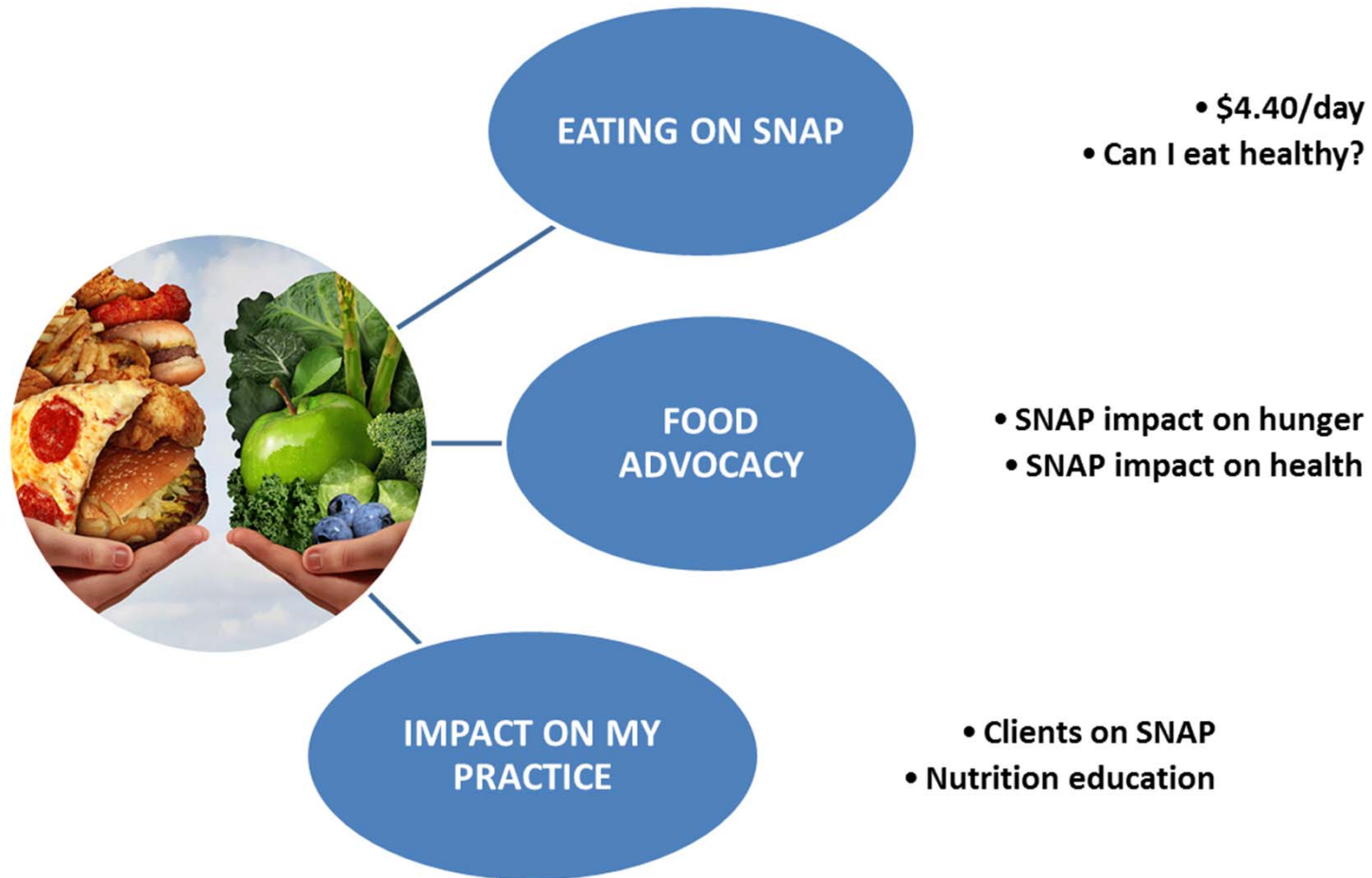


# Vanderbilt Dietetic Internship

## Take the 2 Day SNAP Challenge



*“Find your voice as a leader in diverse practice settings where food and nutrition matters”*

# SNAP 101

## Supplemental Nutrition Assistance Program

Your federal tax dollars help provide nutritional assistance benefits to children and families, the elderly, the disabled, unemployed and working families. SNAP helps supplement monthly food budgets of families with low-income to buy the food they need to maintain good health and allow them to direct more of their available income toward essential living expenses.

