



Arizona Community Action Association

# FOOD STAMP EXPERIENCE

## BLOGGING PROMPTS AND TIPS

Please share your experience as an ACAA Food Stamp Experience participant with others! Contribute to and read the ACAA Food Stamp Experience Blog at [www.acaachallenge.wordpress.com](http://www.acaachallenge.wordpress.com).

### REFLECT ON FOOD SHOPPING

How did your shopping experience on a food stamp budget compare to a typical food shopping experience for your family?

- Did you shop at your normal grocery store? How far did you travel to get there?
- Were you surprised by the prices of any foods you bought/chose not to buy?
- Did you take advantage of sales/coupons?
- What are some favorite foods you had to leave off your shopping list this week?

### REFLECT ON FOOD PREPARATION

How has your food preparation this week differed from typical food prep for your family?

- Do you take more or less time preparing meals? Conventional cooking or microwave?
- Are your meals simpler or more complex than the meals you would typically prepare?

👉 Share a photo of a meal you prepared!

👉 Share a successful recipe!

### REFLECT ON STICKING TO THE BUDGET

How have food temptations this week differed from a typical week?

- In what situations do you find sticking to the food stamp budget difficult?
- Have you been able to eat out this week? If so, how did this affect your food budget?
- Have you found any creative ways to stick to your food stamp budget?

👉 Share strategies for coping with food temptations!

### REFLECT ON THE REALITY FOR FOOD STAMP USERS

How has participating in the Food Stamp Challenge supported or challenged your perceptions of food stamp participants in your community?

- What are some challenges faced by low-budget shoppers in your area?
- What are some additional challenges to low-budget shoppers looking to buy *healthy* foods in your area?
- What are some important differences between participating in the week-long Challenge and living on food stamp budget in the longer term?

### REFLECT ON YOUR EXPERIENCE

Do you think \$31.50 per week is enough? Why or why not?

- What have you learned through participation in the Food Stamp Challenge?
- What surprised you most during your experience?
- If you had to spend another week on a food stamp budget, what would you do differently?