

**THE SNAP CHALLENGE**

**2 PERSON HOUSEHOLD**

## Week 1

### Day 1

#### Breakfast

2 Eggs & 2 Toast (per person) with margarine and jelly

#### Lunch

PB&J with apple

#### Dinner

Garlic chicken with green beans and baked potato

### Day 2

#### Breakfast

Oatmeal and yogurt

#### Lunch

Ramen noodles with poached egg

#### Dinner

Cheese Quesadilla with avocado, salsa and refried beans

### Day 3

#### Breakfast

Oatmeal & Yogurt

#### Lunch

2 hardboiled eggs/per person, apple with peanut butter

#### Dinner

Classic UK Jacket potato with beans

### Day 4

#### Breakfast

2 eggs and toast

#### Lunch

PB& J with apple

#### Dinner

Spaghetti with meat sauce

Salad

### Day 5

#### Breakfast

Oatmeal and yogurt

#### Lunch

Hardboiled eggs with apples and peanut butter

#### Dinner

Lentil Soup with cheese toast

### Day 6

#### Breakfast

2 eggs and toast

#### Lunch

Leftover Lentil Soup or  
Ramen with poached egg

#### Dinner

Leftover spaghetti  
Salad

### Day 7

#### Breakfast

2 eggs and toast

#### Lunch

Ramen with poached egg

#### Dinner

Tuna Melt  
Salad

## Week 2

### Day 1

#### Breakfast

2 Eggs & 2 Toast (per person) with margarine and jelly

#### Lunch

PB&J with apple

#### Dinner

Teriyaki Pork Chops w/ Delicata squash and broccoli

### Day 2

#### Breakfast

Oatmeal and yogurt

#### Lunch

Ramen noodles with poached egg

#### Dinner

Bean and cheese enchilada with salad

### Day 3

#### Breakfast

Oatmeal & Yogurt

#### Lunch

2 hardboiled eggs/per person, apple with peanut butter

#### Dinner

Rosemary roasted chicken and potatoes with green beans

### Day 4

#### Breakfast

2 eggs and toast

#### Lunch

PB& J with apple

#### Dinner

Cheesy White Bean Tomato Bake w/demi baguette

### Day 5

#### Breakfast

Oatmeal and yogurt

#### Lunch

Hardboiled eggs with apples and peanut butter

#### Dinner

Leftover Lentil Soup with cheese toast

### Day 6

#### Breakfast

2 eggs and toast

#### Lunch

Leftover Lentil Soup or Ramen with poached egg

#### Dinner

Sausage & apple stuffed acorn squash

### Day 7

#### Breakfast

2 eggs and toast

#### Lunch

Ramen with poached egg

#### Dinner

Salmon, baked potato and green beans

## 2 Person Grocery List - Week 1

### Meat

- 1 lb boneless chicken breast (½ lb freeze for week 2) \$6.00
- ½ lb ground beef \$3.00

### Dairy

- 18 count eggs \$5.19
- 2 Lg Yogurt, flavor of choice \$2.79 x 2= \$4.58
- 1 lb margarine \$1.49
- 8 oz shredded colby jack or cheddar cheese \$2.49

### Grains & Dry Goods

- Spaghetti \$1.59
- Brown Lentils \$2.29
- 1 loaf bread \$1.99
- 2 deli rolls \$1.00
- 1 Box Oatmeal \$2.00
- Flour Tortilla, large size, 8 ct \$3.09

### Fruits and Vegetables

- 1 pkg frozen green beans \$1.25
- 5 lb bag russet potatoes \$3.99
- Romaine Lettuce Head \$2.49
- Cucumber \$0.69
- Tomato \$1.00
- 1 bulb garlic \$0.50
- 2 medium onion \$1.00
- Bag of apples \$3.99
- 1 avocado \$1.00

### Canned Goods

- 1 can baked beans \$2.50
- Spaghetti Sauce \$1.69
- 1 28 oz can crushed tomato \$2.00
- 1 can tuna \$1.00
- Jelly \$1.99
- Peanut butter \$2.19
- Salsa \$2.19
- Refried beans 1 can \$1.19