**Who established guidelines for SNAP -**

U.S. Department of Agriculture (USDA)

**Who determines eligibility of persons for SNAP -**

Department of Human Services (DHS)

**The primary goals of SNAP are to:**

- alleviate hunger and malnutrition
- improve nutrition and health in eligible households
- establishing or re-establishing self-sufficiency

**How is SNAP doing when it comes to meeting their primary goals?**

**Check out the SNAP Stats on the next page.**

# SNAP Stats & Resources!

TO DO	DONE
<p>Find out the stats for Nashville/Davidson County?  <b>Record the SNAP usage for the past month.</b>  <a href="http://tn.gov/humanservices/article/snap-statistical-information">http://tn.gov/humanservices/article/snap-statistical-information</a>  <b># of individuals on SNAP:</b> _____  <b># of households on SNAP</b> _____  <b>SNAP dollars issued: \$</b> _____</p>	
<p><b>Review the info available.</b>  <a href="http://www.tn.gov/humanservices/topic/supplemental-nutrition-assistance-program-snap">http://www.tn.gov/humanservices/topic/supplemental-nutrition-assistance-program-snap</a>  <a href="http://www.tn.gov/humanservices/article/snap-nutrition-information1">http://www.tn.gov/humanservices/article/snap-nutrition-information1</a>  <a href="https://snaped.fns.usda.gov/">https://snaped.fns.usda.gov/</a> (recipes, money saving tips)</p> <p><b>You may have clients at some point that are on SNAP and who would access this information.</b>  <b>As you review the 3 websites above....answer the following questions by circling Yes/No</b></p> <ul style="list-style-type: none"> <li>• Is the info user friendly? <span style="float: right;">Yes    No</span></li> <li>• Is this info you could access to share with your clients? <span style="float: right;">Yes    No</span></li> <li>• Do the recipes look like something you would use while you are on SNAP? <span style="float: right;">Yes    No</span></li> </ul>	
<p><b>SNAP benefits are loaded onto an Electronic Benefits Card (EBT)</b>  <a href="http://www.tn.gov/humanservices/article/snap-electronic-benefit-transfer-ebt-cards">http://www.tn.gov/humanservices/article/snap-electronic-benefit-transfer-ebt-cards</a>  <b>Watch the video to learn about SNAP in Tennessee</b></p>	

# EATING ON \$4.40 PER DAY FOR 2 DAYS

## Getting Started!

TO DO	DONE
<p><b>Follow these participation guidelines:</b></p> <ul style="list-style-type: none"><li>• Spend only \$4.40 per day on food and drink.</li><li>• <u>All</u> food purchased and eaten in this time must be counted in total spending - this includes dining out.</li><li>• During this time, do not eat any food purchased prior to the start of the Challenge.</li><li>• Whenever possible, avoid accepting free food from family, friends and coworkers since these opportunities are not <i>always</i> available to those in need.</li><li>• Your challenge starts at breakfast on Tuesday and runs thru Thursday at midnight!</li></ul>	
<p><b><u>Grocery Shopping</u></b></p> <ul style="list-style-type: none"><li>• The main point of this challenge is to explore what it's like to walk in the shoes of someone receiving SNAP benefits. Part of this experience is to shop on a limited budget.</li><li>• Choose a store that accepts SNAP. Imagine your pantry is bare when you begin the challenge.</li><li>• Planning is essential – you will only be allowed to eat foods purchased within your budget. Buying \$50 worth of food but only eating \$8.80 worth is not the same as shopping and eating on \$8.80.</li><li>• Exceptions: herbs/spices, baking staples, condiments, water, and anything you grow yourself.</li><li>• You'll need to make choices like- whole grain bread or white bread? Fresh fruit or canned? Canned beans or dry?</li></ul>	
<p><b>Submit your grocery list with prices</b></p>	

