

Department of Family and Consumer Sciences

STRETCHING YOUR SNAP BENEFITS

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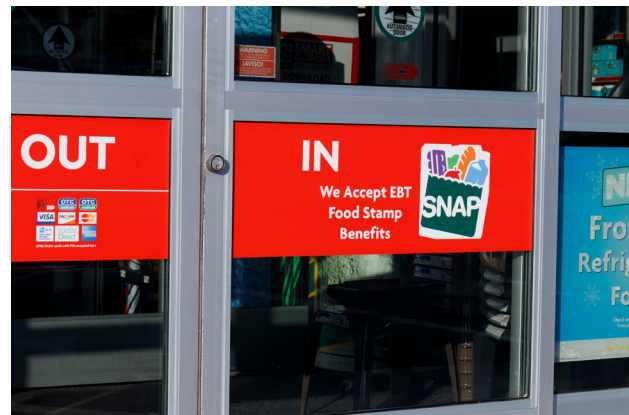
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Do you spend a lot when you get your SNAP benefits but find there is little money left by the end of the month? It is very easy to do. Here are some tips to help you manage.

Keep in Mind

- Budget your SNAP benefits for the entire month. Figure out how much you can spend by dividing the total amount by the number of times you shop. (See the chart below.)
- Shop once a week or less. When you shop more often, you spend more.
- Buy larger amounts of food when it makes sense — when it is less expensive and will not spoil before you use it all.
- Treat yourself a little throughout the month rather than all at once. If there is a special food you want that fits your budget, buy a smaller amount throughout the month.
- Take advantage of other benefits, such as WIC. Use your WIC vouchers for foods that are allowed and your SNAP dollars on foods that cannot be purchased with vouchers.
- Eat before you go to the grocery store. Hungry people spend more on groceries because they buy more than they planned.
- Make a list and stick to it unless it makes sense to substitute one food for another — when you have a good coupon or the food is on sale.



Use the chart below to help you as you budget your SNAP benefits:

SNAP BENEFITS	
Enter monthly assistance dollar amount.	\$
Divide monthly assistance dollar amount by anticipated grocery trips per month.	÷
This is the amount to budget for each grocery trip.	=



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