

THE  
*Community*

FOOD

EXPERIENCE

A SIMULATION



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# Facilitator GUIDE

## **Overview**

Millions of people struggle with food insecurity in this country. Food insecurity means not having access to enough nutritious food to lead an active, healthy life. These neighbors, friends, and fellow citizens are also disproportionately impacted by diet related diseases such as diabetes and high blood pressure. This experience simulates the challenges faced by millions, and explores both barriers to access and the impact food insecurity has on community health. As a discussion based activity, it also encourages taking action - becoming part of the solution to this complex yet addressable community health issue.

## **Description**

The Community Food Experience can be facilitated with groups of 20-50 people ages 12 - adult. In this simulation, there are 16 Community Member roles, and 7 Merchant/Service Provider roles. Community Members are asked to purchase, or access through community services, a daily allowance of nutritious food. Each Community Member has a unique scenario that may include having children, a health condition, being a senior citizen, etc. Some Community Members have access to transportation, nutrition programs, or benefits, and some do not. Through this simulation experience, participants begin to understand the complexity of hunger and food security issues and explore the impact it can have on individuals and community. It is a powerful tool to engage, educate, and empower the community to take action through service and advocacy.

## **Objectives of this Simulation**

- To explore the relationship between poverty and hunger.
- To illuminate the impact food insecurity has on health outcomes.
- To identify the major barriers to food security through a discussion based activity.
- To promote the importance of a healthy diet for optimal community food security.
- To show how to access foods for a healthy diet based on MyPlate recommendations.



## Materials Included and Kit Assembly Instructions

Once all the components are printed and assembled, we recommend using a sturdy pocket folder for each packet and using a file folder box to store your kit for future use. You will only have to reprint some of the packet materials each time you facilitate the simulation.

### Materials Needed But Not Included

- Multiple Calculators (for Merchant packets and for Community Members to use at Home Base when completing their budgets)
- Multiple Pencils/Pens (for use by all simulation participants)
- Masking Tape or Paint Tape for hanging signs and defining boundaries
- Flip Chart/White Board for defining terms and capturing ideas
- Flip Chart Markers
- 1 Large room space
- 1 Table and 1-2 chairs for each Merchant/Service Provider
- 9 Chairs to represent Bus Station (6) and each Bus Stop (3)
- Tables and Chairs for Home Base – depends on size of the group and your room space

### Facilitator Guide Packet (Print one copy for Facilitator)

- Overview
- Description
- Instructions
- Helpful Hints
- Discussion Guides
- Facilitator's Packet Examples:
  - Food Card
  - Wallet
  - Daily Intake
  - MyPlate
  - Templates of all simulation materials
- Merchant/Service Provider Signs
  - Budget Area/Home
  - Food Pantry
  - Community Kitchen
  - Social Services
  - Food Tiger
  - Mo's Corner Store
  - VITA Services
  - 4 Bus Stop Signs (Home, Food Tiger, Social Services & VITA, Food Pantry)

## 16 Community Member Packets

If you have a group larger than 23 individuals, simply print additional Community Member packet materials and assemble duplicate packets. Each packet will contain:

- 1 Role Description/Wallet Sheet (Print double sided)
- 1 USDA MyPlate Food Guide Sheet
- 1 Map of Simulation's Community
- Nutrition Brochure (Only for 6 of the 16 Community Members with specific health issues. Print double sided)

## 7 Merchant & Service Provider Packets

### Mo's Corner Store

- 1 Role description and instructions
- 1 Map of Simulation's Community
- 1 "Closed" Sign
- Multiple Mo's Food Cards (Print a minimum of 10 of each food card)
- 1 Calculator
- 1 Pencil

### Food Tiger

- 1 Role description and instructions
- 1 Map of Simulation's Community
- 1 "Closed" Sign
- Multiple Food Tiger Food Cards (Print a minimum of 20 copies of each food card)
- 1-2 Calculator(s)
- 2 Pencils

### Bus Driver

- 1 Role description and instructions
- 1 Bus Driver Badge
- 20 Bus Tokens
- 20 Bus Receipts
- 1 Pencil

### Community Kitchen

- 1 Role description and instructions
- 1 Map of Simulation's Community
- 1 "Closed" Sign
- 15 Meal Tickets
- 5 Bus Tokens
- 1 EITC/CTC Eligibility Sheet
- 1 SNAP/WIC Eligibility Sheet
- 1 "Closed" Sign
- 2 Pencils

### Social Services

- 1 Role description and instructions
- 1 Map of Simulation's Community
- 1 "Closed" Sign
- 16+ Social Service Applications (Print double sided)
- 2 SNAP/WIC Eligibility Forms
- 3-4 Pencils

### Community Food Pantry

- 1 Role Description and instructions
- 1 Map of Simulation's Community
- 1 "Closed" Sign
- 16+ Food Pantry Applications
- Food Tiger food cards: 5 Mac and Cheese, 5 White Bread, 5 Tuna, 5 Pasta, 5 Tomato Sauce, 5 Brown Rice, 5 Black Beans
- 3-4 Pencils

### VITA (Volunteer Income Tax Assistance) Site

- 1 Role Description and instructions
- 1 EITC/CTC Eligibility Sheet
- 16+ Worksheets
- 3-4 Pencils

# Facilitator INSTRUCTIONS

## Preparation

It is important that the Facilitator is familiar with all CFE instructions, materials, simulation components and discussion guide in order to effectively guide the experience.

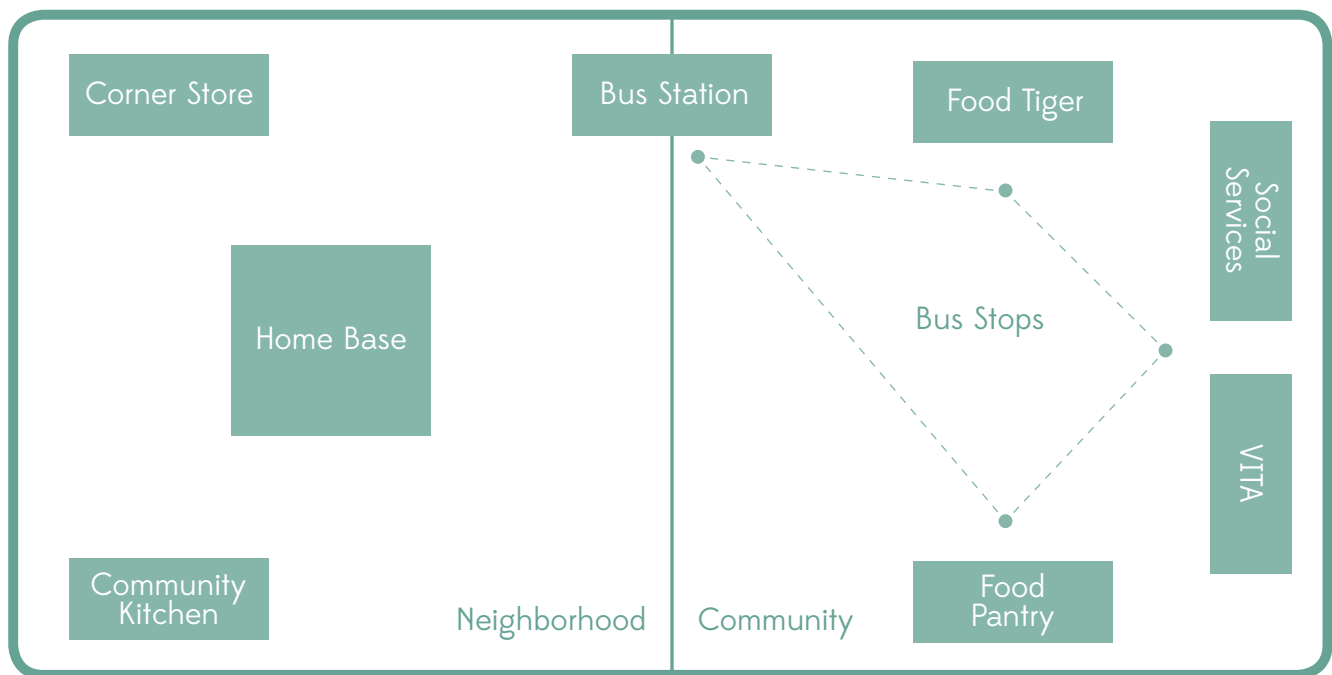
### Prior to the Group Arriving

- Prepare 16+ Community Member and 7 Service Provider Packets with all packet components.
- It is suggested that Facilitator prepare 5-10 extra Community Member packets and have 10-20 extra forms for Social Services, VITA, and Food Pantry in case group is larger than expected.
- Be certain you have checked Materials List and have all the materials that you need.
- Set up room based on room set up description below.

### Room Set Up

Room set up can vary depending on the size and shape of the room and the tables you have available to you. It is important that the room is divided into two sides that represent two parts of town - one a neighborhood that community members can walk to and the other a part of town that requires transportation to get to and to navigate around.

- You'll need 3-4 tables for Home Base and 1 chair for each Community Member participant.
- Have pens/pencils and calculators available at Home Base.
- You'll need 1-2 tables and 1-2 chairs for each Merchant or Service Provider. (The number depends on how many people are participating in the CFE - larger groups will require more staff/space.)
- A flip chart is helpful to capture thoughts and notes during the introduction and the discussion at the end of the experience.
- You can use a long table or masking tape to distinguish the line between the two sides of the room. However you do it, **it is important that the boundary is clear.**



## Facilitator Instructions to Participants

- Welcome participants and have them all sit in the Home Base area.
- Introduce the **The Community Food Experience** as a food security simulation and explain the objectives: to explore the relationship between poverty and hunger, to identify the major barriers to food security, and increase awareness of the link between food security and health.
- One goal of this activity is for each Community Member to attempt to acquire a daily allowance of nutritious food that enables them to complete the MyPlate that is in their packets.
- Explain the time line of the simulation: **10 minutes** for instructions and packet distribution, **25 minutes** for the activity, **15 - 20 minutes** for debrief, discussion, and general clean up
- Explain the two main areas of the simulation: their neighborhood where walking is acceptable and the community, which requires transportation.
- Review the room set up and the different Merchants and Services in the community. Again, make sure they are clear about which areas they can walk to and which areas require transportation.
- Transportation options include Bus Token, Bus Pass or Car – proof of transportation is required. If a Community Member has transportation, it will be noted in their Wallet under the Daily Intake.
- Let them know they can walk to the Bus Station and explain the bus route: (1) **Food Tiger** (2) **Social Services & VITA** (3) **Community Pantry**
- Review a Community Member and a Merchant and Services Packet.
  - Explain that everyone will be assigned a role either as a Community Member or a Merchant or Service Provider.
  - Briefly review the Community Member Packet (Enlarged templates are included in materials.)

- Community Member Information – explain the different areas on the page: role description, vital statistics, expenses, and instructions for completing their budget. Stress importance of reading carefully.
- **Wallet:** explain that this is where any cash or benefits received by the Community Member will be recorded. The Wallet will be presented each time they purchase food or receive benefits. Merchants and Service Providers will have to add and subtract benefits and expenses in this area.
- **Daily Intake:** review this section, which they can use to track and total their nutrition information. You will be given time later in the activity to add up your daily intake.
- **Very Important: For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for one person only.**
- If a Community Member has a **Bus Token, Bus Pass,** or a **Car,** it will be noted in the Wallet under the Daily Intake.
- It is imperative that they have their Community Member Information/Wallet with them at ALL TIMES.
- Review the MyPlate form. Remind them the goal is to be able to build a balanced daily allowance of nutritious food for yourself. Due to the time constraints of this activity, you are only accessing food for yourself.
- Review the Map of the community, which is there to help them find different merchants and services.
- Explain that some Community Members may have diagnosed health issues and will have an additional diet related brochure in their packet to guide their food purchases.
- Hold up a Merchant or Service provider Packet and explain that it includes instructions and all materials necessary for set up.
- Briefly review and define a few key terms:
  - **Food Security:** access to enough nutritious food for an active, healthy life. Food security includes at a minimum: the ready availability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies). The USDA measures food security as very low, low, marginal, or high food security.
  - **Food Insecurity:** limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.
  - **Poverty:** United States Census Bureau uses a set of income thresholds that vary by family size and composition to determine who is officially in poverty. If a family's total income is less than the threshold, then that family and every individual in it is considered in poverty. The official poverty thresholds do not vary geographically, but they are updated for inflation using Consumer Price Index (CPI-U). The official poverty definition uses money income before taxes and does not include capital gains or noncash benefits (such as public housing, Medicaid and food stamps). Many serving the community strongly recommend a more nuanced and accurate measure of poverty in this country. Many people living significantly above the official poverty threshold struggle with food insecurity due to several factors including medical expenses, housing costs, childcare needs and regional differences in the cost of living.
  - **VITA:** Volunteer Income Tax Assistance – offers free tax help to people who annually make \$53,000 or less.



- **EITC:** Earned Income Tax Credit – a benefit for working people who have low to moderate income. It reduces the amount of tax you owe and may also give you a refund that can be used towards food and other household needs.
- **CTC:** Child Tax Credit – can potentially reduce a working family’s federal income tax up to \$1,000/eligible child – allowing families to keep that to use towards food and other household expenses.
- **SNAP:** The Supplemental Nutrition Assistance Program (formerly known as Food Stamps) – a federal nutrition program that provides millions of eligible low income individuals and households with financial assistance to purchase food.
- **WIC:** The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) – a federal nutrition program that provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding and non-breastfeeding women, and to infants and children up to age five. This program helps connect young children and pregnant and nursing mothers to more nutrition at a critical time. **For the WIC program, no social security number is required.**
- **Please emphasize the need to approach this simulation, everyone participating, and the scenarios represented with respect and care. Some of us may be experiencing food insecurity, or have experienced food insecurity at some point in our lives. This simulation was created to raise awareness, sensitivity, and to be a call to action.**
- Stop to see if there are any questions about packets or terms.
- If there is time, ask one person in the group to summarize what they are about to do and fill in any gaps in their understanding.
- First assign all the Merchant and Service Provider positions in the community. Some positions require more skills than others. It is important and helpful for the facilitator to be familiar with each of the simulation roles/positions. If this is a youth group, it can be helpful to have adults assigned as Bus Driver, VITA Coordinator, and at Social Services. As Merchant and Service Provider jobs are assigned, give them their packets, and ask them to go to their locations, read their instructions carefully, and set up.
- Everyone else will be receiving a Community Member packet. There are 16 different Community Member roles. If you have a large group, make additional packets with these different roles. Distribute the packets to Community Members in numerical order 1-16. If you have a larger group and make additional packets, be sure you don’t have all the 1’s or all the 3’s, etc. sitting next to each other.
  - Ask all the Community Members to read their packet information carefully and complete their budgets.
  - Explain to all participants that you will be circulating and available to answer any questions.
  - After checking in with Merchants and Services, let Community Members know that once they have completed their budgets, their day has started so they should be up and moving and trying to find the recommended number of servings from each food group to feed themselves for one day.
  - Explain that you will be keeping time and letting them know when they need to head back to Home Base.

## Helpful Hints for Facilitators

- Keep circulating during the simulation so you can make sure people are clear about the instructions. Observe interactions, and help if there are frustrations or conflicts.
- Encourage Community Members to be creative if they hit a challenge, see if they can come up with their own solutions, or suggest they talk to their fellow community members to get answers.
- Make sure Merchants and Services are clear about what they are supposed to do.
- If someone says they are giving up very early in the simulation or simply sits back at the Home Base, politely encourage him/her to give it another try, possibly by sending them to the Community Kitchen where they may be able to obtain a bus token.
- The simulation should run for about 20 minutes. Towards the end of that time, ask Social Services to shut down, even if people are still in line. This simulates the very real time constraints of individuals living in a low access community. Let the Bus Driver know that they can complete one more full route before shutting down bus service.
- When time is up, get everyone's attention and have all the Community Members head back to Home Base.
  - Have the Merchants and Service Providers clean up their areas and put everything neatly back in the packets they received.
  - Instruct the Community Members to use their food cards to complete their MyPlate and at least some of the Daily Intake Total chart. Give the group about 5 minutes for these tasks.
  - Facilitator should circulate and provide assistance with these tasks if necessary. Once a majority of participants are done with their MyPlate, begin the discussion.

## Facilitator Discussion Guide: Food Security Components

Facilitators, here is a script/framework for guiding the discussion following the simulation. Additional resources and definition of terms can be found in the Appendix. There were 16 different Community Member scenarios in this experience. They include adults and senior citizens, different family sizes and income levels, and a variety of health states.