Total \$65.37

SNAP Budget \$69.30

Week 2

Meat

- 1lb mild or sweet Italian bulk sausage \$4.79 (freeze half for later use)
- 8 oz salmon filet \$10.00
- Pork Chops \$5.00

Dairy

- 18 count eggs \$5.19
- 2 Lg Yogurt, flavor of choice \$2.79 x 2= \$4.58
- 8 oz shredded Italian blend or Parm cheese 2.49
- 8 oz shredded Mexican blend cheese \$2.49

Grains & Dry Goods

- Demi Baguette \$1.49
- 1 Box sage Stuffing \$2.00
- 1 loaf bread \$1.99
- 1 Box Oatmeal \$2.00

Fruits and Vegetables

- 1 pkg frozen green beans \$1.25
- Romaine Lettuce Head \$2.49
- Cucumber \$0.69
- Tomato \$1.00
- 1.5 lb broccoli 1.50
- 1 acorn squash \$2.00
- 1 avocado \$1.00
- Bag of apples \$3.99
- 1 delicata squash \$1.00

Canned Goods

- 2 can cannellini or navy beans \$1.58
- Refried beans \$1.19
- 1 can tomato paste \$1.00
- 1 can tuna \$1.00
- Soy Sauce \$1.49
- Enchilada Sauce (Red or Green per preference) \$1.79

Total \$64.99

SNAP Budget \$69.30

## 2 Person Recipes

### Classic Jacket Potato with beans

This is a staple in the UK and is an easy meal packed with protein that will leave you full after a long day.

2 large russet potatoes (or 4 medium potatoes)

1 can baked beans

Shredded cheddar or similar cheese

Margarine

Salt & pepper

Wash and dry potatoes. Rub olive oil on potatoes and season with salt and pepper. Roast in a 400 degree oven for approximately 1 hour for medium size and 1 hour 20 minutes for large size potato. Cut in half and top with margarine, salt and pepper, a good sprinkle of cheese and baked beans.

\*Jacket potatoes are regular baked potatoes that are baked slightly longer than typical US times to produce a crispy "jacket" or skin and more fluffy interior

### Teriyaki Pork Chops, Winter Squash and Green Beans

2 boneless Pork Loin Chops

Teriyaki sauce ingredients

¼ cup soy sauce

1 cup water

½ tsp ground ginger

¼ tsp garlic powder

5 T packed brown sugar

1-2 T honey

2 T corn starch

¼ cup cold water

Squash ingredients

1 Delicata Squash (or any winter squash of choice)

1 T olive oil

Salt and Pepper

Dried Rosemary

Rinse pork chops in cold water and pat dry. Season with salt and pepper and set aside.

Prepare Teriyaki sauce:

Mix all but cornstarch and 1/4c water in a sauce pan and begin heating. Mix cornstarch and cold water in a cup and dissolve. After sauce is simmering, add cornstarch and water mixture, whisking well until sauce thickens. Heat until sauce thickens to desired thickness. Add water to thin if you over-thick it :).

Prep Squash

Cut squash in half and scoop out seeds. Then, cut each half into ½ inch moon slices. (Delicata is my choice because there is no need to peel. The peel becomes tender when cooked and you can eat it!) Toss squash slices with olive oil, salt and pepper and dried rosemary.

Toss pork chops in ½ of teriyaki sauce mixture. Spread squash slices and pork chops in a single layer on a sheet pan. Bake in a preheated 400 degree oven for 20-25 minutes, or until the pork chops reach 145 degrees on a meat thermometer.

Serve with broccoli and additional teriyaki sauce.

### **Lentil Soup**

¼ cup extra virgin olive oil

1 medium yellow or white onion, chopped

2 carrots, peeled and chopped

4 garlic cloves, pressed or minced

2 tsp ground cumin

1 tsp curry powder

½ tsp dried thyme

1 large can (28 oz) diced tomatoes, drained

1 cup brown lentils, picked over and rinsed

6 cups water with 2 T chicken bouillon or vegetable bouillon (you can also use 4 cups vegetable or chicken broth with 2 cups of water)

1 tsp salt, more to taste

Pinch of red pepper flakes (optional)

1 cup chopped kale or collard greens (optional)

Splash of lemon juice (optional)

Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lively richness and heartiness to this nutritious soup.

Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent about five minutes. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 minutes. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

Pour in the lentils, broth and water. Add 1 tsp salt and a pinch of red pepper flakes (if using). Season generously with black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.

If using greens, add now and simmer for another 5 minutes, or until the greens have softened to your liking.

Remove from heat and stir in lemon juice and any additional salt and pepper desired.

(Roughly based on America's Test Kitchen's Lentil Soup in The Complete Vegetarian Cookbook, with reference to The First Mess' favorite lentil soup)

## **Cheesy White Bean Tomato Bake**

### Ingredients

- 2 tablespoons of olive oil
- 4 garlic cloves minced
- ¼ cup of tomato paste
- 2 15-ounce cans white beans (any white beans will work!), drained and rinsed
- ½ cup of boiling water
- Salt and pepper to taste
- 1 cup of shredded Italian blend cheese

### Instructions



Pre-heat the oven to 475 degrees F.

In a large oven-safe skillet, heat the olive oil over medium heat. Once hot, add in the garlic and cook for 2 minutes. Mix in the tomato paste, continuing to stir often, and cook for 1 more minute.

Add in the beans, boiling water, and a good pinch of salt and freshly cracked black pepper. Stir until fully combined and the beans are covered in the tomato paste.

Sprinkle on the cheese so that it evenly covers the top of the skillet. Bake for 8-10 minutes or until the cheese is fully melted and starting to crisp around the edges. If you're REALLY a fan of crispy cheese, I highly recommend running your broiler for a couple minutes. Make sure to watch it closely so it doesn't burn!

### **Rosemary Chicken and Roasted Potato Sheet Pan Meal**

3 Medium russet potatoes (peeled or unpeeled, your choice), large dice

½ lb boneless chicken breast (purchased Week 1 and frozen), thawed

Salt & Pepper

1 tsp garlic powder

Dried Rosemary

2 T olive oil, divided

Drizzle chicken with olive oil. Season chicken with garlic powder, salt and pepper and place it on the pan. Toss diced potato with salt, pepper, rosemary and remaining olive oil. Arrange potatoes and chicken in single layer on pan. Roast at 400 degrees for 25-30 minutes, or until chicken is cooked through and potatoes are tender.

### **Sausage and apple stuffed acorn squash**

1 acorn squash

½ lb mild or sweet bulk Italian sausage

1 box stuffing mix

1 apple, diced

Hydrate stuffing according to box instructions (2 cups needed)

Cut squash in half. Remove seeds. Rub cut side of squash with olive oil. Season with salt and pepper. Place two halves of squashes cut side down in baking dish. Bake in 400 degree oven for 30-45 minutes or until tender.

Brown sausage with diced apple in a pan until cooked. Mix stuffing with sausage and diced apple. Fill squash halves with stuffing mixture and sprinkle with Italian blend cheese. Place back in the baking dish and broil for a minute or two to melt the cheese.

## Bean & Cheese Enchiladas

4 remaining tortillas from Week 1

1 can refried beans

1 8oz package of shredded Mexican blend cheese

1 can red or green enchilada sauce

Place a stripe of beans on each tortilla. Split half of the bag of cheese between the four tortillas. Roll into log shape. Put 2 T of enchilada sauce on bottom of baking dish. Arrange enchiladas in baking dish. Top with the rest of the sauce. Top sauce with the other half of the cheese. Bake in a 350 degree oven for 20-30 minutes, until cheese is melted.

## Garlic Chicken & Broccoli Stir Fry

1 lb boneless chicken breast

1 ½ tsp baking soda

2lb broccoli

4 cloves of garlic (or as much or as little as you would like)

2 T vegetable oil (or any equivalent neutral oil with high smoke point, like avocado or grapeseed)

2 c water

1T chicken bouillon

1 T rice vinegar or apple cider vinegar (or if your love of Asian cooking runs deep and you have it on hand, black vinegar)

1 tsp sugar

2 T soy sauce

1T cornstarch mixed with 2 T water

Cut chicken breast into slices ¼ - ½ inch thick. Toss in bowl with the baking soda and set aside to tenderize for 20 min.

Cut broccoli into florets

Mince garlic

Combine water, bouillon, vinegar and soy sauce. Mix to combine and set aside.

