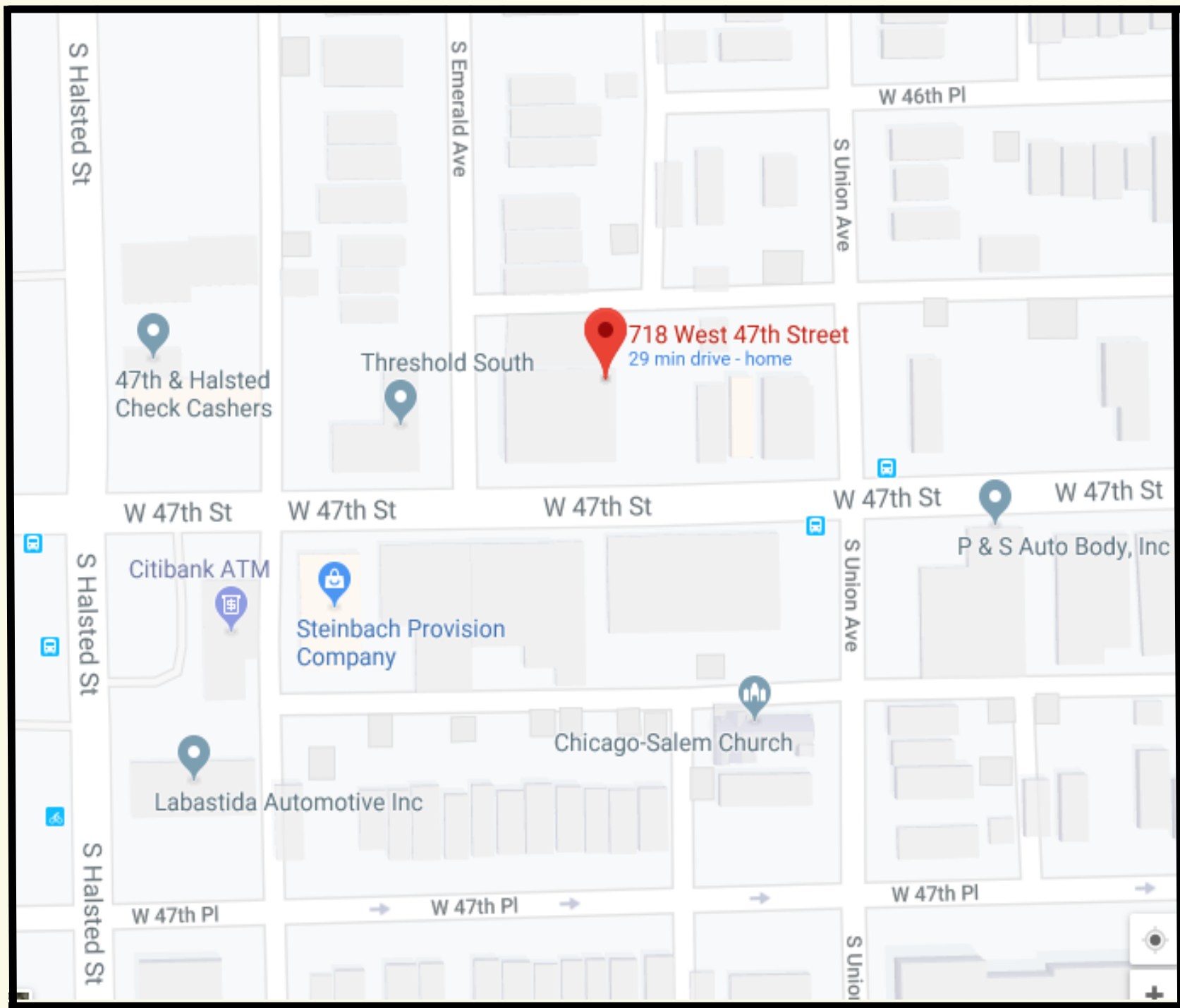
North Side	South Side
6550 N. Sheridan Road., Chicago, Illinois 60660 Open Mondays 3pm-7pm June 5th - October 16th	1400 W 46th St., Chicago, Illinois 60609 Open Saturdays 10am-2pm June 4th- September 10th
Look into the USDA.gov website to search farmer's markets that accept benefits near you!	

## 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 onion. The same rule applies for an ingredient that you may not have. But, try to stay as close to the recipe as you can.

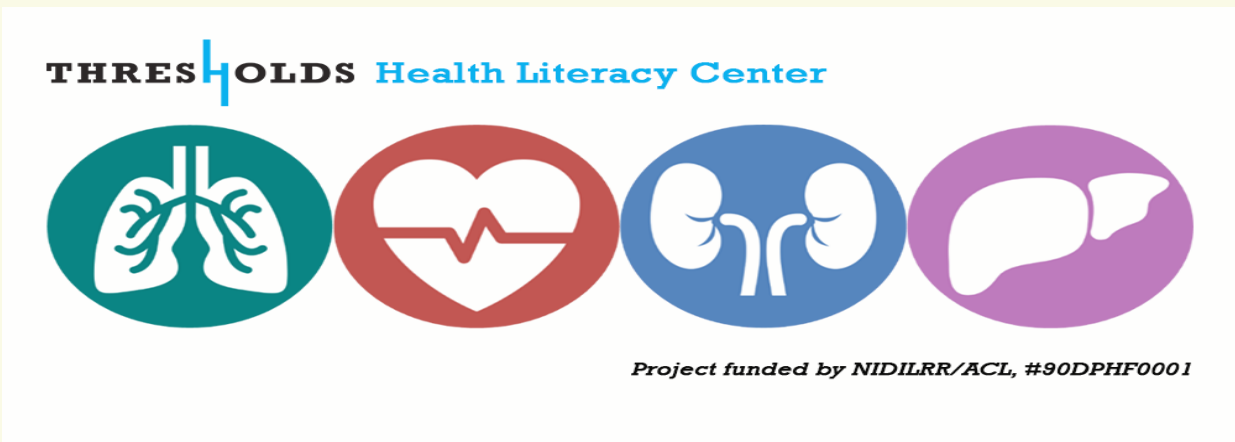


## Fresh Moves Mobile Market



## DOUBLES your SNAP benefits

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



## Chicken Quesadilla



### 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. 1/4 cup butter, or margarine, melted
9. 2 cups shredded monterey jack cheese
10. Optional: sour cream, guacamole, hot sauce

### 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 butter.
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 brown.
9. Cut into wedges; serve with sour cream, guacamole, more salsa or hot sauce.