- How many of you were able to build a healthy MyPlate daily allotment of servings?
  - For those who did, did you need help doing that? Who or what helped you? (Capture what/who helped them on a flip chart or white board for discussion purposes.)
  - For those who didn't, what were the barriers? (Capture key barriers on a flip chart or white board for discussion purposes.) Some examples:
    - No transportation
    - No money
    - Ran out of time
    - Not eligible for nutrition programs or EITC/CTC
- What were the different government and community responses to food insecurity, hunger and poverty that you experienced or learned about today? (Some of these may come out in the previous discussion question.)
  - Community Responses
    - Community Kitchens
    - Benefits Outreach

- Community Food Pantry
- VITA
- Friend helped me
- Government Responses
  - Food Stamp/SNAP
  - WIC
  - EITC
- What did you find surprising during **The Community Food Experience** today?
  - Was everyone eligible for nutrition programs like SNAP/WIC? (Income and family size have an impact on SNAP allotments. You may have no extra income for food, but still earn too much to be eligible for SNAP.)
  - Could everyone get food from the Food Pantry? Was anyone turned away? Did you understand why you were turned away? Why might an organization only serve people in specific zip codes? (Charitable organizations often have their own individual eligibility criteria depending on their program and capacity.)
- Based on your experience today, how would you describe the relationship between food insecurity and poverty?
- In this experience, you only have to access enough food for one person. Many of you took on the role of Community Members who had children to take care of. What are some of the challenges you can imagine these adults having as they try to meet the multiple needs of their families?
- For more information about the terms, programs, and services mentioned above visit the following sites and visit our resource page:
  - SNAP - <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>
  - WIC - <http://www.fns.usda.gov/wic/about-wic>
  - EITC - <http://www.irs.gov/Individuals/EITC-Home-Page-Its-easier-than-ever-to-find-out-if-you-qualify-for-EITC>
  - CTC - <http://www.irs.gov/uac/Ten-Facts-about-the-Child-Tax-Credit>
  - Food Security - <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us.aspx>
  - Poverty - <http://www.census.gov/hhes/www/poverty/about/index.html>

## Discussion Guide for Nutrition and Health State Components

- For those of you with a nutrition sensitive health state, how did having a health condition impact your experience?
  - Were you supposed to only eat certain foods? Were you able to find those foods?
  - What are some ways that you can imagine not being able to access nutritious foods, or prescribed diets, impacting your health and budgets?
- How do you think food insecurity affects health and nutrition?
  - Food insecurity is associated with higher rates of chronic disease in individuals and communities. The inability to afford nutritious meals on a regular basis, may lead to over consumption of high calorie and low nutrient density foods, which may contribute to diabetes, heart disease and other chronic illnesses.
  - Though there are food assistance programs in the United States, such as SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants, and Children),

these programs are often not robust enough to provide families with the food they need for the entire month. There is a significant increase in diabetes-related emergency-room visits at the end of each month that is a direct result of insufficient SNAP benefits and the inability of the individual or family to afford food.

- Does anyone know what the impact would be on a diabetic person if they only had access to sugary snacks and/or carbohydrates? What about a person with pre-diabetes?
  - High blood sugar damages blood vessels and cells in the body and can lead to blindness, numbness, loss of limbs, kidney failure and other serious problems.
  - There is a documented increase in diabetes-related hospitalizations at the end of the month when SNAP benefits run out and individuals and families are no longer able to afford food.
  - The inability to afford nutritious meals on a regular basis, may lead to over consumption of high calorie and low nutrient density foods, which may contribute to diabetes, heart disease and other chronic illnesses.
- How does one's diet contribute to heart/cardiovascular disease?
  - Common dietary factors associated with heart disease are high intakes of saturated fat, trans fat and sodium.
  - Individuals who live in communities with low access to fresh produce and other nutritious foods are at greater risk of heart disease.
- Who in the group had chronic kidney disease? What were some of the dietary restrictions/guidelines that you were given? Were you able to follow those guidelines?
  - For those who don't know, chronic kidney disease (CKD), also known as chronic kidney failure, describes the progressive loss of kidney function over time. Your kidneys filter waste and excess fluid from your blood and excrete them in your urine. When kidneys lose their function, they can no longer filter excess fluid and waste, leading to the build up of these harmful substances in your blood.
  - The two most common causes of CKD are uncontrolled diabetes mellitus and hypertension (high blood pressure over time).
  - People living in low healthy food access communities are disproportionately affected by chronic kidney disease. In this population, the disease progresses more rapidly as the individual typically does not have the resources to manage the disease.

## So, What Can We Do?

There are many ways to get involved in addressing hunger issues, increasing community food security, and building healthier communities. Let's brainstorm! What ideas can you generate based on your experience today?

- **Learn More** – about the issues of hunger and poverty, and how you can help solve them at: [www.acfb.org](http://www.acfb.org).
- **Advocate** – by raising your voice. The need is great and charity cannot do it alone. Do you know your elected officials? They need our input. Advocacy helps connect community voices, issues and stories to elected officials and public policy makers in the fight against hunger and poverty. You can become an Advocacy Champion with ACFB. Learn more at [www.acfb.org/advocacy-champions](http://www.acfb.org/advocacy-champions).
- **Volunteer** – in your community. Visit [www.acfb.org/volunteer](http://www.acfb.org/volunteer) to explore hunger related volunteer opportunities in our service area. Live outside of the Atlanta region? Locate a food

bank near you at [www.feedingamerica.org](http://www.feedingamerica.org).

- **Donate** – For every \$1 donated to the Atlanta Community Food Bank, more than \$9 worth of food and groceries can be distributed – enough for 4 meals. Additionally, 95 cents of every dollar donated goes directly to serving our community. Make a secure online donation at [www.acfb.org](http://www.acfb.org).
- **Raise Awareness** – Share what you have learned in this experience today. Send your friends, family and colleagues to: <http://www.acfb.org/educational-materials> or email us at [education@acfb.org](mailto:education@acfb.org) to discuss ways to raise awareness about hunger in your community.

## Additional Nutrition Education and Food Security Information, Terms and Resources

- **MyPlate** is a tool developed by the USDA to help Americans make healthy food choices. It is a practical tool to help individuals understand what makes a healthy diet and to help nutrition educators teach the components of a healthy diet. ChooseMyPlate.gov is the accompanying website with more information on MyPlate and its components. The number of servings needed depends on age, sex, and physical activity. For the purposes of The Community Food Experience the number of servings are noted below.
  - The MyPlate **fruit group** includes all fresh, canned, frozen and dried fruits along with 100% fruit juice. MyPlate counts one serving of fruit as 1 cup of fresh fruit or juice or ½ cup of dried fruit. The number of servings needed depends on age, sex and physical activity. **Each person needs three servings.**
  - The MyPlate **vegetable group** includes all fresh, canned, frozen, cooked and dried vegetables along with 100% vegetable juice. One serving of vegetable is equal to one cup of raw or cooked vegetables, one cup of vegetable juice or two cups of raw leafy greens. The number of servings needed depends on age, sex and physical activity. **Each person needs three servings.**
  - The MyPlate **dairy group** includes all fluid milk, foods made from milk that retain their calcium content (such as cheese or yogurt) and calcium-fortified milk substitutes (such as soy milk). One serving of dairy is equal to one cup of milk, yogurt or soymilk or 1.5 ounces of cheese. The number of servings needed depends on age, sex and physical activity. **Each person needs three servings.**
  - The MyPlate **grain group** includes all foods made from wheat, rice, oats, cornmeal, barley and other grains. Generally, this group is divided into “whole grains” and “refined grains;” whole grains contain the entire grain kernel and refined grains have been milled to remove the bran and the germ. Examples of whole grains are oatmeal, brown rice and any food with “100% whole grain” on the label. MyPlate recommends that at least half of all grains should be whole grains, as whole grains contain more fiber and micronutrients than refined grains. One serving of grain is equal to one slice of bread, one cup of cereal or one half cup of cooked rice or pasta. The number of servings needed depends on age, sex and physical activity. **Each person needs six servings.**
  - The MyPlate **protein group** includes any food made from meat, beans, peas, lentils, eggs, soy, nuts and seeds. Beans and peas are also considered part of the vegetable group. One serving of protein is equal to one ounce of meat, one quarter cup of cooked beans, one egg, one tablespoon of peanut butter or one half ounce of nuts or seeds. The number of servings needed depends on age, sex and physical activity. **Each person needs five servings.**

- The MyPlate **fats group** includes all fats and oils. These foods are made up of saturated and unsaturated fatty acids, which refer to their chemical composition. Fats that are solid at room temperature contain more saturated fats whereas fats that are liquid at room temperature (most oils) contain more unsaturated fats. One serving of fat is equal to one teaspoon of fat; most foods contain enough fat naturally to meet recommendations without adding extra fats to your foods. The number of servings needed depends on age, sex and physical activity. **Each person needs five servings.**
- **Sugar** is a term that refers to a number of different sweeteners that appear to have varying effects on nutrition, health and weight status. While the effect of different types of sugars is unclear, it is likely that high consumption of added sugar in the United States contributes to high rates of diabetes, heart disease and other health conditions. As such, a separate box on the MyPlate has been included in this simulation to draw participants' attention to the amounts of sugar in foods. The main health concern is regarding sugars that are added to food to make it sweeter; it is unlikely that natural sugars in fruit, vegetables and dairy contribute negatively to overall health, and there is no evidence to support avoiding fruit or dairy because of sugar content. At the present time, there are no USDA guidelines regarding sugar because refined sugar and similar foods are not essential in the diet.
- This **extra** category was created for this simulation to capture foods that don't fit into another food group but that are commonly part of an individual's daily diet. These "Extra" foods may or may not provide calories. For example, soda is considered an "Extra" food, and it does provide calories in the form of sugar; black coffee is considered an "Extra" food, and it does not provide calories. These foods are included in this simulation to allow for a discussion about foods that do not necessarily provide nutrition, but that are often purchased and consumed.

## Nutrition & Food Security – How They Relate

### What is Food Security?

The USDA defines food security for a household as “access by all members at all times to enough food for an active, healthy life. Food security includes at a minimum: the ready availability of nutritionally adequate and safe foods, and assured ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies).”

### Food Security, Nutrition and Health Outcomes

The Community Food Experience is designed to give participants a comprehensive view of food security beyond simply filling one's stomach by incorporating nutrition as a key component of the experience. This is achieved through the use of MyPlate, the nutrition information on the food cards, and including profiles that address a nutrition-related health state such as diabetes, heart disease or chronic kidney disease. Food insecurity is associated with higher rates of chronic disease in individuals and communities. The inability to afford nutritious meals on a regular basis may lead to over consumption of high calorie and low nutrient density foods, which may contribute to diabetes, heart disease and other chronic illnesses.

Though there are food assistance programs in the United States such as SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants, and Children), these programs are often not robust enough to provide families with the food they need for the entire month. There is a significant increase in diabetes related emergency room visits at the end of each month that is a direct result of insufficient SNAP benefits and the inability of the individual or family to afford food.

For more information on nutrition and food security, visit the following sites:

[http://www.eatright.org/uploadedImages/Public/Infographics/Nourish\\_to\\_Flourish.gif](http://www.eatright.org/uploadedImages/Public/Infographics/Nourish_to_Flourish.gif)

<http://www.eatright.org/resource/health/weight-loss/overweight-and-obesity/the-hungry-and-overweight-paradox>

## **Diabetes**

Broadly, diabetes is a condition that affects the way a person's body uses food for energy. More specifically, diabetes affects a person's blood sugar as a result of inadequate insulin productivity. Insulin is a hormone produced by the pancreas that absorbs glucose, a component of all carbohydrates. There are three categories of diabetes: Type 1, Type 2 and Gestational Diabetes. In Type 1 Diabetes, the pancreas does not produce insulin; insulin is typically given to individuals with Type 1 to stabilize blood sugar along with dietary changes. Type 2 Diabetes occurs as a result of the body's inability to use the insulin that the pancreas produces or limited insulin production. Type 2 Diabetes is primarily controlled through diet, physical activity and medication. Gestational Diabetes begins during pregnancy, possibly as a result of hormonal changes. Though it typically goes away after the baby is born, it increases the woman and the child's risk of Type 2 diabetes later in life.

Successful management of all types of diabetes is heavily dependent on one's ability to keep blood sugars at a consistent level throughout the day. When an individual is living in a community with low access to healthy foods, or is unable to purchase the proper foods to manage diabetes, there can be serious health consequences. High blood sugar damages blood vessels and cells in the body and can lead to blindness, numbness, loss of limbs kidney failure and other serious problems. As mentioned in the "Food Security, Nutrition, and Health Outcomes" section of this guide, there is a documented increase in diabetes related hospitalizations at the end of the month when SNAP benefits run out and individuals and families are no longer able to afford food.

For more information on diabetes, visit the following sites:

<http://www.diabetes.org>

<http://ndep.nih.gov>

<http://eatright.org>

## **Cardiovascular Disease**

Heart Disease, also called Cardiovascular Disease, is the leading cause of death in the United States. Cardiovascular Disease refers to many conditions that affect the heart and blood vessels; for the purposes of this simulation, we will focus on heart attacks and the diet and lifestyle risk factors for a heart attack. A heart attack, also called a myocardial infarction, occurs when the flow of oxygen-rich blood to the heart stops. This is often the result of a build-up of plaque, a

wax-like substance, in the arteries that supply blood to the heart. This build-up of plaque is called atherosclerosis and often takes many years to develop.

There are significant diet and lifestyle risk factors that lead to the development of atherosclerosis. These risk factors include smoking, high blood pressure, high blood cholesterol, lack of physical activity, diabetes and dietary factors. These risk factors often occur at the same time and measures taken to reduce the impact of one risk factor can help with others. Common dietary factors associated with heart disease are high intakes of saturated fat, trans fat, and sodium. Individuals who live in communities with low access to healthy foods are, by definition, unable to access healthy foods and this often increases risk of heart disease.

For more information on living with Cardiovascular Disease:

[www.heart.org](http://www.heart.org)

<http://www.nhlbi.nih.gov>

<http://www.cdc.gov/heartdisease/>

### **Chronic Kidney Disease**

Chronic Kidney Disease (CKD), also known as chronic kidney failure, describes the progressive loss of kidney function over time. Your kidneys filter waste and excess fluid from your blood and excrete them in your urine. When kidneys lose their function, they can no longer filter excess fluid and waste, leading to the build up of these harmful substances in your blood. The two most common causes of CKD are uncontrolled diabetes mellitus and hypertension (high blood pressure over time). Symptoms often go unnoticed until kidney disease is advanced; however, initial symptoms might include exhaustion, difficulty concentrating, poor appetite, muscle cramping at night and the need to urinate more frequently. There are different stages of CKD, ranging from the mildest form to the most severe. Stage five CKD is also called end stage renal disease (ESRD), which requires renal replacement therapy, such as dialysis or a kidney transplant.

The Community Member with pre-ESRD requires a diet very different from someone with ESRD who is on dialysis. The pre-ESRD diet in this simulation is low in protein, though often there are strict requirements for micronutrients such as sodium, potassium, phosphorus and others. People living in low healthy food access communities are disproportionately affected by chronic kidney disease. In this population, the disease progresses more rapidly as the individual typically does not have the resources to manage the disease.

For more information on kidney disease, visit the following sites:

<http://eatright.org>

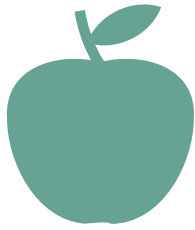
<http://www.nlm.nih.gov/medlineplus/>

<http://www.niddk.nih.gov/Pages/default.aspx>

<http://nkdep.nih.gov>

<https://www.kidney.org>





**\$0.65**

Food Tiger

# APPLE

Calories .....	95
Fat .....	0.31g
Saturated Fat .....	0.05g
Cholesterol .....	0g
Sodium .....	2mg
Carbohydrates .....	25.13g
Fiber .....	4.4g
Sugar .....	18.91g
Protein .....	0.47g

2 Fruit

**WIC**

Example Budget

<b>BUDGET</b>	
A. Number in Household	
B. Monthly Income	
C. Monthly Expenses	
D. Money Left for Food (B-C)	
E. Money For Food Per Person (D/A)	
<b>Money For Food Per Person Per Day (E/30)</b>	

### Example Wallet

#### WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$1.50	\$4.50			
- .10	- 1.20			
<hr/>	<hr/>			
\$1.40	\$3.30			

# Community Member PACKETS

For a game with 23 participants, there will be 16 Community Members.  
For any other number of participants, be sure to adjust accordingly.

Community Member money and transportation information will be noted on their Community Member Wallet. If they have a health state, they will also have a health brochure in their packet.

COMMUNITY MEMBER	CASH MONEY	BUS TOKEN	MONTHLY PASS	TRANSPORT. CARD	HEALTH BROCHURES
1	\$0.17				
2	\$1.65		1		pregnancy
3	\$1.89		1		
4	\$2.25				
5	\$0.50				
6	\$0.50		1		
7	\$0.88	3			
8	\$1.93			1	
9	\$1.25				
10	\$0.36		1		
11	\$0.18			1	diabetes
12	\$0.25				heart healthy
13	\$1.20		1		heart healthy
14	\$0.89		1		diabetes
15	\$1.75		1		pregnancy + diabetes
16	\$1.00			1	renal

# Merchants & Services

## PACKETS

For a game with 23 participants, there will be 7 Merchants/Services.  
For any other number of participants, be sure to adjust accordingly.

Each Merchant/Service is given a packet which includes their role description, map, and the specific items as listed below.

