

PRACTICE FEEDING A FAMILY WITH A LIMITED INCOME

INSTRUCTIONS

Living in poverty or with limited income means that people will likely face many challenges when trying to feed their family. To better understand the difficulties of feeding a family in poverty, consider the following questions. How would you. . . .

- Get to the grocery store without a car? How far is your nearest grocery store? What if you lived in a different neighborhood – where are the grocery stores located? Are you familiar with the local public transportation system? How much would it cost? Are there stops located at the places you frequent? How would you transport your groceries on public transportation? What if you also had children, or were elderly or had mobility issues?
- Pay for groceries without a bank account or credit card? How and where would you cash a paycheck? How much would groceries cost and what would you need to bring? Would you feel safe carrying cash with you?
- Live without electricity and a phone? How would you contact your support system, employers, or utility companies? How would you store fresh food?
- Pay the bills without a paycheck? Where can you get food without paying for it? Who/where do you go to for a loan?
- Get and use SNAP food assistance (formerly known as “food stamps)? What do you need to show/bring to receive SNAP? Where is your nearest state or local office where you can apply for SNAP benefits? Can you apply for benefits online? What if you do not have access to a computer? How long would it take to receive benefits?
- Receive low-cost or no-cost medical care? If an instructor in your Cooking Matters class suggested you ask your doctor about a nutrition question, where would you go? Where are the free clinics in your community? What do you need to show/bring to be seen at a free clinic? How long will you wait to be seen?
- Feed your family if you lost your housing? Where would you go? Could you move all your belongings in a day? What things are important to you? What things can you live without? Where can you stay for an indeterminate amount of time?