



# Food Stamp Challenge

*Hunger. Food insecurity.* These are abstract terms for most of us. We imagine. We theorize. But we haven't experienced not knowing where our next meal will come from or if we'll have enough food in the cupboard to make it through the week.

For more than 35 million Americans, this situation is all too real – and 700,000 of them are Oregonians and Idahoans.

What is it *really* like to be hungry? Most of us have never known. But now you may have a small experience of what it's like.

Join Bishop Robert Hoshibata in taking the food stamp challenge. Experience the challenge of eating nutritious meals on \$3 a day. Learn the difficulty of poverty by living on a food stamp budget for one week.

For more than 30 years, the Food Stamp Program has been America's first line of defense against hunger and food insecurity. Each month, more than 425,000 Oregonians rely on food stamps to help meet their food needs. Through the use of the Oregon Trail Card and an electronic balance transfer (EBT) system, low-income individuals and families are able to obtain food at grocery stores for meals at home. Nationally, more than 80 percent of food stamp benefits go to families with children.

The Food Stamp Program helps strengthen families and the communities where those families reside – rural, urban, and suburban – by generating almost \$855 million in economic activity in Oregon. The *National Journal* recently identified the Food Stamp Program as one of government's top successes.

Participate in the food stamp challenge to see if you can make ends meet on a food stamp budget. Imagine your cupboards are bare, and buy your groceries using the average food stamp benefit in Oregon and Idaho of \$3 per person per day.