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# \$16 IN SNAP BENEFITS ARE WORTH THE EFFORT



*Sometimes people only qualify for \$16 in the Supplemental Nutrition Assistance Program (SNAP)\* each month. They think that the hassle is not worth the effort. Sometimes, they think that \$16 will not make a difference in their budget.*

*You might be surprised what a difference \$16 can make, and how much food you can buy with \$16.*

*\*(SNAP is the former Food Stamps Program)*

## WHAT WILL \$16 BUY?

Prices are approximate and may reflect store discounts or coupons.

### Canned food-store brand

14 oz Spinach	.48
14.5 oz. Sweet peas	.48
14.5 oz. Green beans	.48
14.5 oz. Carrots	.48
14.5 oz. Cream style corn	.48
15 oz. Beets	.48
15 oz. Whole potatoes	.54
15 oz. Mixed vegetables	.48
15 oz. Whole kernel corn	.48
16 oz. Purple Hull Peas	.74
27 oz. Turnip greens	1.69
4 oz. Mushroom pieces	.59
15 oz. diced tomatoes	.52
10.5 oz. Tomato soup	.49
10.5 oz. Chicken soup	.49
10.5 oz. Mushroom soup	.59
12 oz. Evaporated milk	.75
15 oz. Chili Hot Beans	.69
29 oz. Pumpkin	1.49
64 oz Apple juice	1.54
15.25 oz. Sliced peaches	.88
25 oz. Applesauce	1.16

**Total \$16.00**



### Convenience foods

1 box Cake mix	.90
1 can Frosting	1.12
1 dozen Medium eggs	1.44
18 oz. Grape jelly	1.00
15 oz. Raisins	1.65
1 lb. Bananas	.59
3 Ears fresh corn	.99
6 oz. Tuna in water	.69
14.75 oz. Salmon	1.74
14 oz Pancake Mix Complete	1.39
16 oz Peanut butter	1.39
Bag mini marshmallows	1.22
3 oz. Gelatin	.33
18 oz Powered Milk	1.25
8 oz. Can tomato sauce	.30

**Total \$16.00**

### Bread, Cereal, Pasta, Dry Beans

11 oz. Frozen waffles (8)	1.16
18 oz. Dry Cereals	1.89
6 pkg. Ramen noodles	1.00
24 oz. White bread	1.16
2 lbs. Popcorn	1.54
12 oz. Spaghetti	.99
48 oz. Rice	1.89
18 oz. Oatmeal	.98
16 oz. Dry navy beans	1.49
14.4 oz. Graham crackers	1.32
11 oz. refig. Cinnamon rolls	1.66
7.5 oz. Mac & Cheese	.67

**Total \$15.75**

*You can qualify for a reduced rate on telephone service and/or free or reduced price on public school lunches with SNAP Benefits (food stamps).*

# MEAL IDEAS UNDER \$16

## Entrees Under \$5.00

1. Spaghetti with meat sauce
2. Shepard's Pie
3. Bean and Ham Soup
4. Chili
5. Beef Stroganoff
6. Tuna Casserole
7. Chicken and Rice
8. Meat Loaf and Mashed Potatoes
9. Pot Roast
10. Oven Roasted Chicken



## Side Dishes Under \$2.50

1. Steamed Broccoli
2. Green Bean Bake
3. Caesar Salad
4. Cheddar Cornbread
5. Cucumber Salad
6. Oven Roasted Potatoes
7. Hash Brown Casserole
8. Overnight Salad
9. Mexican Rice
10. Collard Greens and Peas



## Buy "In Season" For The Best Deal On Nutrition!

◆ **January to March:** citrus fruits, apples

◆ **April:** asparagus, pineapple

◆ **May to June:** corn, berries, tomatoes, melons

◆ **July to August:** berries, corn, lemons, limes, melon, tomatoes, peaches, pears, plums

◆ **September:** cauliflower, grapes, peaches pears, plum, tomatoes

◆ **October to November:** winter squash, apples, cauliflower, cranberries, oranges, pears, pumpkin, sweet potatoes

◆ **December:** apples, cranberries, citrus fruits, sweet potatoes, winter squash

