

# \$25 Challenge

**What would it be like to feed a family of four on less than \$100 per week – or approximately \$25 per person?** For thousands of families across Illinois this is not an idle question, it is the reality they face. In Illinois, the average food stamp benefit is only \$3.45 per person per day or less than \$25 per week. A sample shopping list and menu is provided below. With only \$25 to spend each week, meal options are extremely limited and it is difficult to purchase an adequate amount of nutritious food, such as fresh fruits and vegetables.

## SHOPPING LIST:

Cereal (1 box)	= \$1.88	Jelly (1jar)	= \$1.84
Bread (1 loaf)	= \$1.10	Chicken Noodle Soup (1can)	= \$1.17
White Rice (2 lb bag)	= \$1.55	Whole Chicken	= \$4.83
Macaroni & Cheese (1 box)	= \$0.86	Green Beans (2-14.5 oz cans)	= \$1.58
Milk (1 gallon)	= \$3.41	Corn (1 Can, 2 servings)	= \$0.99
Eggs (1/2 dozen)	= \$.94	Oranges (4)	= \$1.14
Peanut Butter (1 jar)	= \$2.41	Bananas (3)	= \$1.17

**Total = \$24.87**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Breakfast</b>	Milk & Cereal	Two Eggs, Toast, and Milk	Milk & Cereal	Milk & Cereal, and a Banana	Milk & Cereal	Toast, Glass of Milk, and an Orange	Milk & Cereal
<b>Lunch</b>	PB & J Sandwich and a Banana	Chicken Noodle Soup and an Orange	PB & J Sandwich and a Banana	Egg Sandwich and an Orange	PB & J Sandwich and a Hard Boiled Egg	Chicken Salad Sandwich and a Hard Boiled Egg	PB & J Sandwich, and an Orange
<b>Dinner</b>	Macaroni & Cheese and Green Beans	Chicken, Rice, and Corn	Leftover Macaroni & Cheese Green Beans	Leftover Chicken, Rice, and Green Beans	Leftover Macaroni & Cheese and Corn	Leftover Chicken, Rice, and Green Beans	Leftover Chicken, Rice, and Green Beans

The members of the Illinois Food Bank Association invite you to take the \$25 Challenge during Hunger Action Month in September 2008.