BUS DRIVER	Bus Stop Signs, Bus Driver Badge, <b>20</b> Bus Tokens, <b>20</b> Bus Receipts, <b>1</b> Pencil
FOOD PANTRY COORDINATOR	Food Pantry Sign, “Closed” Sign, <b>16</b> Food Pantry Applications, <b>3</b> Pencils, <b>5</b> Macaroni & Cheese, <b>5</b> White Bread, <b>5</b> Spaghetti, <b>5</b> Sauce, <b>5</b> Rice, <b>5</b> Beans, <b>5</b> Tuna
COMMUNITY KITCHEN COORDINATOR	Community Kitchen Sign, “Closed” Sign, <b>15</b> Community Kitchen Meal Tickets, <b>5</b> Bus Tokens, <b>1</b> EITC/CTC Eligibility Sheet, <b>1</b> WIC/Food Stamps Eligibility Sheet
SOCIAL SERVICE STAFF	Social Service Agency Sign, <b>16</b> Social Services Applications, <b>4</b> Pencils <b>2</b> WIC/SNAP Eligibility Sheet
FOOD TIGER CASHIER	Food Tiger Sign, “Closed” Sign, <b>15-20</b> of each Food Tiger Food Card, <b>1</b> Calculator
MO’S CORNER STORE CASHIER	Corner Store Sign, “Closed” Sign, <b>10</b> of each Corner Store Food Card, <b>1</b> Calculator
VITA SERVICES STAFF	VITA Services Sign, <b>1</b> EITC/CTC Eligibility Sheet, <b>16</b> Worksheets, <b>4</b> Pencils

# ATLANTA COMMUNITY FOOD BANK



Founded in 1979, the **Atlanta Community Food Bank** (ACFB) distributes over 50 million pounds of food and groceries each year to more than 600 nonprofit partner agencies serving families and individuals in 29 metro Atlanta and north Georgia counties. In addition to the core work of food distribution, the Food Bank has a number of programs that help build communities:

**Atlanta's Table** connects prepared and perishable food from our local hospitality industry to ACFB partner agencies.

**Atlanta Prosperity Campaign** seeks to reduce economic inequalities for working families by connecting them to existing economic benefits such as SNAP (Food Stamps).

**Community Gardens** is a year-round program that empowers more than 150 neighborhood groups to supplement their food supply by growing it themselves.

**Hunger 101** raises awareness about hunger and poverty on local and national levels through workshops, online curricula, and other creative tools designed for a variety of age groups.

**Hunger Walk/Run** is a 5K walk/run that unites people of all ages and backgrounds to raise hundreds of thousands of dollars annually in support of hunger relief.

**Kids In Need** ensures that thousands of low-income students receive brand new school supplies through a free store for educators.

**Product Rescue Center** receives food from food drives and salvaged grocery products to be inspected and packaged by volunteers for distribution to 600+ nonprofit partner agencies.

732 Joseph E. Lowery Blvd., N.W.  
Atlanta, GA 30318  
404-892-9822  
**acfb.org**

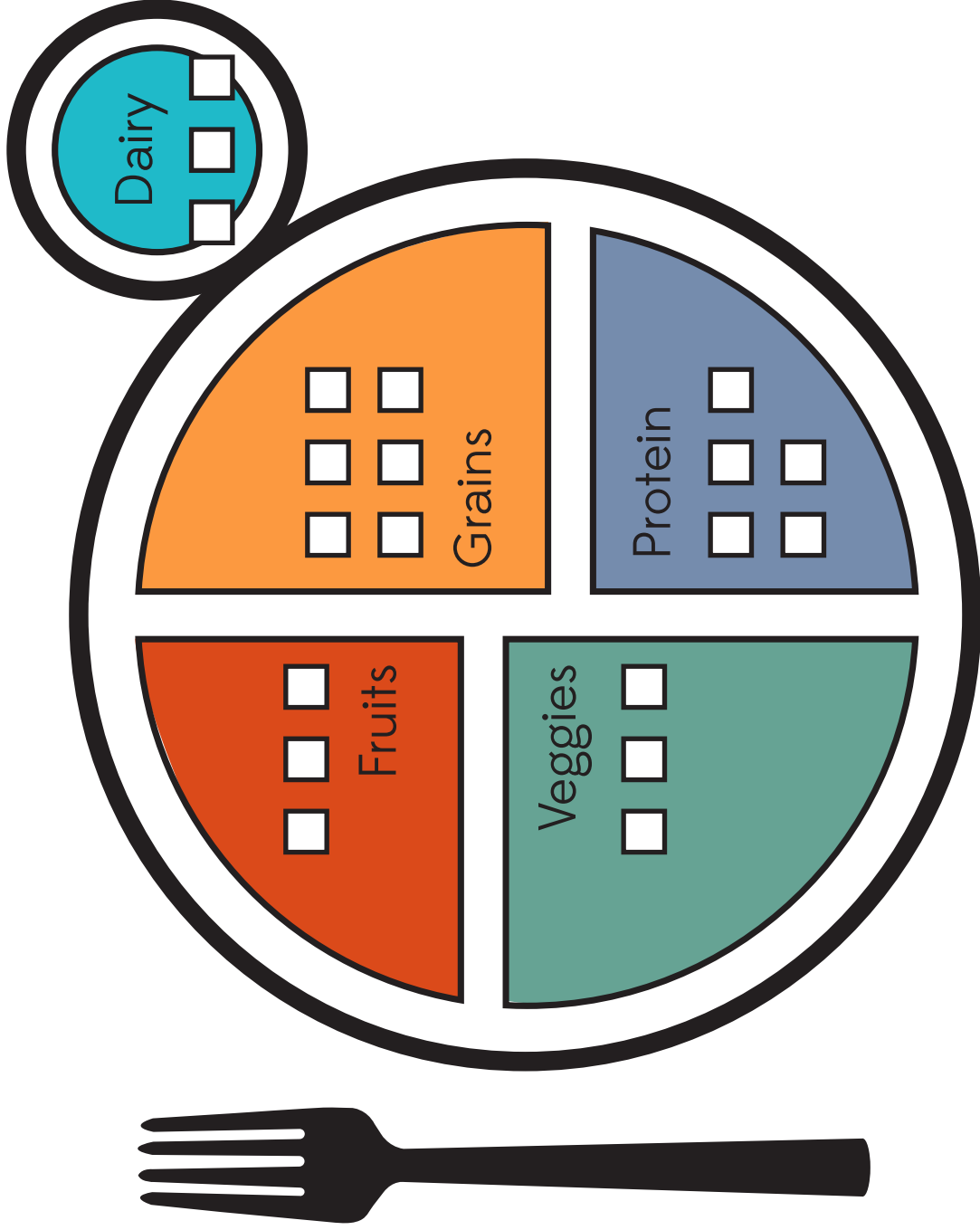
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We wish to thank the Minnesota Extension Service, U. Beate Krinke, Linda S. Dieleman and Sarah Gleason who conceived the idea for this game through a statewide forum entitled "Food Access: Exploring Issues and Affecting Changes."





### Sugars\*

List the grams of sugar in each of your food items and total at end of game.

### Fats/Oils\*

\*Sugar and Fats/Oils should be limited each day. Although some fat is necessary for a healthy heart, try for no more than 5 servings per day of fat. Limit sugar. Fats/Oils were added to this graphic for the purposes of "The Community Food Experience: A Simulation."

# COMMUNITY MEMBER 1

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You are an elderly person (senior citizen) and you live alone on a fixed income of \$870/month from Social Security. Your rent for a small apartment is \$600/month and you pay \$50/month for electricity, \$30/month for a phone and \$185/month for two prescriptions that are only partially covered by Medicare.

Phone #	(404) 888-9360
Social Security #	XXX-XX-6789
SSN for Spouse	---
SSN for Children	---
Address	258 W. Real St. Atlanta, GA 30317
Children's Ages	---

## EXPENSES

1. Rent/Mortgage	\$600
2. Utilities	\$50
3. Transportation	\$0
4. Phone	\$30
5. Income Tax	\$0
6. Other (medical, childcare etc.)	\$185
<b>Total Monthly Expenses</b>	<b>\$865</b>

## BUDGET

A. Number in Household	1
B. Monthly Income	\$870
C. Monthly Expenses	\$865
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

**WALLET** (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$0.17				

**DAILY INTAKE**

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.

# COMMUNITY MEMBER 2

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You and your spouse are undocumented immigrants. You have a 3 year old and you are expecting a new baby in 4 months. You have a very limited spoken and written English skills. One of you works **50 hours/week for \$4.15/hour** (Federal Minimum Wage = \$7.25). **One of you works 30 hours/week for \$5.15/hour. Your monthly income is \$1,448.** You live in one room of a 2 bedroom apartment. You pay **\$600/month** for rent and **\$80/month** for utilities. You send **\$400/month** to family back home. You spend **\$120/month** for public transportation. You are putting away **\$150/month** towards the \$1,000 required to have your prenatal care and delivery through a clinic that provides services to illegal immigrants. You have no phone.

Phone #	---
Social Security #	---
SSN for Spouse	---
SSN for Children	---
Address	9281 Kirk Road Atlanta, GA 30205
Children's Ages	3

## EXPENSES

1. Rent/Mortgage	\$600
2. Utilities	\$80
3. Transportation	\$120
4. Phone	\$0
5. Income Tax	\$0
6. Other (medical, childcare etc.)	\$550
<b>Total Monthly Expenses</b>	<b>\$1,350</b>

## BUDGET

A. Number in Household	3
B. Monthly Income	\$1,448
C. Monthly Expenses	\$1,350
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

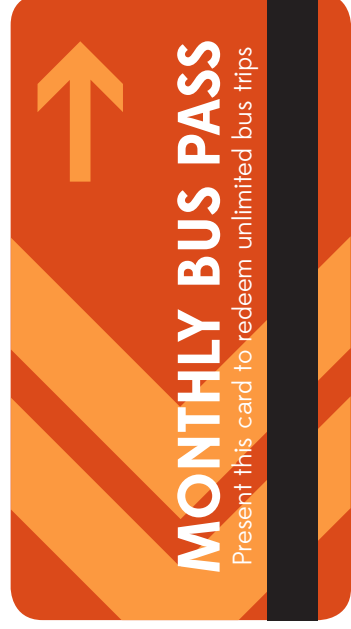
## WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$1.09				

## DAILY INTAKE Refer to brochure for your specific nutrient needs.

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,300 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		60 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



# COMMUNITY MEMBER 3

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You are married and have two young children, ages three and six (4 in household). One parent works for \$7.25/hour (minimum wage) and one of you works for \$8/hour. You both work full time. Your monthly income is \$2,440. You pay \$278/month in taxes, \$800/month for rent for your 2 bedroom apartment, and \$150/month for utilities. You pay \$600/month for daycare for your 3-year-old. Your 8-year-old stays with an elderly neighbor in your building after school, and you pay the neighbor \$100/month. You pay \$75/month for school and household products, \$40/month for a phone, \$50/month for state funded health insurance coverage for your two kids, and \$120/month for two monthly bus passes.

Phone #	(678) 215-5496
Social Security #	XXX-XX-2233
SSN for Spouse	XXX-XX-6389
SSN for Children	XXX-XX-4563 XXX-XX-7412
Address	9281 Kirk Road Atlanta, GA 30205
Children's Ages	3, 6

## EXPENSES

1. Rent/Mortgage	\$800
2. Utilities	\$150
3. Transportation	\$120
4. Phone	\$40
5. Income Tax	\$278
6. Other (medical, childcare etc.)	\$825
<b>Total Monthly Expenses</b>	<b>\$2,213</b>

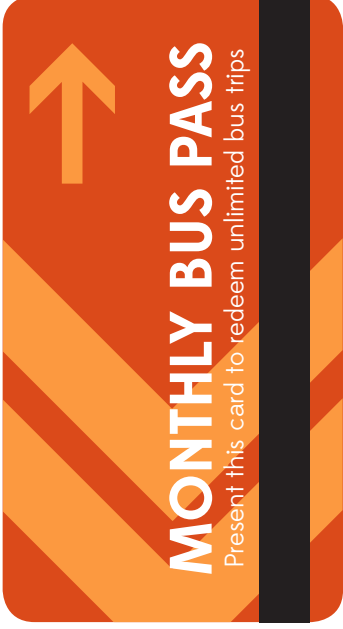
## BUDGET

A. Number in Household	4
B. Monthly Income	\$2,440
C. Monthly Expenses	\$2,213
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

WALLET (Initial after each transaction)				
Cash	SNAP	WIC	EITC	CTC
\$1.89				

DAILY INTAKE		
NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



# COMMUNITY MEMBER 4

**For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only.** You are a single parent of 3 children and you earn minimum wage which is \$7.25/hour (4 in household). You work **40 hours/week** and earn **\$1,160/month in income**. You pay **\$120/month** in taxes. You live in a one-bedroom apartment and pay **\$650/month** in rent and **\$80/month** for utilities. You pay **\$100/month** for a sliding scale cost of childcare, but you have not been able to pay them for three months.

<b>Phone #</b>	(770) 963-8521
<b>Social Security #</b>	XXX-XX-2100
<b>SSN for Spouse</b>	---
<b>SSN for Children</b>	XXX-XX-4522 XXX-XX-6521 XXX-XX-2398
<b>Address</b>	258 E. East Road Atlanta, GA 30033
<b>Children's Ages</b>	1, 4, 9

## EXPENSES

1. Rent/Mortgage	\$650
2. Utilities	\$80
3. Transportation	\$0
4. Phone	\$40
5. Income Tax	\$120
6. Other (medical, childcare etc.)	\$100
<b>Total Monthly Expenses</b>	<b>\$890</b>

## BUDGET

A. Number in Household	4
B. Monthly Income	\$1,160
C. Monthly Expenses	\$890
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	



**WALLET** (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$2.25				

**DAILY INTAKE**

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.

# COMMUNITY MEMBER 5

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You were recently laid off from your job, losing all your health benefits. You have found temporary work earning \$7.50/hour. You earn \$1,200/month and you pay \$120/month in taxes. You have a 1-year-old daughter and childcare is \$400/month. Rent is \$650/month and utilities cost \$50/month, though you couldn't afford to pay them this month. Your phone has been cut off.

Phone #	---
Social Security #	XXX-XX-2000
SSN for Spouse	---
SSN for Children	XXX-XX-4521
Address	258 E. West Road Atlanta, GA 30317
Children's Ages	1

## EXPENSES

1. Rent/Mortgage	\$650
2. Utilities	\$0
3. Transportation	\$0
4. Phone	\$0
5. Income Tax	\$120
6. Other (medical, childcare etc.)	\$400
<b>Total Monthly Expenses</b>	<b>\$1,170</b>

## BUDGET

A. Number in Household	2
B. Monthly Income	\$1,200
C. Monthly Expenses	\$1,170
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

WALLET (Initial after each transaction)				
Cash	SNAP	WIC	EITC	CTC
\$0.50				

DAILY INTAKE		
NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.

# COMMUNITY MEMBER 6

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You work full time earning \$10/hour. Your **monthly income is \$1,600**. You pay **\$150/month** in taxes. You are a single parent of three children ages three, five and seven. You pay for full time daycare for your 3-year-old and aftercare for your 5-year-old and 7-year-old, which costs **\$650/month**. Your rent is **\$600/month** for a one-bedroom apartment. Your utilities are **\$80/month**, you don't have a car, you don't have a phone, and you spend **\$60/month** for a monthly bus pass.

Phone #	---
Social Security #	XXX-XX-2104
SSN for Spouse	---
SSN for Children	XXX-XX-4563 XXX-XX-1478 XXX-XX-8523
Address	258 Atlanta Road Atlanta, GA 30033
Children's Ages	3, 5, 7

## EXPENSES

1. Rent/Mortgage	\$600
2. Utilities	\$80
3. Transportation	\$60
4. Phone	\$0
5. Income Tax	\$150
6. Other (medical, childcare etc.)	\$800
<b>Total Monthly Expenses</b>	<b>\$1,540</b>

## BUDGET

A. Number in Household	4
B. Monthly Income	\$1,600
C. Monthly Expenses	\$1,540
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

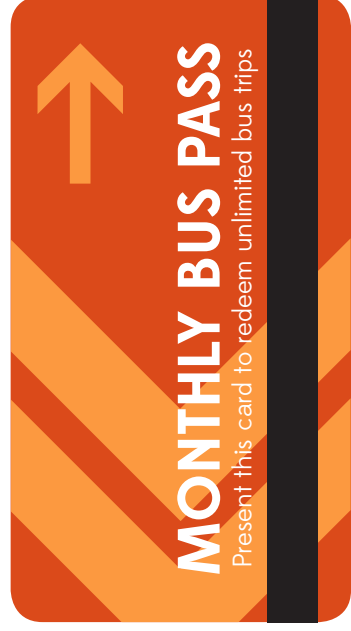
## WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$0.50				

## DAILY INTAKE

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



# COMMUNITY MEMBER 7

**For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only.** You are homeless with 2 children ages 1 and 3. You lost your job and home after your youngest child required hospitalization. You have no family to help you so you are currently staying in a shelter that provides one meal a day for you and your children, and allows you to use their address to receive mail. The shelter is helping you look for work and childcare, but currently there is nothing available. You receive **\$280/month** from TANF (Temporary Assistance for Needy Families). The shelter can only give you two bus tokens per day, so you must buy additional bus fare for **\$21/month**. You also need diapers for your children and other toiletries which cost **\$135/month**. You have a basic cell phone which costs you **\$45/month**.

