

*Stretch Your Food Stamp Benefit – Look What \$10 Can Buy!*

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Making healthy food choices is difficult enough without the added burden of having limited income and resources on which to rely. While many low-income residents throughout the Finger Lakes Region in NYS increase their food security through benefits such as food stamps, WIC and Framers' Market coupons, they often lack the knowledge, skills and abilities to make the most of the benefits they do receive. In addition to problems of food insecurity, food stamp recipients often need assistance building a financial future that helps them better manage their money and reach their financial goals. The overall goal of the Food and Household Resource management program is to increase the knowledge and skills of food stamp recipients in selecting, preparing and serving nutritious food for themselves and their families while following a budget. The overall outcome is that the improved resource management practices that food stamp recipients adopt will enhance the quality of their life minimizing their risk for chronic disease, reducing their health care costs and thereby allowing them to be productive members of our society.

Educational strategies to meet these goals include:

- Facilitating nutrition education and food resource management workshops through the Food Stamp Nutrition Education Program.
- Partnering with the Credit Education Bureau to educate clients on household management practices.
- Partnering with Department of Social Service- Food Stamp Certification Caseworkers
- Tailoring delivery methods for either group or individual settings
- Featuring a banner and handout display where Food Stamp recipients meet to recertify for benefits (Banner and brochure detailing: *How To Stretch Food Stamp Benefits: Use of Smart Shopper Secrets and Unit Pricing, Grocery List Design, Healthy One-Dish Meal Ideas, Planning Meals Using the Food Guide Pyramid, etc.*)
- Offering structured group classes one time per week, for eight to nine weeks. Length of classes varies from one to one and a half hours in length.