MAKE A MEAL FOR
Julie and her family

INSTRUCTIONS
1. Look over the plate at the food options and their prices.
2. Select and circle five items—one from each food category.
3. Calculate the Individual meal cost.
4. Multiply the Individual meal cost by four to calculate the Family meal cost.

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**Vegetables**
- Carrots: $0.52 / cup
- Broccoli: $0.75 / cup
- Green Beans: $0.40 / cup
- Tomato: $0.83 / cup
- Kale: $0.25 / cup
- Lettuce: $0.25 / cup
- Peas (frozen): $0.93 / cup

**Grains**
- Pasta: $0.13 / 2 oz
- White Rice: $0.25 / 2 oz
- Quinoa: $1.05 / 2 oz
- White Bread: $0.11 / 2 oz
- 100% Whole Grain Bread: $0.33 / 2 oz
- Corn Chips: $0.30 / 2 oz
- Cereal: $0.62 / 1 oz
- Crackers: $0.18 / 2 oz

**Protein**
- Lean Ground Beef: $2.25 / 4 oz
- Lean Ground Turkey: $1.50 / 4 oz
- Chicken Breast: $0.87 / 4 oz
- Salmon: $2.75 / 4 oz
- Eggs: $0.56 / 2 eggs
- Tuna (canned): $0.63 / 4 oz
- Black Beans (canned): $0.21 / 4 oz
- Natural Peanut Butter: $0.22 / 1 oz
- Tofu: $0.37 / 4 oz

**Fruits**
- Strawberries: $0.80 / cup
- Blueberries: $2.65 / cup
- Watermelon: $0.15 / cup
- Grapes: $0.76 / cup
- Apple: $0.50 ea
- Banana: $0.23 ea
- Orange: $0.33 ea
- Peaches (canned): $1.02 / cup

**Dairy**
- Milk: $0.41 / 8 oz
- Cheese: $0.75 / 2 oz
- Greek Yogurt: $1.29 / 6 oz
- Yogurt: $0.50 / 6 oz

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*Prices collected at Ralphs in Los Angeles, CA on 7/12/16*
The Supplemental Nutrition Assistance Program (SNAP) is the
nation’s most effective defense against hunger. The program
reaches millions of low-income households that need help putting
food on the table, the majority of which are families that include
children, seniors, and people with disabilities.

While the national average SNAP benefit is a modest $1.40 per
person, per meal, SNAP plays a critical role in lifting millions of
people—especially children—out of poverty. Research shows that
improving food security through SNAP significantly improves
health and other outcomes for both adults and children.

If your total meal cost for Julie’s family was more than $5.60,
start again and try to make a meal that will fit Julie’s budget.

- How difficult was it to make a meal for four with $5.60?
- Would you want to eat this meal?
- How nutritious is the meal you created?

“When I applied for food stamps, I said to myself, ‘gosh, really, I can’t believe I’m
doing this. It makes me feel I’m goin’ backwards, like I’m not independent anymore.

But having food stamps keeps me from doing the extreme to feed my kids. We’re doing
everything we can to get off of food stamps. My husband has gone back to school to become
an electrician, so he can earn a better living. And I’ve been trying to find any kind of work.”