<b>Phone #</b>	---
<b>Social Security #</b>	XXX-XX-2011
<b>SSN for Spouse</b>	---
<b>SSN for Children</b>	XXX-XX-4587 XXX-XX-8952
<b>Address</b>	258 Southwest Blvd. Atlanta, GA 30307
<b>Children's Ages</b>	1, 3

## EXPENSES

1. Rent/Mortgage	\$0
2. Utilities	\$0
3. Transportation	\$21
4. Phone	\$45
5. Income Tax	\$0
6. Other (medical, childcare etc.)	\$135
<b>Total Monthly Expenses</b>	<b>\$201</b>

## BUDGET

A. Number in Household	3
B. Monthly Income	\$280
C. Monthly Expenses	\$201
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

## WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$0.88				

## DAILY INTAKE

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



You have three Bus Tokens for the day. Cross off each token after use.

# COMMUNITY MEMBER 8

**For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only.** You are a couple with three children ages 2, 4, and 7. You work full time. One of you works for \$12/hour and the other works for \$7.50/hour. Your **monthly income is \$3,120**. You pay **\$290/month** in taxes, **\$850/month** rent for a two-bedroom apartment, **\$150/month** for utilities, **\$40/month** for your phone, \$800/month for daycare, and **\$250/month** for healthcare for your kids. You have a used car that costs **\$450/month** for gas, liability insurance, tag, and general repairs.

<b>Phone #</b>	(770) 963-8521
<b>Social Security #</b>	XXX-XX-2100
<b>SSN for Spouse</b>	XXX-XX-2639
<b>SSN for Children</b>	XXX-XX-7788 XXX-XX-7318 XXX-XX-3582
<b>Address</b>	258 East Road Atlanta, GA 30033
<b>Children's Ages</b>	2, 4, 7

## EXPENSES

1. Rent/Mortgage	\$850
2. Utilities	\$150
3. Transportation	\$450
4. Phone	\$40
5. Income Tax	\$290
6. Other (medical, childcare etc.)	\$1,050
<b>Total Monthly Expenses</b>	<b>\$2,830</b>

## BUDGET

A. Number in Household	5
B. Monthly Income	\$3,120
C. Monthly Expenses	\$2,830
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	



WALLET (Initial after each transaction)				
Cash	SNAP	WIC	EITC	CTC
\$1.93				

DAILY INTAKE		
NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



You have a vehicle and may move freely about the community.

# COMMUNITY MEMBER 9

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You are a retired couple. You are 71 years old have been married for 40 years. You have a **monthly income of \$1,700** from Social Security. Your rent is **\$800/month** and your utilities cost **\$155/month**, including your electric and gas bills. You spend **\$425/month** on medications not covered by Medicare. Your phone bill is **\$45/month** and it includes long distance. You help support your grandchild with disabilities who requires special home care, which costs **\$200/month**.

Phone #	(770) 552-6322
Social Security #	XXX-XX-2230
SSN for Spouse	XXX-XX-5214
SSN for Children	---
Address	258 Georgia Road Atlanta, GA 30307
Children's Ages	---

## EXPENSES

1. Rent/Mortgage	\$800
2. Utilities	\$155
3. Transportation	\$0
4. Phone	\$45
5. Income Tax	\$0
6. Other (medical, childcare etc.)	\$625
<b>Total Monthly Expenses</b>	<b>\$1,625</b>

## BUDGET

A. Number in Household	2
B. Monthly Income	\$1,700
C. Monthly Expenses	\$1,625
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

**WALLET** (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$1.25				

**DAILY INTAKE**

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.

# COMMUNITY MEMBER 10

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You are a 56 year-old grandmother, living on disability and raising 3 grandchildren, ages 9, 11, and 17. You receive a monthly disability check of \$750, and a special TANF (Temporary Assistance for Needy Families) payment of \$200. You also watch two children from your neighborhood for a total of \$100/month. Your total **monthly income is \$1,050**. Your rent is **\$600/month** and your utilities cost **\$122/month**. You spend **\$150/month** on medications not covered by Medicare. Your phone bill is **\$75/month** and you pay **\$60/month** for a monthly bus pass.

Phone #	(678) 658-2347
Social Security #	XXX-XX-9631
SSN for Spouse	---
SSN for Children	XXX-XX-9987 XXX-XX-3321 XXX-XX-2634
Address	896 South Street Atlanta, GA 30312
Children's Ages	9, 11, 17

## EXPENSES

1. Rent/Mortgage	\$600
2. Utilities	\$122
3. Transportation	\$60
4. Phone	\$75
5. Income Tax	\$0
6. Other (medical, childcare etc.)	\$150
<b>Total Monthly Expenses</b>	<b>\$1,007</b>

## BUDGET

A. Number in Household	4
B. Monthly Income	\$1,050
C. Monthly Expenses	\$1,007
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

### WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$0.36				

### DAILY INTAKE

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



# COMMUNITY MEMBER 11

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You are a couple with two children aged 2 and 4. Both you and your spouse work and your combined monthly income is \$3,700. You also pay \$370/month in income tax. You were recently diagnosed with Type 2 Diabetes. The cost of your medications plus continuing hospital bills is \$658/month. Childcare for your two children costs \$650/month. You own your own home and your mortgage payments are \$900/month with about \$200/month in utility bills. Your family has two cars and payments for one, and gas and expenses for both, are \$800/month. You and your spouse each have a cell phone, which costs \$100/month.

Phone #	(770) 493-2894
Social Security #	XXX-XX-3982
SSN for Spouse	XXX-XX-7136
SSN for Children	XXX-XX-7812 XXX-XX-1258
Address	32 E. Lake Drive Atlanta, GA 30023
Children's Ages	2, 4

## EXPENSES

1. Rent/Mortgage	\$900
2. Utilities	\$200
3. Transportation	\$800
4. Phone	\$100
5. Income Tax	\$370
6. Other (medical, childcare etc.)	\$1,258
<b>Total Monthly Expenses</b>	<b>\$3,678</b>

## BUDGET

A. Number in Household	4
B. Monthly Income	\$3,700
C. Monthly Expenses	\$3,678
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

## WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$0.18				

## DAILY INTAKE

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



You have a vehicle and may move freely about the community.

# COMMUNITY MEMBER 12

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You are a single father with one child who is 6. Your monthly income is \$1,300 and you pay \$115/month in income tax. You have recently had your second heart attack and your hospital bills plus medication are only partially covered by insurance and require you to pay \$400/month. These bills have forced you to sell your car, cancel your cell phone plan, and move into a small one bedroom apartment with rent of \$500/month and utilities of \$90/month. You have to pay \$180/month for a sitter after school.

Phone #	(404) 753-3029
Social Security #	XXX-XX-9284
SSN for Spouse	---
SSN for Children	XXX-XX-3698
Address	577 Peachtree Street Atlanta, GA 30024
Children's Ages	6

## EXPENSES

1. Rent/Mortgage	\$500
2. Utilities	\$90
3. Transportation	\$0
4. Phone	\$0
5. Income Tax	\$115
6. Other (medical, childcare etc.)	\$580
<b>Total Monthly Expenses</b>	<b>\$1,285</b>

## BUDGET

A. Number in Household	2
B. Monthly Income	\$1,300
C. Monthly Expenses	\$1,285
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	



**WALLET** (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$0.25				

**DAILY INTAKE**

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.

# COMMUNITY MEMBER 13

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You and your wife have three children. Your combined monthly income is \$3,750 and you have to pay \$400/month in income tax. You were recently diagnosed with high cholesterol, high blood pressure, and unhealthy weight. Your doctor recommended you reduce sugar, fat, and salt in your diet and increase fruits and vegetables. Your ongoing medical bills cost \$600/month. The five of you live in a three bedroom condo and your rent is \$1,200/month with utility bills of \$250/month, plus \$100/month for cell phone bills. You and your wife each have a monthly bus pass, which costs \$120/month, and you have to pay \$900/month for childcare for your two children.

Phone #	(770) 392-1985
Social Security #	XXX-XX-7525
SSN for Spouse	XXX-XX-4589
SSN for Children	XXX-XX-4127 XXX-XX-5478 XXX-XX-7456
Address	9281 Kirk Road Atlanta, GA 30205
Children's Ages	2, 5, 8

## EXPENSES

1. Rent/Mortgage	\$1,200
2. Utilities	\$250
3. Transportation	\$120
4. Phone	\$100
5. Income Tax	\$400
6. Other (medical, childcare etc.)	\$1,500
<b>Total Monthly Expenses</b>	<b>\$3,570</b>

## BUDGET

A. Number in Household	5
B. Monthly Income	\$3,750
C. Monthly Expenses	\$3,570
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

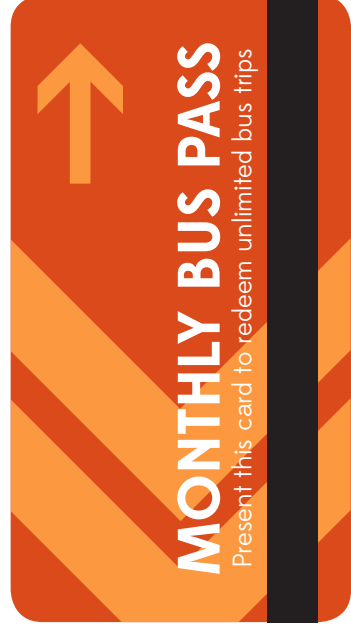
## WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$1.20				

## DAILY INTAKE Refer to brochure for your specific nutrient needs.

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		16g (>7% of total calories)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		1,500 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



# COMMUNITY MEMBER 14

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You are a single mom with two children. Your **monthly income is \$1,500/month** from a full-time, entry-level position and you pay \$110/month in income tax. Your doctor recently told you that you are at risk for chronic disease and should increase fruits and vegetables and decrease saturated fat, sodium, and sugar to improve your health. You have a monthly bus pass at **\$60/month**. You pay **\$500/month** for childcare for your two kids. The rent for your one bedroom apartment is **\$600/month** with a utility bill of **\$110/month**. Your phone bill is **\$40/month**.

Phone #	(404) 329-2693
Social Security #	XXX-XX-1848
SSN for Spouse	---
SSN for Children	XXX-XX-5642 XXX-XX-2369
Address	2919 County Road Atlanta, GA 39028
Children's Ages	4, 7

## EXPENSES

1. Rent/Mortgage	\$600
2. Utilities	\$110
3. Transportation	\$60
4. Phone	\$40
5. Income Tax	\$110
6. Other (medical, childcare etc.)	\$500
<b>Total Monthly Expenses</b>	<b>\$1,420</b>

## BUDGET

A. Number in Household	3
B. Monthly Income	\$1,500
C. Monthly Expenses	\$1,420
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

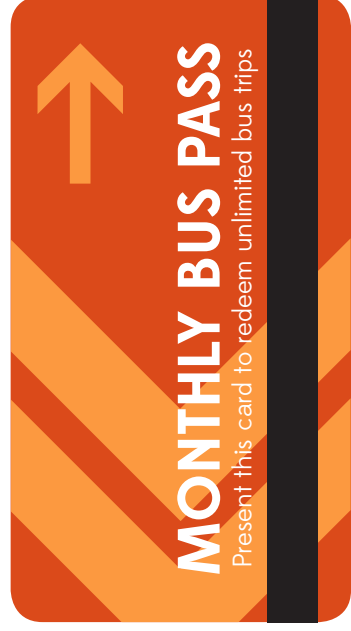
## WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$0.89				

## DAILY INTAKE Refer to brochure for your specific nutrient needs.

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		16g (>7% of total calories)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		1,500 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



# COMMUNITY MEMBER 15

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You and your spouse have two small children and you are expecting your third soon. You both work and your combined **monthly income is \$2,900** and you pay **\$290/month** in income tax. This pregnancy has involved significant complications, including a hospital stay and gestational diabetes. You and your family currently live in a two bedroom apartment and pay **\$800/month** for rent, **\$140/month** in utilities, and you have a phone bill of **\$40/month**. You and your spouse each have a monthly bus pass, which costs **\$120/month**. Additionally, since you both work you must pay **\$700/month** in childcare. You are still paying off your hospital bills and other medical expenses for **\$600/month**.

Phone #	(404) 329-2693
Social Security #	XXX-XX-8524
SSN for Spouse	XXX-XX-4589
SSN for Children	XXX-XX-8956 XXX-XX-2147
Address	2919 Peachtree Street Atlanta, GA 39028
Children's Ages	3, 5

## EXPENSES

1. Rent/Mortgage	\$800
2. Utilities	\$140
3. Transportation	\$120
4. Phone	\$40
5. Income Tax	\$290
6. Other (medical, childcare etc.)	\$1,300
<b>Total Monthly Expenses</b>	<b>\$2,690</b>

## BUDGET

A. Number in Household	4
B. Monthly Income	\$2,900
C. Monthly Expenses	\$2,690
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	

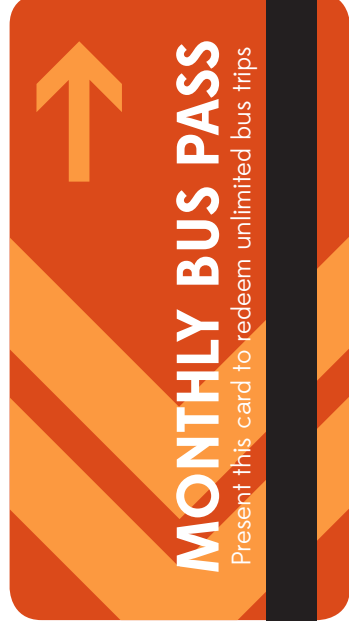
## WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$1.75				

## DAILY INTAKE

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		46-56 g/day
Sugar		Reduce intake
Sodium		Less than 2,300 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



# COMMUNITY MEMBER 16

For the purposes of this simulation, due to the time constraints, your goal is to purchase the recommended number of daily servings for yourself only. You are a single 20-year-old with a total **monthly income of \$3,300**, and you have to pay **\$280/month** in income tax. You have had significant complications with high blood pressure that have led to renal (kidney) complications. Your doctor has recently diagnosed you with pre-ESRD (end stage renal disease), and has given you a strict diet. If you do not adhere to this diet it is likely you will have to go on dialysis, and would then have less money and time to get food. Your monthly medical bills total **\$1,400/month**. Your rent is **\$800/month**, utilities **\$120/month**, car expenses **\$600/month**, and cell phone bill of **\$70/month**.

Phone #	(770) 382-8982
Social Security #	XXX-XX-1582
SSN for Spouse	---
SSN for Children	---
Address	244 Eastland Road Atlanta, GA 30329
Children's Ages	---

## EXPENSES

1. Rent/Mortgage	\$800
2. Utilities	\$120
3. Transportation	\$600
4. Phone	\$70
5. Income Tax	\$280
6. Other (medical, childcare etc.)	\$1,400
<b>Total Monthly Expenses</b>	<b>\$3,270</b>

## BUDGET

A. Number in Household	1
B. Monthly Income	\$3,300
C. Monthly Expenses	\$3,270
D. Money Left for Food (B-C)	
E. Money For Food for One Person (D/A)	
<b>Money For One Person Per Day (E/30)</b>	



## WALLET (Initial after each transaction)

Cash	SNAP	WIC	EITC	CTC
\$1.00				

## DAILY INTAKE Refer to brochure for your specific nutrient needs.

NUTRIENT	TOTAL	RECOMMENDED
Calories		2,000 calories/day
Total Fat		20-35 g/day
Saturated Fat		Reduce intake to 22 g/day (>10% total fat)
Protein		50 g/day
Sugar		Reduce intake
Sodium		1,500 mg/day
Fiber		25-38 g/day

Using your food cards, total the amount of each nutrient you consumed today and compare to the average required or recommended for each nutrient.



You have a vehicle and may move freely about the community.

# Overview

Use this guide to determine how many carbohydrate exchanges (1 exchange = 15g of carbohydrates) you are consuming. Ideally, your carbohydrates will be spread evenly throughout the day and you will consume **3 exchanges (45g) at each meal and 1-2 exchanges (15-30g) at snacks between each meal and after dinner.** Protein and fat are also important, but for the purpose of this simulation, simply focus on carbohydrates and filling your MyPlate guide.

## REFERENCE AND RECOMMENDED READING:

American Dietetic Association,  
American Diabetes Association.  
Exchange Lists for Meal Planning.  
Chicago, IL, Alexandria, VA: American  
Dietetic Association, American  
Diabetes Association; 2003.

