



Food Stamp Challenge Participation Guidelines

- All food purchased and eaten during the Challenge week, including fast food or dining out, must be included in your food expenses.
- During the Challenge, only eat food that you purchase during the week of the project. Do not eat food that you already had in your pantry or refrigerator (this does *not* include spices and condiments).
- Try to avoid accepting free food from friends, family or work during the Challenge.
- You will be able to spend the following amounts on food during the 7-day Challenge: (Note that these are the *maximum* Food Stamp benefits available to recipients. The actual *average* benefit for individuals in Kansas and Missouri is approximately \$20 a week.)

Number of Challenge participants in household	Food budget for one week
1	\$50.00
2	\$91.75
3	\$131.50
4	\$167.00
5	\$198.25
6	\$238.00

Thanks for taking the Food Stamp Challenge!