

## 2009 Opportunities to Live United

*In preparation for the 2009 Campaign, United Way of the National Capital Area is presenting the following Opportunities to Live United. Participants are encouraged to write, blog, or video their experiences for inclusion in our campaign messaging or web site. Individuals who participate in an Opportunity will receive a sticker to wear during the Campaign Kick Off event in September – one sticker for each Live United experience. Please share your challenge experiences with us. Submit your written thoughts, blog entry, written or video diary to Catherine Nallon at [cnallon@uwnca.org](mailto:cnallon@uwnca.org)*

### Food Stamp Challenge

Did you know?

In the DC Metro area, there are approximately 633,000 residents at risk of, or experiencing hunger. In Montgomery and Prince George's Counties, 1 in 5 children is at risk of hunger and in Northern Virginia it is 1 in 6. The average monthly Food Stamp Program (SNAP) benefit per person in D.C. is \$100.12; in Maryland, \$93.67; and in Virginia, \$89.23.

*Imagine feeding a family of four on just \$84 dollars per week, or \$21 per person. The majority of people living below the poverty line have to shop at the local drug store where commons needs such as milk are twice as much as in suburban discount stores. What protein sources would you purchase? Could you get by without fast food? Could you stretch one meal in to 3 or 4?*

**Don't just imagine – LIVE UNITED**  
**Feed yourself and your family for one week with \$21 per person.**

Tips for survival:

- Plan meals ahead of time: You can find great coupons and discounts in the Sunday newspapers.
- Buy in bulk: For dinner, a whole chicken, a can each of stock and stewed tomatoes, and frozen veggies makes a soup that will stretch for 2 to 4 meals for a household.
- Purchase foods that go a long way such as rice, beans, eggs and whole potatoes.
- Some grocers now sell a healthy ramen that has fewer calories, fat and sodium. At about 50 cents per package; mix with frozen veggies for a healthier meal!

# LIVE UNITED™





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