Review Date 8/12  
D-O552



# Carbohydrate Counting for People with Diabetes

# Breakfast

## Each of the following breakfasts contain 3 carbohydrate choices:

- 2 oz bagel with 1 oz low-fat cream cheese and 1  $\frac{1}{4}$  c whole strawberries
- 1 egg, 1 slice whole-grain toast with 2 tsp margarine spread, 1 c low-fat milk, and  $\frac{1}{2}$  c orange juice
- 2 - 4" pancakes, 2 tbsp lite syrup, 1 small banana
- 1 c low-fat vanilla yogurt sweetened with a nonnutritive sweetener, mixed with  $\frac{3}{4}$  c blackberries and  $\frac{3}{4}$  c blueberries
- 1 medium glazed cake donut and 1 c low-fat milk
- 1 - 8" flour tortilla filled with  $\frac{1}{4}$  c scrambled egg,  $\frac{1}{4}$  c salsa, 1 oz low-fat cheese,  $\frac{1}{2}$  c cooked mushrooms, onions and/or diced pepper
- Bowl of oatmeal mixed with 2 tbsp raising and 1 small diced apple

# Lunch & Dinner

## Each of the following lunches/dinners contain 3 carbohydrate choices:

- 2 slices whole-grain bread made into a sandwich with deli turkey meat and low-fat cheese, served with 1 c vegetable soup
- $\frac{3}{8}$ " of a 10" pizza
- 1 c spaghetti with meatballs and 1 c milk
- 1 grilled chicken breast,  $\frac{2}{3}$  c white or brown rice, 1 c steamed broccoli, and a small roll
- 1 c tuna or chicken noodle casserole and 1 c milk
- Lean beef stir-fry,  $\frac{2}{3}$  c pasta, 2 c mixed cooked vegetables
- Lean cheeseburger on a bun, 3 oz baked French fries
- 2 lean beef or chicken tacos with cheese, lettuce, tomato, and 1 c applesauce
- 1  $\frac{1}{2}$  c chili with beans, 1 - 2" piece of cornbread, and one orange

- 6 breaded fish sticks,  $\frac{2}{3}$  c macaroni and cheese and 1 c milk
- Pork tenderloin,  $\frac{1}{2}$  c yam or sweet potato,  $\frac{1}{2}$  c corn, and  $\frac{1}{3}$  c bread stuffing
- 1 - 7oz potpie, 1 c milk, and 1 medium peach
- 2 stuffed peppers and  $\frac{1}{2}$  c mashed potato
- Baked fish,  $\frac{1}{2}$  c coleslaw, and 1 c honeydew and/or cantaloupe cubes

# Overview

Your dietitian has determined that you should consume a low-protein diet, which **should not exceed 60g/day**. The following handout outlines the components of a pre-end stage renal disease diet. While it is important to control protein, phosphorus, sodium, and potassium, for the purposes of this simulation, focus on protein intake and filling your MyPlate guide.

A gestational diabetic diet requires a good deal of planning. Someone with gestational diabetes should meet with a licensed health professional, such as a registered dietitian, to learn more about what foods affect blood glucose, and how many carbohydrate servings should be consumed throughout the day. Proper meal planning will help control blood glucose levels, while ensuring mom and baby are receiving enough nutrients for proper growth and development. **For the purposes of this simulation, you will follow the general guidelines for carbohydrate counting for diabetic diets.**

## ADAPTED FROM:

<http://www.davita.com/kidney-disease/diet-and-nutrition>



# Pre-End Stage Renal Disease

## Menu Guide

### **Wise up with water**

Choose tap or plain bottled water, mineral water or flavored sparkling water. Specialty waters may be enhanced with sodium, potassium or phosphate additives.

### **Choose your brew**

Home-brewed tea and homemade lemonade are ideal alternatives to water. Some bottled or canned beverages are loaded with phosphates, so it's better to limit them.

### **Pick your poultry**

Choose fresh poultry and pork. Many enhanced and pre-cooked products (including broth, nuggets and strips) contain greater amounts of sodium, phosphate and potassium additives.

### **Tap into your vegetarian side**

Eat meatless meals or plan entrees that use modest amounts of meat to reduce protein and thus added stress on your kidneys. Meatless meals have fewer saturated fats to boot, which is good news for your heart.

### **Some cheese, please**

Select strong-flavored natural cheeses and limit the amount you eat to 1-2 oz to help decrease your intake of saturated fat, cholesterol, sodium and phosphorus.

### **“A” is for Antioxidants**

Eat antioxidant-rich apples, berries, cherries, red grapes, cabbage, cauliflower, garlic, onions and red bell peppers to help decrease chronic inflammation associated

with kidney disease, cardiovascular disease and cancer.

### **Power up with protein**

Choose egg whites and high omega-3 fish as your protein source. Regardless of your protein level, plan at least half from high-quality sources such as these to receive all the essential amino acids. Egg whites are very low in phosphorus; fish such as salmon, trout and tuna reduce inflammation associated with kidney and heart disease.

### **Trim the fat**

Replace unhealthy fats such as shortening, animal fats and hydrogenated margarine with healthy fats, such as olive oil and trans fat-free margarine.

# Heart Disease

Heart disease is the leading cause of death nationwide and in Georgia. High cholesterol and high blood pressure levels are leading contributors to heart disease. You can help prevent heart disease and maintain heart health with healthy habits. Use MyPlate, shown below, to help create healthy, balanced meals!



# Heart Healthy Diet

## Menu Guide

# Heart Healthy Habits

- **Make half your plate fruits and vegetables.** Fruits and vegetables are high in fiber and potassium, which can help lower cholesterol and blood pressure.
- **Make half your grains whole.** Oats and brown rice are whole grains and high in fiber.
- **Choose low-fat dairy.** Low-fat dairy is lower in saturated fat (fat that raises cholesterol).
- **Choose lean protein.** Lean meats, beans, and legumes are higher in potassium and fiber, and lower in saturated fat.
- **Limit trans fat/hydrogenated oils.** These are often found in baked goods, fried foods, and margarine.

# Normal Levels

It is important to have your cholesterol levels and blood pressure checked by your doctor. The levels listed below are considered normal and come from the National Institutes of Health and American Heart Association.

- **Total Cholesterol**  
Less than 200 mg/dL
- **LDL (bad)**  
Less than 100 mg/dL
- **HDL (good)**  
40 mg/dL or greater
- **Triglycerides**  
Less than 150 mg/dL
- **Blood Pressure**  
120/80 mm/Hg or lower

- **Eat less sodium.** Most sodium in the diet comes from processed and restaurant foods. Too much sodium can raise blood pressure.
- **Exercise.** It reduces cholesterol and helps keep blood pressure within a normal range.
- **Stop smoking or don't start.** Smoking increases risk of heart disease and strokes.

# Weight Gain

Most women should gain between 25 and 35 pounds. You will need to gain a little more if you were thin when you got pregnant. You should gain a little less if you were heavy when you got pregnant.

Your baby will probably weigh between 6 and 9 pounds. And you will need some extra weight to help your baby grow.

You will probably gain just a few pounds during the first few months, and then you will gain weight faster as your baby grows. During the last 6 months, gaining about a pound a week is just about right.

## ADAPTED FROM:

California WIC Program,  
California Department of Health



# Nutritional Needs During Pregnancy



# Eat Right to Feel Good!

## **Breads Grains & Cereals (7-9 of these choices)**

- Bread, tortilla, roll, pancake, 1
- Bagel, English muffin, 1/2
- Dry Cereal, 1 cup
- Noodles, rice, cooked cereal, 1/2 cup
- Crackers, 4

## **Vegetables (3 cups of these choices)**

- Cooked vegetables
- Raw Vegetables

## **Fruits (2 cups of these choices)**

- Fresh fruits
- Canned or frozen fruits
- Juice, 3/4 cup

## **Milk Products (3-4 of these choices)**

- Milk, 1 cup
- Cheese, 1 1/2 ounces
- Cottage cheese, 2 cups
- Yogurt, pudding or custard made with milk, 1 cup
- Frozen yogurt, ice cream, 1 1/2 cups

## **Protein Foods (6 of these choices)**

- Meat, chicken, turkey, fish, 1 ounce
- Egg, 1
- Cooked dry beans, peas, lentils, 1/4 cup
- Peanut butter, 1 tablespoon
- Tofu, 1/4 cup

## **Fats, Oils & Sweets**

It is OK to eat these foods *once in awhile*.

## **Can I smoke or drink while I'm pregnant?**

Cigarettes, drugs and alcohol could hurt your baby. If you need help to stop smoking, drinking or using drugs, ask your doctor for help. One cup of coffee a day is fine.

# BUS DRIVER

<b>Your Packet Includes</b>	A Map, Bus Stop Signs, Bus Driver Badge, 20 Bus Tokens, 20 Bus Receipts and a Pencil.
<b>Instructions</b>	Wear your <b>Bus Driver Badge</b> and post the <b>Bus Stop Signs</b> in the appropriate places (see <b>Map</b> ). Your bus has 5 stops: "HOME", Food Tiger, Social Services/VITA and Food Pantry. Travel to these in order and call out your stops as you approach them. Any rider who gets off at a destination must wait for the bus to return in order to ride to their next destination. Take 1-2 minutes to travel to each stop. Community Members cannot skip stops and must ride until the driver reaches their destination. <b>YOU ARE ALSO THE TIMEKEEPER.</b>
<b>Role Description</b>	You are the <b>BUS DRIVER</b> , and you provide public transportation for the Community Members. Community Members with <b>Bus Tokens</b> will give you 1 <b>Bus Token</b> for 1 ride. In return, provide a <b>Bus Receipt</b> for their records (Some agencies will require that they show proof that they rode the bus to their destination). The Community Members that have a <b>Monthly Bus Pass</b> can take an unlimited number of rides on the bus if they show you their <b>Monthly Bus Pass</b> . You have <b>Bus Tokens</b> and <b>Monthly Bus Passes</b> in your packet that you can sell to participants. A Community Member may use cash or EITC and CTC credits to purchase these items from you.
<b>Bus Tokens</b>	\$2 each
<b>Monthly Bus Passes</b>	\$60 each

# FOOD PANTRY COORDINATOR

<b>Your Packet Includes</b>	A Map, Food Pantry Sign, “Closed” Sign, 16 Food Pantry Applications, 3 Pencils and Food Tiger Food Cards (5 Macaroni & Cheese, 5 White Bread, 5 Spaghetti, 5 Sauce, 5 Tuna, 5 Rice, 5 Black Beans).
<b>Instructions</b>	Post the <b>Food Pantry Sign</b> in the appropriate place (see <b>Map</b> ) and set up your table and chairs (make sure there are some for your clients too) with the materials in your packet. Each visitor seeking assistance must fill out an application. Check their role descriptions to confirm their identities and information. Request to see a proof of transportation ( <b>Bus Receipt, Monthly Bus Pass, or Transportation Card</b> ). Give recipients <b>Food Cards</b> to represent what foods they obtained from you. You may close the Food Pantry (using the <b>“Closed” Sign</b> ) to seek more donations (food or monetary) or to raise awareness about the Food Pantry. Use your <b>Transportation Card</b> if you need to travel between locations.
<b>Role Description</b>	You are the <b>FOOD PANTRY COORDINATOR</b> for an organization that provides <b>FREE</b> groceries to people in need. You get donations from grocery stores and from your local food bank. You rely on volunteers to help keep your pantry open. Due to increased demand and a decline in donations, you can only serve people once every six months, and you can only serve those within certain zip codes (30317 and 30307). Try to give people enough food for <b>one meal for one person</b> . Since you are limited to donated foods, you may not always have access to foods that go well together.

# COMMUNITY KITCHEN COORDINATOR

## Your Packet Includes

A Map, Community Kitchen Sign, "Closed" Sign, 15 Meal Tickets, 5 Bus Tokens, 1 EITC/CTC Eligibility Sheet, 1 SNAP/WIC Eligibility Sheet and Pencils.

## Instructions

Post the **Community Kitchen Sign** in the appropriate place (see **Map**) and set up your table and chairs with the materials in your packet. Give each Community Member you serve a **Meal Ticket** (you have 15 meals to serve), which equals one bowl of soup and bread. You cannot provide actual benefits, but you can use the **Eligibility Sheet** to help Community Members identify social service benefits or assistance that they may be eligible for and direct them to Social Services or the Community Food Pantry. You have three **Bus Tokens** that you can give to needy Community Members as you see fit. You may close the Community Kitchen (using the **"CLOSED" sign**) if you need to seek monetary or food donations, or to raise awareness about the Community Kitchen. Use your **Transportation Card** if you need to travel between locations.

## Role Description

You are the **COMMUNITY KITCHEN COORDINATOR** for an organization that provides free, prepared meals to people in need. You also counsel clients on other benefits that they might be eligible for to help them become more food secure. You don't have unlimited funds and often run out of food before everyone is fed.

## Transportation Card



# SOCIAL SERVICES STAFF

<b>Your Packet Includes</b>	A Map, Social Service Agency Sign, 16+ Social Services Applications, 4 Pencils and 2 WIC/SNAP Eligibility Sheets.
<b>Instructions</b>	<p>Post the <b>Social Services Sign</b> in the appropriate place (see <b>Map</b>) and set up your table and chairs (make sure there are some for your clients, too) with the materials in your packet. Before you assist a Community Member, request proof of transportation (<b>Bus Reciept, Monthly Bus Pass, or Transportation Card</b>). You cannot assist the Community Member if they are unable to show you this proof. Use <b>SNAP and WIC Eligibility Forms</b> to determine eligibility for these nutrition programs. <b>For the WIC program, no social security number is required.</b> Give them a pencil and request they get back in line once complete. Instruct Community Members to check the appropriate box on the form for each program to which they are applying. If eligible for SNAP, write the SNAP dollar amount in the SNAP column of their wallet. If eligible for WIC, write 1 Dairy, 1 Grain, 1 Protein, and \$0.30 for fruits and vegetables, which they can redeem at Mo's or Food Tiger, but which <b>must all be redeemed in one transaction.</b></p>
<b>Role Description</b>	Communty Members come to you, the <b>SOCIAL SERVICES AGENT</b> , to receive SNAP and WIC benefits. Community Members can use these benefits to access food. SNAP can be used at Food Tiger and Mo's. WIC can be used at Food Tiger.

# ELIGIBILITY SHEET

## SNAP (Supplemental Nutrition Assistance Program)

Household Size	Monthly Income
1.....	\$1174
2.....	\$1579
3.....	\$1984
4.....	\$2389
5.....	\$2794

If the applicant is eligible based on the income limits, they can receive the following allotment to their wallet:

\$0-799/month.....	\$4.50/day
\$800-1000/month.....	\$2.50/day
\$1001-2794/month.....	\$1.00/day

Social Security numbers are required to receive SNAP benefits. Those without are not eligible.

## Women, Infants and Children Program (WIC)

Household Size	Monthly Income*
1.....	\$1670
2.....	\$2247
3.....	\$2823
4.....	\$3400
5.....	\$3976

\*Cannot earn above this amount in relation to household size.

WIC is for eligible pregnant women, infants up to first birthday, and children up to 5th birthday. If the applicant is eligible based on the income limits, and the applicant has proof of income from Role Description, then the Community Member is eligible to receive a WIC allotment added to their wallet. **For the WIC program, no social security number is required.** This allotment can be redeemed for 1 Dairy, 1 Grain, 1 Protein and \$0.30 for fruits and vegetables.

# FOOD TIGER CASHIER

<b>Your Packet Includes</b>	A Map, Food Tiger Sign, “Closed” sign, 15-20 of each Food Tiger Food Card and 1-2 Calculators.
<b>Instructions</b>	Post the <b>Food Tiger Sign</b> in the appropriate place (see <b>Map</b> ) and set up your table and chairs with the materials in your packet. Display the Food Tiger Food Cards on your table. Before you serve a Community Member, request proof of transportation ( <b>Bus Receipt, Monthly Bus Pass, or Transportation Card</b> ). If there is no proof, you cannot assist the Community Member. Community Members may purchase food with cash allotments on their Wallet, and with SNAP, WIC, EITC or CTC benefits. <b>All WIC purchases must be redeemed in a single transaction.</b> Subtract purchases from appropriate columns in each Community Member’s wallet.
<b>Role Description</b>	You are the <b>FOOD TIGER CASHIER</b> at a large and popular grocery store chain. Only consumers with transportation can access your store.

# VITA COORDINATOR

<b>Your Packet Includes</b>	A Map, VITA Services Sign, 1 EITC/CTC Eligibility Sheet, 16 EITC/CTC Worksheets and 4 Pencils.
<b>Instructions</b>	Tell anyone visiting your site about what you do and how you can help them. Have each Community Member complete the <b>EITC/CTC Worksheet</b> . Review the EITC/CTC Worksheet and verify that all information correctly matches their role description. If the Community Member is eligible, write the appropriate EITC and/or CTC credit in their wallet under the appropriate columns. Community Members can use credits to purchase bus tokens and to buy groceries.
<b>Role Description</b>	You are the <b>VITA COORDINATOR</b> at a Volunteer Income Tax Assistance (VITA) site to help low income workers with Volunteer Income Tax Assistance so they can file for and receive a portion of their Earned Income Tax Credit (EITC) and/or Child Tax Credit (CTC). You can offer VITA services to anyone visiting your mobile site. Community Members receiving the EITC and Child Tax Credit can use the credits to help purchase transportation and groceries.



# ELIGIBILITY SHEET

## Earned Income Tax Credit (EITC)

Children	Monthly Income Limit (Single)	Monthly Income Limit (Married)	Children	EITC Allotment
0.....	\$1235.....	\$1694.....	0.....	\$1.38
1.....	\$3261.....	\$3721.....	1.....	\$4.60
2.....	\$3705.....	\$4165.....	2.....	\$5.00
3+.....	\$3979.....	\$4439.....	3+.....	\$4.25

**The person must have wages from a job. People with Social Security and unemployment income are not eligible.** They must provide proper documentation. If eligible based on limits above, please write the tax credit amount in the Community Member's Wallet in the appropriate column.

