

IMPACT

 University of Idaho
Cooperative
Extension System

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Newspaper Grocery Specials Help Stretch Food Stamp Dollars

The Situation

Dana works full time to support her two young children. Because her job pays just barely over minimum wage she struggles to provide the necessities of life for her children. Her family was always hungry by the time her food stamps came at the first of the month. When her stamp allotment would come she would go to the store and spend all of it at once and the food would last only a few weeks and then they would be hungry again.

Our Response

Dana signed up to take the Expanded Food and Nutrition Education Program (EFNEP) lessons in April. After having the lessons on meal planning and food buying, she realized that by dividing her monthly food stamp allotment by four, she could go to the store for the food specials that came out each week in the newspaper.

Achievements

She now excitedly waits for her Thursday EFNEP appointment. Her Program Assistant brings the grocery ads from the newspaper with her and Dana finds the best buys for the week and plans her menus around the specials. She has \$33 worth of food stamps to spend each week and has been amazed that she can cover almost all of her family's nutritional needs by carefully buying nutritious food when it is on sale. The family no longer suffers from hunger the

last week of the month waiting for their food stamps. Dana has also learned from her EFNEP Program Assistant how to freeze fresh produce that she gets from the Farmer's Market when the food is in season and is less expensive. She has learned how to cook legumes and other foods from scratch to stretch her food dollars.

The Future

Dana is just one of many people who have found that EFNEP provides limited income families the information they need to make the most of their food resources to help them provide healthy meals for their families all month long. The University of Idaho will continue to reach out to the needy people of the community to help them reach this goal.

For More Information

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