

Many people are hungry, even in New Jersey!

Did you know that 10% of the state's population receive SNAP (food stamp) benefits and as many visited a feeding program last year?

The Supplemental Nutrition Assistance Program (previously known as Food Stamps) is an important federal program that assists many of our neighbors purchase nutritious food. You might not notice them at a market because they don't pay with paper stamps, but with a debit card. The SNAP program, along with the charitable feeding programs, help many families who struggle with hunger.



- 69% of the families have children.
- 30% include elderly or disabled.
- 41% are working families in need.

“SNAP” isn't **THE** answer.

Per its name, it's “supplemental” and that supplement is shrinking. In NJ in 2012 the average SNAP benefit was \$133.26 per person per month (\$4.38 a day), but with the November expiration of the temporary boost in benefits from the recovery, the average is less than \$4.30 a day.

(Source: www.cbpp.org/files/1-14-13fa/NJ.pdf)

*If you think you could live on that,
then take the SNAP Challenge on the other side.*

Beleaguered food pantries and other programs need help.

The understanding, prayers and participation of the Lord's people can make a difference.

“Feed my sheep.” John 21:17

SNAP CHALLENGE

Deacon Diane Riley, of CFBNJ, promotes the SNAP Challenge as an exercise that gives participants an idea of the challenges many families face in trying to put food on the table on a tight budget.



**Assume that you have very little food in your house.
Can you feed your family for \$4.30 per person per day?**

If you do it, then you might answer these questions:

- Why did you join the challenge?
- What was your experience with shopping on a SNAP budget? How long did it take to shop?
- Are you eating well on the budget? How do you feel?
- How has living the challenge impacted you day to day?
- What surprised you most this week?
- Has this changed the way you view the SNAP program? What about the people who might need to rely on the program?

You could share your responses to these questions in your parish or with the Engaging Team at, engaging-snap@dionewark.org.

If you have specific questions about the SNAP Challenge, please contact Deacon Diane Riley, driley@cfbnj.org 908-242-3959.

April 6-12, 2014 has been designated SNAP

**Challenge Week. Try a day.
Try two days. Try a week.
Your choice, but try it.**

- * Maybe you know someone who needs to apply for SNAP, or perhaps you need to.
- * Maybe you'd like to help support a food pantry, or even start one.
- * Perhaps you know someone seeking a food bank.

Some starting contacts.

<http://www.cfbnj.org/>
Community Food Bank of NJ
and their find help listing link
www.cfbnj.org/food/find-food

http://www.foodpantries.org/st/new_jersey
FoodPantries.org

www.nj.gov/njhealthlink/food_banks_list_of_NJ.pdf
FOOD BANKS OF NEW JERSEY

<http://www.norwescap.org>
NORWESCAP (In western part of NJ)