## Child Tax Credit (CTC)

Tax Filing Status	Monthly Income Limit	<b>\$2.74 CTC allotment.</b> If eligible based on limits to the left, please write the tax credit amount in the Community Member's Wallet in the appropriate column.
Married Filing Jointly .....	\$9167	
Single or Head of Household .....	\$6250	
Married Filing Separately .....	\$4583	

# MO'S CORNER STORE CASHIER

<b>Your Packet Includes</b>	A Map, Mo's Corner Store Sign, "Closed" Sign, 10 of each Corner Store Food Card, 1 Calculator and a Pencil.
<b>Instructions</b>	Post the <b>Mo's Corner Store Sign</b> in the appropriate place (see <b>Map</b> ) and set up your table with the materials in your packet. Display the Corner Store Food Cards on your table. Community Members may purchase food with cash allotments on their Wallet, and with SNAP, WIC, EITC or CTC benefits. <b>All WIC purchases must be redeemed in a single transaction.</b> Subtract purchases from the appropriate columns on each Community Member's wallet. <b>SNAP benefits cannot be used to purchase the ready-to-eat food.</b>
<b>Role Description</b>	You are the <b>CORNER STORE CASHIER</b> at a local corner store established in a low-income community. Community Members can access your store regardless of whether or not they have access to transportation. Your food inventory is limited and high priced. There is no fresh produce, and your foods tend to be those high in carbohydrates and saturated fats.

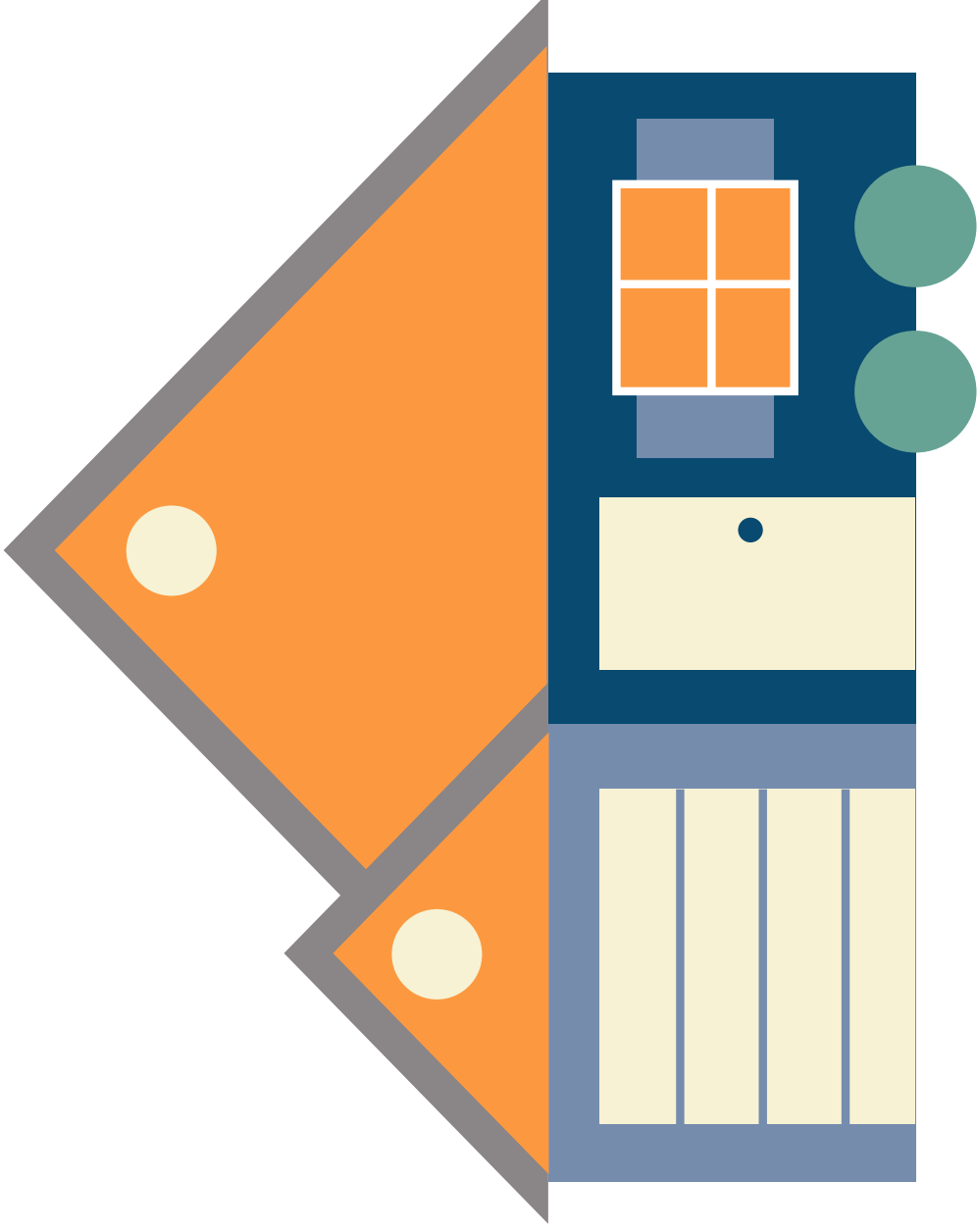
# Map

To move from the neighborhood to the community, the Community Member must have a **Bus Token, Monthly Bus Pass, or Transportation Card**. Community Members with a Transportation Card can move freely between all sections and locations. Community Members with Bus Tokens or Monthly Passes must wait at the bus stop to move between sections and must ride the bus to their various locations.

