



Food Stamp Challenge Participation Guidelines

- Before you begin the Food Stamp Challenge, please register online at www.harvesters.org.
- 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 approximately \$20 a week.)

Number of Challenge participants in household	Food budget for one week
1	\$38.75
2	\$71.00
3	\$102.00
4	\$129.50
5	\$153.75
6	\$184.50

- Participate in the Food Stamp Challenge online discussions on the Kansas City Star's Web site at www.kansascity.com during Hunger Awareness Week.
- At the end of the week, please complete the Food Stamp Challenge Evaluation that will be e-mailed to you.
- **One final note:** Participation in this project is voluntary and can be discontinued at any time. While you may not follow the Challenge guidelines for the entire week—you might go out for an expensive meal on Tuesday, or maybe you stop calculating your food costs altogether on Wednesday—we still want to hear about your experiences. Please fill out the evaluation at the end of the Challenge and note the times that you did not follow the Challenge guidelines.

Thanks for taking the Food Stamp Challenge!