# EATING ON \$4.40 PER DAY FOR 2 DAYS

## Use These Online Resources!

TO DO	DONE
<p>Log onto FOODSHARE and register to take the SNAP Challenge (Tuesday, Wednesday)  <a href="http://site.foodshare.org/site/PageServer?pagename=programs_movement_education_snapchallenge#hints">http://site.foodshare.org/site/PageServer?pagename=programs_movement_education_snapchallenge#hints</a></p>	
<p>Submit a daily blog for 2 days, post to the FOODSHARE Facebook page            Take a screen shot of each blog to submit with final projects</p>	
<p>View video from the Environmental Working Group - “Good Food on a Tight Budget”  <a href="http://www.ewg.org/news/videos/environmental-working-groups-good-food-tight-budget">http://www.ewg.org/news/videos/environmental-working-groups-good-food-tight-budget</a></p> <ul style="list-style-type: none"> <li>• A copy of Good Food on a Tight Budget is included in your online folder for this rotation.</li> </ul>	
<p>Use My Plate Super Tracker site to track your daily food intake and analyze your diet  <a href="http://www.choosemyplate.gov/tools-supertracker">http://www.choosemyplate.gov/tools-supertracker</a>            Submit 3 days of screen shots from My Plate Super Tracker with nutrient analysis</p>	
<p>Watch video “Grocery Shopping with America’s cheapest family”  <a href="https://www.youtube.com/watch?v=N6tCwrvKsSI">https://www.youtube.com/watch?v=N6tCwrvKsSI</a></p>	
<p>After grocery shopping, ENJOY watching the video – The Shopping Cart Dance  <a href="https://www.youtube.com/watch?v=qVLa722_T2U">https://www.youtube.com/watch?v=qVLa722_T2U</a></p>	

# FOOD ADVOCACY

Turning Your Experience Into An Opportunity to Advocate For Others

TO DO	DONE
<p><b>Check out the online application for SNAP</b> <a href="http://www.tn.gov/humanservices/article/supplemental-nutrition-assistance-program-snap">http://www.tn.gov/humanservices/article/supplemental-nutrition-assistance-program-snap</a></p>	
<p><b>Print off a hard copy of the SNAP application from your online rotation folder– fill in the information requested so you will understand what’s required. Turn this in at the end of the rotation</b></p>	
<p><b>Maintain an INTUITIVE EATING JOURNAL FOR 2 DAYS and SUBMIT at the end of this rotation</b> <b><u>Begin your journal by answering the following questions:</u></b> What are your goals for this challenge? What advantages did you have when searching for the information (computer, literacy skills, etc.?) What can/can’t you buy? <b><u>Grocery Shopping Journal Questions:</u></b> How did you prepare for grocery shopping? What resources and skills did you use? How did you save money? What was your meal planning strategy? How did this make you feel to eat on \$4.40/day? <b><u>Include in your Daily Journal:</u></b> What you ate for the day. Coping methods you used to make your money stretch and how you felt using these methods. What strategies did you use to extend your eating? Did you meet your daily nutrition requirements? Why or why not? Daily cost recap of food costs Total estimated calories for each day Did you eat healthy on SNAP? <b><u>How Will You Advocate for SNAP Clients?</u></b> Discuss ways you can/will advocate for SNAP clients/services</p>	

# IMPACT ON YOUR FUTURE PRACTICE

Everyone deserves access to a safe, healthy and affordable food supply. Dietitians have pivotal roles to play at the policy, system and local levels to assure..... Everyone has access to a safe, healthy, affordable and culturally appropriate food supply.

TO DO	DONE
<p>Play SPENT at <a href="http://playspent.org">http://playspent.org</a>.            After spending some time playing the game, consider the following questions:            How did you fare through the month?            What was the toughest decision you had to make?            Might you have made a different decision in real life?            Did you choose to post game requests or a link to the game on Facebook? Why or why not?  <b>What did you learn from this game?</b>  <b>Share this insight with your preceptor during your evaluation</b></p>	
<p>Visit Feeding America's site  <a href="http://www.feedingamerica.org/take-action/">http://www.feedingamerica.org/take-action/</a>  <b>CLICK ON Advocate to end hunger and submit an online letter to your elected official</b>  <b>Take a screen shot and submit with your rotation materials</b></p>	
<p><b><u>ANSWER THE FOLLOWING:</u></b>  <b>What will you advocate for at the policy level?</b>   <b>What will you do at the local level?</b>   <b>What can you do as an intern?</b></p>	