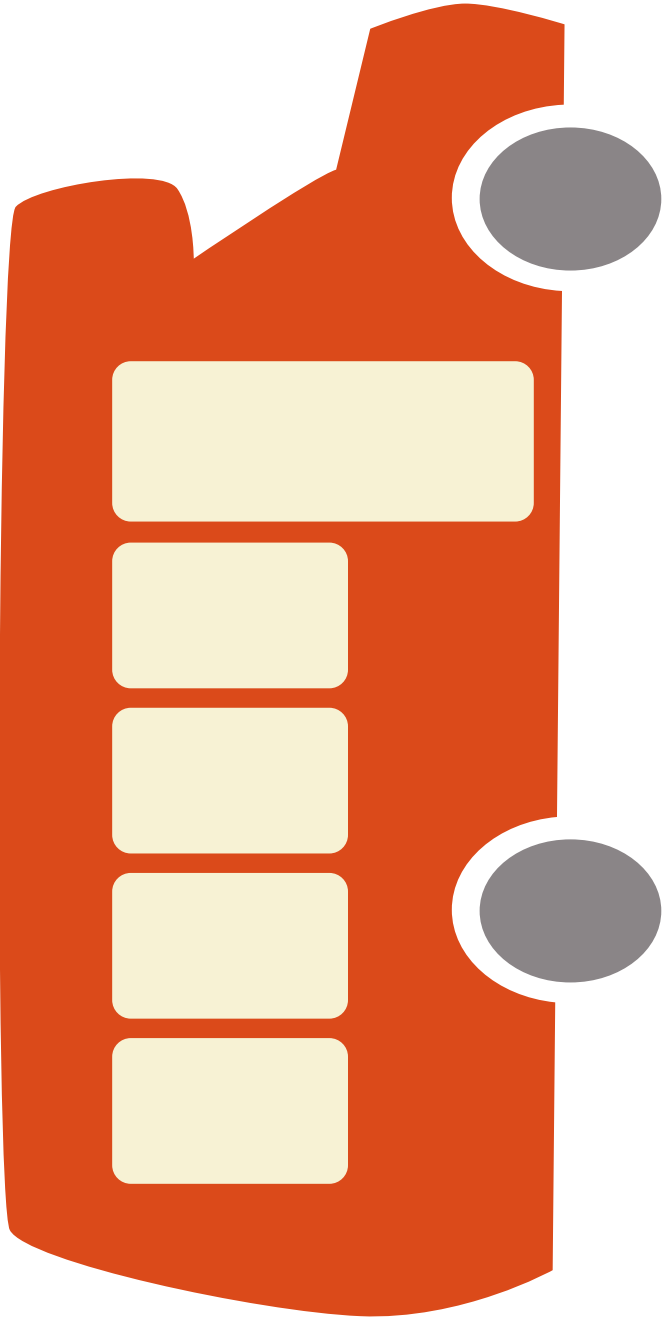


Neighborhood

Community



Budget Area / Home



Home Bus Stop



Food Tiger Bus Stop

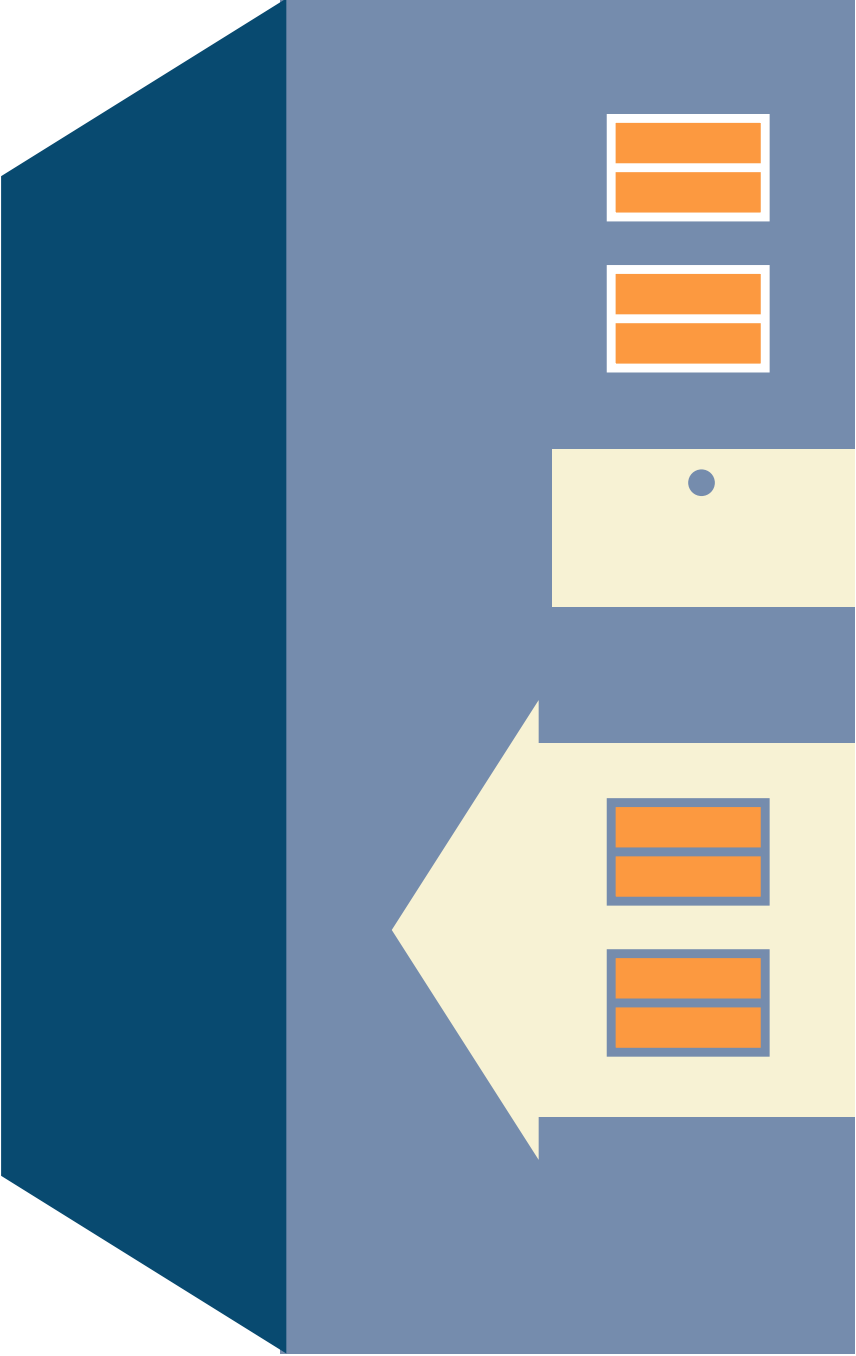


# Social Services/VITA Bus Stop

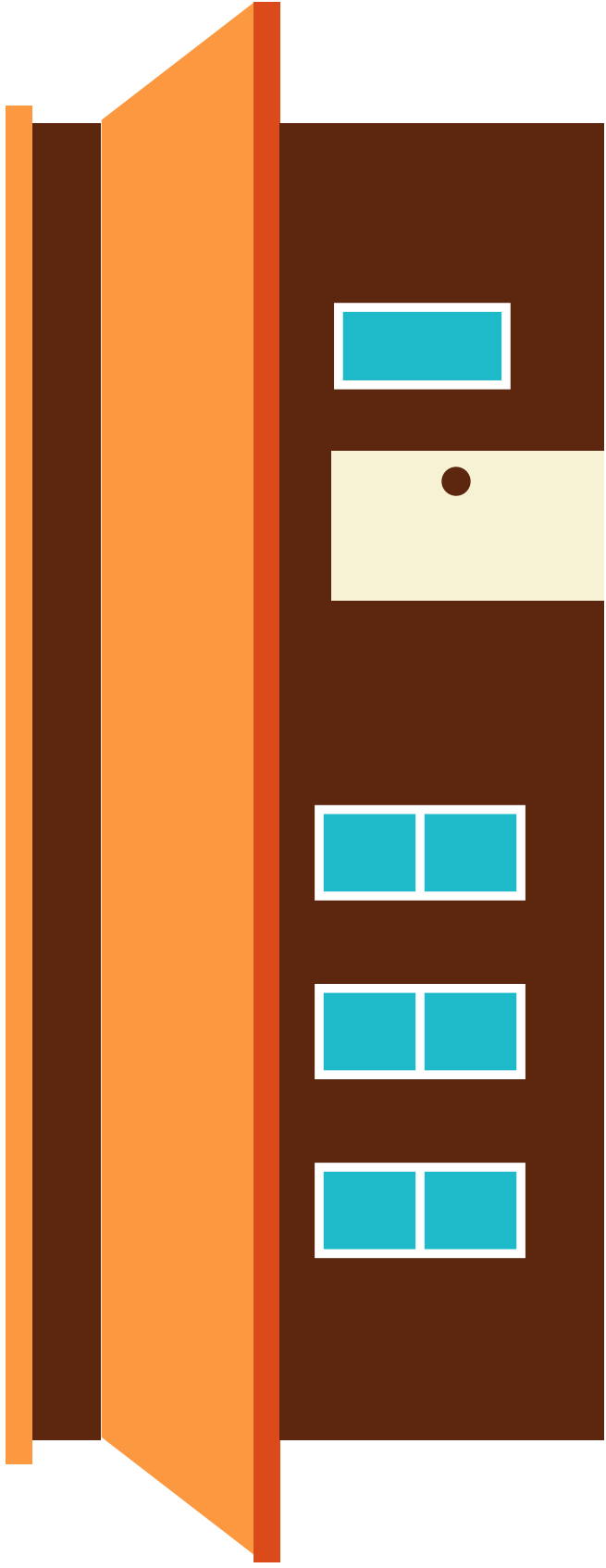


# Food Pantry Bus Stop

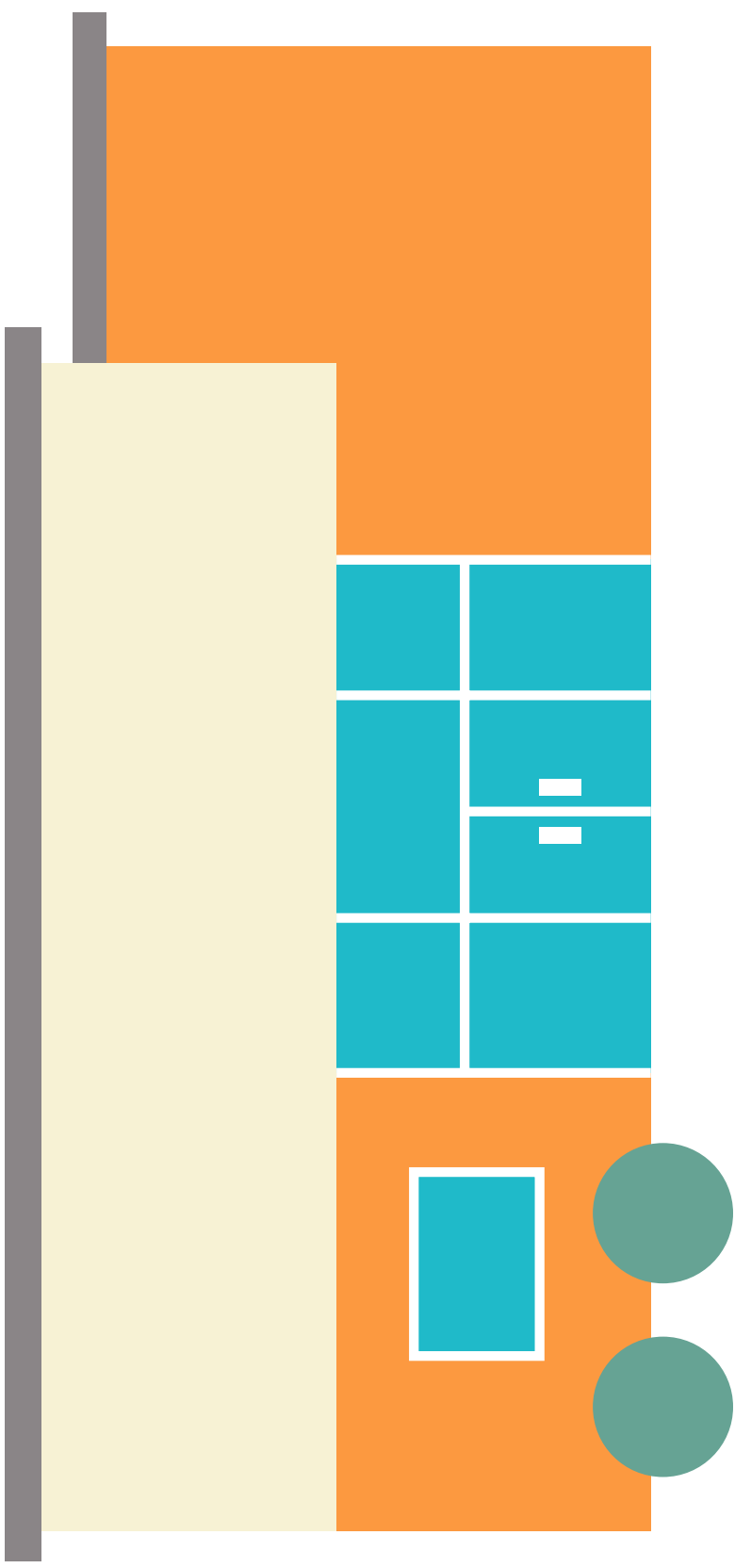




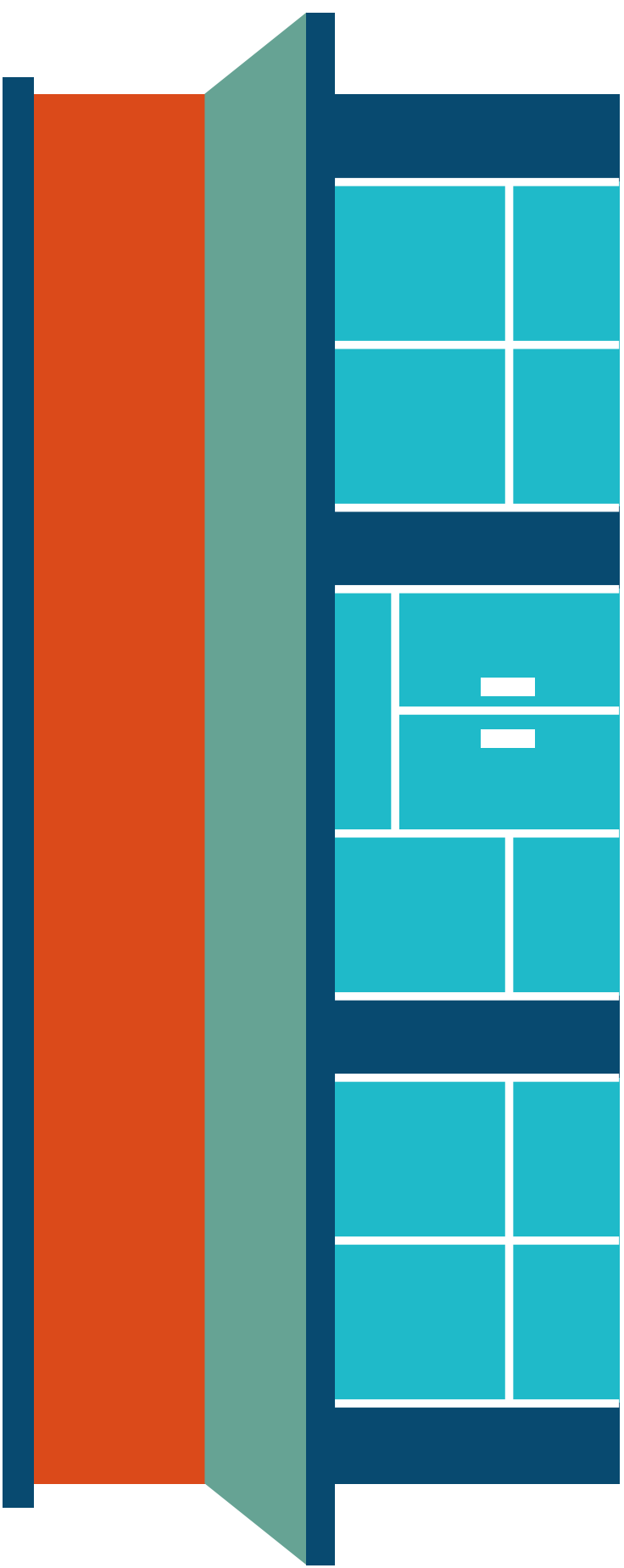
# Food Pantry



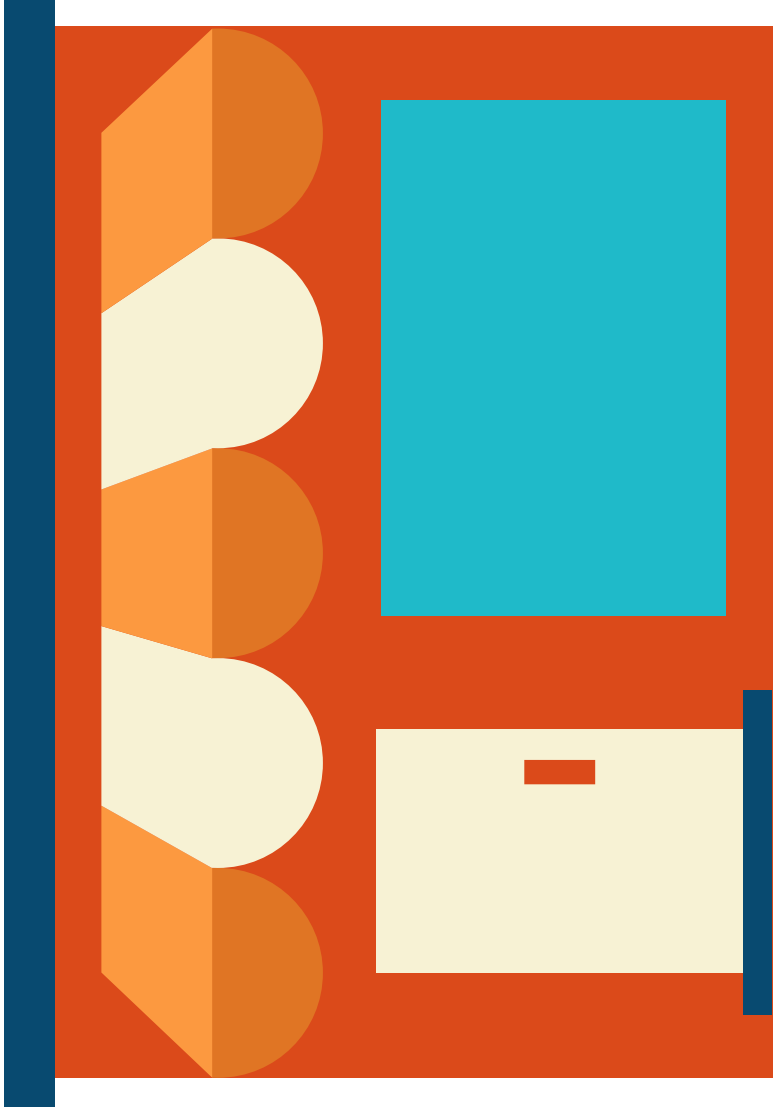
# Community Kitchen



# Social Services



# Food Tiger



# Mo's Corner Store



# VITA Services

*Sorry* **WE'RE**  
**MISSING**  
**YOU**





**COMMUNITY  
BUS RECEIPT**



-----  
This receipt serves as  
proof of transportation  
-----

**COMMUNITY  
BUS RECEIPT**



-----  
This receipt serves as  
proof of transportation  
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**COMMUNITY  
BUS RECEIPT**



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**COMMUNITY  
BUS RECEIPT**



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proof of transportation  
-----

**COMMUNITY  
BUS RECEIPT**



-----  
This receipt serves as  
proof of transportation  
-----

Cut out the badge below for the Bus Driver to use.





\$0.40

Food Tiger

**FRIED CHICKEN**

Calories ..... 259  
 Fat ..... 15.36g  
 Saturated Fat ..... 4.07g  
 Cholesterol ..... 86g  
 Sodium ..... 265mg  
 Carbohydrates ..... 8.28g  
 Fiber ..... 0.3g  
 Sugar ..... 0g  
 Protein ..... 20.68g

3 Protein, 5 Fat



\$0.40

Food Tiger

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Calories ..... 259  
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3 Protein, 5 Fat

\$0.40

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 Cholesterol ..... 86g  
 Sodium ..... 265mg  
 Carbohydrates ..... 8.28g  
 Fiber ..... 0.3g  
 Sugar ..... 0g  
 Protein ..... 20.68g

3 Protein, 5 Fat



\$3.00

Food Tiger

SALMON

Calories ..... 155  
 Fat ..... 6.91g  
 Saturated Fat ..... 1.07g  
 Cholesterol ..... 60g  
 Sodium ..... 48mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 21.62g

3 Protein, 1 Fat



\$3.00

Food Tiger

SALMON

Calories ..... 155  
 Fat ..... 6.91g  
 Saturated Fat ..... 1.07g  
 Cholesterol ..... 60g  
 Sodium ..... 48mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 21.62g

3 Protein, 1 Fat



\$3.00

Food Tiger

SALMON

Calories ..... 155  
 Fat ..... 6.91g  
 Saturated Fat ..... 1.07g  
 Cholesterol ..... 60g  
 Sodium ..... 48mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 21.62g

3 Protein, 1 Fat



\$3.00

Food Tiger

SALMON

Calories ..... 155  
 Fat ..... 6.91g  
 Saturated Fat ..... 1.07g  
 Cholesterol ..... 60g  
 Sodium ..... 48mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 21.62g

3 Protein, 1 Fat



\$3.00

Food Tiger

SALMON

Calories ..... 155  
 Fat ..... 6.91g  
 Saturated Fat ..... 1.07g  
 Cholesterol ..... 60g  
 Sodium ..... 48mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 21.62g

3 Protein, 1 Fat



\$3.00

Food Tiger

SALMON

Calories ..... 155  
 Fat ..... 6.91g  
 Saturated Fat ..... 1.07g  
 Cholesterol ..... 60g  
 Sodium ..... 48mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 21.62g

3 Protein, 1 Fat

\$3.00

Food Tiger

SALMON

Calories ..... 155  
 Fat ..... 6.91g  
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 Sodium ..... 48mg  
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 Sugar ..... 0g  
 Protein ..... 21.62g

3 Protein, 1 Fat

\$3.00

Food Tiger

SALMON

Calories ..... 155  
 Fat ..... 6.91g  
 Saturated Fat ..... 1.07g  
 Cholesterol ..... 60g  
 Sodium ..... 48mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 21.62g

3 Protein, 1 Fat



**\$0.15**

Food Tiger

### MAC & CHEESE

Calories ..... 204  
 Fat ..... 8.78g  
 Saturated Fat ..... 3.57g  
 Cholesterol ..... 14g  
 Sodium ..... 397mg  
 Carbohydrates ..... 23.67g  
 Fiber ..... 1.5g  
 Sugar ..... 2.1g  
 Protein ..... 7.67g

3 Grain, 1 Protein, 2 Fat, 1 Dairy



**\$0.15**

Food Tiger

### MAC & CHEESE

Calories ..... 204  
 Fat ..... 8.78g  
 Saturated Fat ..... 3.57g  
 Cholesterol ..... 14g  
 Sodium ..... 397mg  
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 Sugar ..... 2.1g  
 Protein ..... 7.67g

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**\$0.15**

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**\$0.15**

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**\$0.15**

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 Protein ..... 7.67g

3 Grain, 1 Protein, 2 Fat, 1 Dairy

**\$0.15**

Food Tiger

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 Sodium ..... 397mg  
 Carbohydrates ..... 23.67g  
 Fiber ..... 1.5g  
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 Protein ..... 7.67g

3 Grain, 1 Protein, 2 Fat, 1 Dairy

**\$0.15**

Food Tiger

### MAC & CHEESE

Calories ..... 204  
 Fat ..... 8.78g  
 Saturated Fat ..... 3.57g  
 Cholesterol ..... 14g  
 Sodium ..... 397mg  
 Carbohydrates ..... 23.67g  
 Fiber ..... 1.5g  
 Sugar ..... 2.1g  
 Protein ..... 7.67g

3 Grain, 1 Protein, 2 Fat, 1 Dairy



\$0.16

Food Tiger

**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
 Protein ..... 1.29g

2 Fruit

**WIC**



\$0.16

Food Tiger

**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
 Protein ..... 1.29g

2 Fruit

**WIC**



\$0.16

Food Tiger

**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
 Protein ..... 1.29g

2 Fruit

**WIC**



\$0.16

Food Tiger

**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
 Protein ..... 1.29g

2 Fruit

**WIC**



\$0.16

Food Tiger

**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
 Protein ..... 1.29g

2 Fruit

**WIC**



\$0.16

Food Tiger

**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
 Protein ..... 1.29g

2 Fruit

**WIC**

\$0.16

Food Tiger

**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
 Protein ..... 1.29g

2 Fruit

**WIC**

\$0.16


Food Tiger

**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
 Protein ..... 1.29g

2 Fruit


**WIC**

 **\$1.00**  
Food Tiger

**TOMATO**

Calories ..... 22  
 Fat ..... 0.25g  
 Saturated Fat ..... 0.03g  
 Cholesterol ..... 0g  
 Sodium ..... 6mg  
 Carbohydrates ..... 4.78g  
 Fiber ..... 1.5g  
 Sugar ..... 3.23g  
 Protein ..... 1.08g

1 Veg **WIC**

 **\$1.00**  
Food Tiger

**TOMATO**

Calories ..... 22  
 Fat ..... 0.25g  
 Saturated Fat ..... 0.03g  
 Cholesterol ..... 0g  
 Sodium ..... 6mg  
 Carbohydrates ..... 4.78g  
 Fiber ..... 1.5g  
 Sugar ..... 3.23g  
 Protein ..... 1.08g


1 Veg **WIC**

 **\$1.00**  
Food Tiger

**TOMATO**

Calories ..... 22  
 Fat ..... 0.25g  
 Saturated Fat ..... 0.03g  
 Cholesterol ..... 0g  
 Sodium ..... 6mg  
 Carbohydrates ..... 4.78g  
 Fiber ..... 1.5g  
 Sugar ..... 3.23g  
 Protein ..... 1.08g


1 Veg **WIC**

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**\$0.30**

Food Tiger

**BOLOGNA**

Calories ..... 88  
 Fat ..... 8.15g  
 Saturated Fat ..... 3.6g  
 Cholesterol ..... 18g  
 Sodium ..... 330mg  
 Carbohydrates ..... 0.69g  
 Fiber ..... 0g  
 Sugar ..... 0.39g  
 Protein ..... 3.09g

1 Fat

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Food Tiger

**APPLE**

Calories ..... 95  
 Fat ..... 0.31g  
 Saturated Fat ..... 0.05g  
 Cholesterol ..... 0g  
 Sodium ..... 2mg  
 Carbohydrates ..... 25.13g  
 Fiber ..... 4.4g  
 Sugar ..... 18.91g  
 Protein ..... 0.47g

2 Fruit

**WIC**



**\$0.65**

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2 Fruit

**WIC**





\$0.50

Food Tiger

GROUND BEEF

Calories ..... 196  
 Fat ..... 10.23g  
 Saturated Fat ..... 4.04g  
 Cholesterol ..... 76g  
 Sodium ..... 74mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 24.18g

3 Protein, 2 Fat



\$0.50

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Calories ..... 196  
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3 Protein, 2 Fat



**\$0.25**

Food Tiger

**CANDY BAR**

Calories ..... 232  
 Fat ..... 13.74g  
 Saturated Fat ..... 4.83g  
 Cholesterol ..... 3g  
 Sodium ..... 161mg  
 Carbohydrates ..... 24.91g  
 Fiber ..... 1.6g  
 Sugar ..... 21.23g  
 Protein ..... 461g

3 Fat



**\$0.25**

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**\$0.25**

Food Tiger

**COOKIES**

Calories ..... 167  
 Fat ..... 6.89g  
 Saturated Fat ..... 2.04g  
 Cholesterol ..... 0g  
 Sodium ..... 140mg  
 Carbohydrates ..... 25.56g  
 Fiber ..... 1g  
 Sugar ..... 14.64g  
 Protein ..... 1.88g

1 Grain, 1 Fat



**\$0.25**

Food Tiger

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Calories ..... 167  
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 Protein ..... 1.88g