Rinse chicken and pat dry.

Heat wok or large skillet over medium high heat. Add oil. Add chicken and sautee until chicken is cooked through. Remove chicken from pan and set aside.

Add broccoli to the pan and saute for 2-3 minutes until it starts turning bright green. Add garlic and toss for 1 minute. Add wet ingredients to the pan. Finish cooking broccoli in sauce until slightly underdone. Add chicken back to pan. Add cornstarch slurry. Stir until sauce thickens.

## **Tuna Noodle Cassarole**

2 cans tuna

1 pkg egg noodle

1 can cream of mushroom condensed soup

1 can cream of chicken condensed soup

1 bag frozen peas

8 oz bag shredded cheddar cheese

1 cup Panko breadcrumbs (left over from Week 1 Groceries)

2 T melted margarine

Cook noodles according to package instructions. In a casserole dish, combine tuna, both soups, peas and half of the cheese. Add drained noodles and mix to combine. Mix melted margarine, breadcrumbs and the rest of the shredded cheese. Sprinkle breadcrumb mixture evenly over noodle mixture. Place in preheated 350 degree oven for 30 minutes, or until topping is golden and noodle mix is bubbling around the edges.

## THE SNAP CHALLENGE (Supplemental Nutrition Assistance Program)

Many of us are blessed with the privilege to not have to think too much about how, when and if we will get our next meal. Even today, with the increased cost of food, my own shopping habits have not drastically changed. Sure, I watch my total cost and try to purchase frugally, but I still manage to include some of the sweet and savory snacks my family loves; I'm still able to purchase fresh vegetables and fruits; and, I still plan my meals and then shop, rather than shop the sales and then try to come up with things to make. But for many of our fellow community members in Southeastern Wisconsin, and around the country, trying to provide enough food for one's family is a daily struggle.

Some of the privileges we may take for granted:

### **I've been too busy to plan, or don't have the time or energy to cook a meal**

Get take out, go out to a restaurant, or swing by the grocery for prepared food.

### **I choose fresh fruits and vegetables, or organic produce because I perceive that they are healthier**

Fresh is more expensive. Not all communities have easy access to fresh produce on a consistent basis.

### **I base my grocery list on what is convenient and what my family enjoys, regardless of cost**

In Fiscal Year (FY) 2022, about 41.2 million people living in 21.6 million U.S. households participated in the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program (SNAP) in an average month.

The average SNAP household received a monthly benefit of \$297. (The average household size was 1.9 people) Households with children received a larger average monthly benefit of \$515 due to their larger average household size. About 37 percent of SNAP households received the maximum benefit for their household size. Ten percent received the minimum benefit (\$20), which is only available to households with one or two members.

For many families, the monthly stipend they receive through SNAP is the only money they have for groceries. The difficulties that low income households experience when trying to provide a balanced diet with enough food to last from week to week can be compounded by:

- Lack of nearby access to full service grocery stores
- Lack of kitchen appliances included in rental units
- Time restraints due to working multiple, minimum wage jobs
- Rising food costs

We ask that you prayerfully consider taking on this challenge:

To only spend the average SNAP benefit amount to feed your family for 1 week, 2 weeks or a month; to experience the challenge of trying to shop, cook and eat within a substantially limited budget; and at the end of the experience, take the difference between your typical weekly budgeted amount for food and the amount spent during the experience and donate it to an organization in our community that is fighting to reduce hunger. Some options are:

Hunger Task Force

House of Peace

Tosa Food Pantry

Street Angels

Nourish MKE

Attached are grocery lists, menus and recipes based on a four person household or a two person household. The lists and menus encompass a complete, two week period for breakfasts, lunches and dinners. The lists are based on regular prices at Pick n' Save, our predominant grocer in the Metro-Milwaukee area. Certain staple pantry items are assumed, and while they may be in some of the recipes, they are not included in the budget or grocery list. Staple items include: salt, pepper, oil, sugar, flour, basic spices.

For lunches in the four person household, it is assumed that two of the household members are children who are receiving lunch at school. The lunch menu is based on only needing two lunches per day Monday-Friday, and four lunches on Saturday and Sunday.