1 Grain, 1 Fat



**\$0.35**

Food Tiger

**SODA**

Calories ..... 152  
 Fat ..... Og  
 Saturated Fat ..... Og  
 Cholesterol ..... Og  
 Sodium ..... 15mg  
 Carbohydrates ..... 39.15g  
 Fiber ..... Og  
 Sugar ..... 39.78g  
 Protein ..... Og

1 Extra



**\$0.35**

Food Tiger

**SODA**

Calories ..... 152  
 Fat ..... Og  
 Saturated Fat ..... Og  
 Cholesterol ..... Og  
 Sodium ..... 15mg  
 Carbohydrates ..... 39.15g  
 Fiber ..... Og  
 Sugar ..... 39.78g  
 Protein ..... Og

1 Extra



**\$0.35**

Food Tiger

**SODA**

Calories ..... 152  
 Fat ..... Og  
 Saturated Fat ..... Og  
 Cholesterol ..... Og  
 Sodium ..... 15mg  
 Carbohydrates ..... 39.15g  
 Fiber ..... Og  
 Sugar ..... 39.78g  
 Protein ..... Og

1 Extra



**\$0.35**

Food Tiger

**SODA**

Calories ..... 152  
 Fat ..... Og  
 Saturated Fat ..... Og  
 Cholesterol ..... Og  
 Sodium ..... 15mg  
 Carbohydrates ..... 39.15g  
 Fiber ..... Og  
 Sugar ..... 39.78g  
 Protein ..... Og

1 Extra



**\$0.35**

Food Tiger

**SODA**

Calories ..... 152  
 Fat ..... Og  
 Saturated Fat ..... Og  
 Cholesterol ..... Og  
 Sodium ..... 15mg  
 Carbohydrates ..... 39.15g  
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1 Extra



**\$0.35**

Food Tiger

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Calories ..... 152  
 Fat ..... Og  
 Saturated Fat ..... Og  
 Cholesterol ..... Og  
 Sodium ..... 15mg  
 Carbohydrates ..... 39.15g  
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Food Tiger

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Calories ..... 152  
 Fat ..... Og  
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Calories ..... 152  
 Fat ..... Og  
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 Cholesterol ..... Og  
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 Carbohydrates ..... 39.15g  
 Fiber ..... Og  
 Sugar ..... 39.78g  
 Protein ..... Og

1 Extra





\$0.05

Food Tiger

JELLY

Calories ..... 56  
 Fat ..... 0.01g  
 Saturated Fat ..... 0g  
 Cholesterol ..... 0g  
 Sodium ..... 6mg  
 Carbohydrates ..... 13.77g  
 Fiber ..... 0.2g  
 Sugar ..... 9.7g  
 Protein ..... 0.07g

1 Extra



\$0.05

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1 Extra





\$0.15

Food Tiger

PEANUT BUTTER

Calories ..... 190  
 Fat ..... 16.47g  
 Saturated Fat ..... 2.55g  
 Cholesterol ..... 0g  
 Sodium ..... 117mg  
 Carbohydrates ..... 5.66g  
 Fiber ..... 1.8g  
 Sugar ..... 3.5g  
 Protein ..... 8.34g

1 Protein, 3 Fat

WIC



\$0.15

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 Protein ..... 8.34g

1 Protein, 3 Fat

WIC



\$0.30

Food Tiger

CEREAL

Calories ..... 155  
 Fat ..... 0.71g  
 Saturated Fat ..... 0.19g  
 Cholesterol ..... 0g  
 Sodium ..... 197mg  
 Carbohydrates ..... 37.46g  
 Fiber ..... 0.9g  
 Sugar ..... 14.88g  
 Protein ..... 1.66g

2 Grain



\$0.30

Food Tiger

CEREAL

Calories ..... 155  
 Fat ..... 0.71g  
 Saturated Fat ..... 0.19g  
 Cholesterol ..... 0g  
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Food Tiger

CEREAL

Calories ..... 155  
 Fat ..... 0.71g  
 Saturated Fat ..... 0.19g  
 Cholesterol ..... 0g  
 Sodium ..... 197mg  
 Carbohydrates ..... 37.46g  
 Fiber ..... 0.9g  
 Sugar ..... 14.88g  
 Protein ..... 1.66g

2 Grain



\$0.30

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 Fat ..... 0.71g  
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Food Tiger

### SAUSAGE

Calories ..... 286  
 Fat ..... 22.67g  
 Saturated Fat ..... 8.01g  
 Cholesterol ..... 47g  
 Sodium ..... 1002mg  
 Carbohydrates ..... 3.54g  
 Fiber ..... 0.1g  
 Sugar ..... 0.71g  
 Protein ..... 15.87g

2 Protein, 4 Fat



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2 Protein, 4 Fat





**\$0.10**

Food Tiger

**EGG**

Calories ..... 91  
 Fat ..... 6.7g  
 Saturated Fat ..... 2.03g  
 Cholesterol ..... 169g  
 Sodium ..... 88mg  
 Carbohydrates ..... 0.98g  
 Fiber ..... 0g  
 Sugar ..... 0.85g  
 Protein ..... 6.09g

1 Protein, 1 Fat **WIC**

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Food Tiger

POTATO CHIPS

Calories ..... 154  
 Fat ..... 10.32g  
 Saturated Fat ..... 1.14g  
 Cholesterol ..... 0g  
 Sodium ..... 128mg  
 Carbohydrates ..... 14.4g  
 Fiber ..... 1.2g  
 Sugar ..... 0.1g  
 Protein ..... 1.86g

2 Fat



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2 Fat

 **\$0.75**  
Food Tiger

**BROCCOLI**

Calories ..... 31  
Fat ..... 0.34g  
Saturated Fat ..... 0.04g  
Cholesterol ..... 0g  
Sodium ..... 30mg  
Carbohydrates ..... 6.04g  
Fiber ..... 2.4g  
Sugar ..... 1.55g  
Protein ..... 2.57g

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**\$0.25**

Food Tiger

**2% MILK**

Calories ..... 122  
 Fat ..... 4.83g  
 Saturated Fat ..... 3.07g  
 Cholesterol ..... 20g  
 Sodium ..... 115mg  
 Carbohydrates ..... 11.71g  
 Fiber ..... 0g  
 Sugar ..... 12.35g  
 Protein ..... 8g

1 Dairy, 1 Protein, 1 Fat **WIC**



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Food Tiger

**ICEBERG LETTUCE**

Calories ..... 8  
 Fat ..... 0.1g  
 Saturated Fat ..... 0.01g  
 Cholesterol ..... 0g  
 Sodium ..... 7mg  
 Carbohydrates ..... 2.14g  
 Fiber ..... 0.9g  
 Sugar ..... 1.42g  
 Protein ..... 0.51g

1 Veg

**WIC**



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Food Tiger

**WHEAT BREAD**

Calories ..... 78  
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 Saturated Fat ..... 0.23g  
 Cholesterol ..... 0g  
 Sodium ..... 151mg  
 Carbohydrates ..... 14.34g  
 Fiber ..... 1.2g  
 Sugar ..... 1.76g  
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Food Tiger

**GREEN BEANS**

Calories ..... 31  
 Fat ..... 0.22g  
 Saturated Fat ..... 0.05g  
 Cholesterol ..... 0g  
 Sodium ..... 6mg  
 Carbohydrates ..... 6.97g  
 Fiber ..... 2.7g  
 Sugar ..... 3.26g  
 Protein ..... 1.83g

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1 Veg

**WIC**





**\$0.25**

Food Tiger

**CARROTS**

Calories ..... 52  
 Fat ..... 0.31g  
 Saturated Fat ..... 0.05g  
 Cholesterol ..... 0g  
 Sodium ..... 88mg  
 Carbohydrates ..... 12.26g  
 Fiber ..... 3.6g  
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 Protein ..... 1.19g

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**WIC**



**\$0.25**

Food Tiger

**CARROTS**

Calories ..... 52  
 Fat ..... 0.31g  
 Saturated Fat ..... 0.05g  
 Cholesterol ..... 0g  
 Sodium ..... 88mg  
 Carbohydrates ..... 12.26g  
 Fiber ..... 3.6g  
 Sugar ..... 6.07g  
 Protein ..... 1.19g

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\$0.15

Food Tiger

PASTA

Calories ..... 221  
 Fat ..... 1.3g  
 Saturated Fat ..... 0.25g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 43.2g  
 Fiber ..... 2.5g  
 Sugar ..... 0.78g  
 Protein ..... 8.12g

2 Grain



\$0.15

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Food Tiger

**TOMATO SAUCE**

Calories ..... 90  
 Fat ..... 3g  
 Saturated Fat ..... 0.48g  
 Cholesterol ..... 0g  
 Sodium ..... 470mg  
 Carbohydrates ..... 13g  
 Fiber ..... 4g  
 Sugar ..... 9g  
 Protein ..... 2g

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Food Tiger

**WHITE BREAD**

Calories ..... 80  
 Fat ..... 0.96g  
 Saturated Fat ..... 0.21g  
 Cholesterol ..... 0g  
 Sodium ..... 147mg  
 Carbohydrates ..... 14.72g  
 Fiber ..... 0.8g  
 Sugar ..... 1.52g  
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**BLACK BEANS**

Calories ..... 164  
 Fat ..... 0.52g  
 Saturated Fat ..... 0.14g  
 Cholesterol ..... 0g  
 Sodium ..... 691mg  
 Carbohydrates ..... 29.79g  
 Fiber ..... 12.4g  
 Sugar ..... 0.41g  
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1 Protein, 1 Veg

**WIC**



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**WIC**



\$0.40

Food Tiger

### CHEDDAR CHEESE

Calories ..... 171  
 Fat ..... 14.09g  
 Saturated Fat ..... 8.79g  
 Cholesterol ..... 45g  
 Sodium ..... 264mg  
 Carbohydrates ..... 0.54g  
 Fiber ..... 0g  
 Sugar ..... 0.22g  
 Protein ..... 10.59g

1 Dairy, 1 Protein, 3 Fat **WIC**



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Food Tiger

**100% JUICE**

Calories ..... 114  
 Fat ..... 0.32g  
 Saturated Fat ..... 0.6g  
 Cholesterol ..... 0g  
 Sodium ..... 10mg  
 Carbohydrates ..... 28.02g  
 Fiber ..... 0.5g  
 Sugar ..... 23.86g  
 Protein ..... 0.25g

1 Fruit

**WIC**



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**\$0.10**

Food Tiger

### BROWN RICE

Calories ..... 218  
 Fat ..... 1.62g  
 Saturated Fat ..... 0.32g  
 Cholesterol ..... 0g  
 Sodium ..... 2mg  
 Carbohydrates ..... 45.84g  
 Fiber ..... 3.5g  
 Sugar ..... 0g  
 Protein ..... 4.52g

3 Grain

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Food Tiger

FROZEN PIZZA

Calories ..... 533  
 Fat ..... 24.44g  
 Saturated Fat ..... 8.5g  
 Cholesterol ..... 28g  
 Sodium ..... 890mg  
 Carbohydrates ..... 57.75g  
 Fiber ..... 4.4g  
 Sugar ..... 7.1g  
 Protein ..... 20.62g

4 Grain, 5 Fat, 3 Protein



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\$0.20

Food Tiger

BLACK COFFEE

Calories..... 0  
 Fat..... 0g  
 Saturated Fat..... 0g  
 Cholesterol..... 0g  
 Sodium..... 0mg  
 Carbohydrates..... 0g  
 Fiber..... 0g  
 Sugar..... 0g  
 Protein..... 0g

1 Extra



\$0.20

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 Cholesterol..... 0g  
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 Carbohydrates..... 0g  
 Fiber..... 0g  
 Sugar..... 0g  
 Protein..... 0g

1 Extra



\$0.60

Food Tiger

**CANNED TUNA**

Calories ..... 158  
 Fat ..... 6.87g  
 Saturated Fat ..... 1.09g  
 Cholesterol ..... 26g  
 Sodium ..... 337mg  
 Carbohydrates ..... 0g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 22.55g

3 Protein

**WIC**



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Mo's Corner Store

### CANDY BAR

Calories ..... 232  
 Fat ..... 13.74g  
 Saturated Fat ..... 4.83g  
 Cholesterol ..... 3g  
 Sodium ..... 161mg  
 Carbohydrates ..... 24.91g  
 Fiber ..... 1.6g  
 Sugar ..... 21.23g  
 Protein ..... 461g

3 Fat



\$0.50

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\$1.00

Mo's Corner Store

### COOKIES

Calories ..... 167  
 Fat ..... 6.89g  
 Saturated Fat ..... 2.04g  
 Cholesterol ..... 0g  
 Sodium ..... 140mg  
 Carbohydrates ..... 25.56g  
 Fiber ..... 1g  
 Sugar ..... 14.64g  
 Protein ..... 1.88g

1 Grain, 1 Fat



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Mo's Corner Store

**SODA**

Calories ..... 152  
 Fat ..... Og  
 Saturated Fat ..... Og  
 Cholesterol ..... Og  
 Sodium ..... 15mg  
 Carbohydrates ..... 39.15g  
 Fiber ..... Og  
 Sugar ..... 39.78g  
 Protein ..... Og

1 Extra

 **\$1.00**  
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Calories ..... 152  
 Fat ..... Og  
 Saturated Fat ..... Og  
 Cholesterol ..... Og  
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\$0.75

Mo's Corner Store

**PEANUT BUTTER**

Calories ..... 190  
 Fat ..... 16.47g  
 Saturated Fat ..... 2.55g  
 Cholesterol ..... 0g  
 Sodium ..... 117mg  
 Carbohydrates ..... 5.66g  
 Fiber ..... 1.8g  
 Sugar ..... 3.5g  
 Protein ..... 8.34g

1 Protein, 3 Fat

**WIC**



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1 Protein, 3 Fat

**WIC**



\$2.00

Mo's Corner Store

### HOT DOG

Calories ..... 185  
 Fat ..... 17.16g  
 Saturated Fat ..... 7.14g  
 Cholesterol ..... 34g  
 Sodium ..... 584mg  
 Carbohydrates ..... 1.51g  
 Fiber ..... 0g  
 Sugar ..... 1.03g  
 Protein ..... 6.33g

1 Protein, 3 Fat



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\$0.50

Mo's Corner Store

### POTATO CHIPS

Calories ..... 154  
 Fat ..... 10.32g  
 Saturated Fat ..... 1.14g  
 Cholesterol ..... 0g  
 Sodium ..... 128mg  
 Carbohydrates ..... 14.4g  
 Fiber ..... 1.2g  
 Sugar ..... 0.1g  
 Protein ..... 1.86g

2 Fat



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2 Fat





\$0.75

Mo's Corner Store

2% MILK

Calories ..... 122  
 Fat ..... 4.83g  
 Saturated Fat ..... 3.07g  
 Cholesterol ..... 20g  
 Sodium ..... 115mg  
 Carbohydrates ..... 11.71g  
 Fiber ..... 0g  
 Sugar ..... 12.35g  
 Protein ..... 8g

1 Dairy, 1 Protein, 1 Fat **WIC**



\$0.75

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1 Dairy, 1 Protein, 1 Fat **WIC**

 **\$0.80**  
Mo's Corner Store

**25% JUICE**

Calories ..... 114  
 Fat ..... 0.32g  
 Saturated Fat ..... 0.6g  
 Cholesterol ..... 0g  
 Sodium ..... 10mg  
 Carbohydrates ..... 28.02g  
 Fiber ..... 0.5g  
 Sugar ..... 23.86g  
 Protein ..... 0.25g


1 Fruit

 **\$0.80**  
Mo's Corner Store

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 Protein ..... 0.25g


1 Fruit

 **\$0.80**  
Mo's Corner Store

**25% JUICE**

Calories ..... 114  
 Fat ..... 0.32g  
 Saturated Fat ..... 0.6g  
 Cholesterol ..... 0g  
 Sodium ..... 10mg  
 Carbohydrates ..... 28.02g  
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**FROZEN PIZZA**

Calories ..... 533  
 Fat ..... 24.44g  
 Saturated Fat ..... 8.5g  
 Cholesterol ..... 28g  
 Sodium ..... 890mg  
 Carbohydrates ..... 57.75g  
 Fiber ..... 4.4g  
 Sugar ..... 7.1g  
 Protein ..... 20.62g


4 Grain, 5 Fat, 3 Protein

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 Cholesterol ..... 0g  
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**WHITE BREAD**

Calories ..... 80  
 Fat ..... 0.96g  
 Saturated Fat ..... 0.21g  
 Cholesterol ..... 0g  
 Sodium ..... 147mg  
 Carbohydrates ..... 14.72g  
 Fiber ..... 0.8g  
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**BANANA**

Calories ..... 105  
 Fat ..... 0.39g  
 Saturated Fat ..... 0.13g  
 Cholesterol ..... 0g  
 Sodium ..... 1mg  
 Carbohydrates ..... 26.95g  
 Fiber ..... 3.1g  
 Sugar ..... 14.43g  
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2 Fruit **WIC**

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Mo's Ready-To-Eat

**BURRITO**

Calories ..... 379  
 Fat ..... 11.19g  
 Saturated Fat ..... 4.2g  
 Cholesterol ..... 0g  
 Sodium ..... 1042mg  
 Carbohydrates ..... 57.78g  
 Fiber ..... 7.8g  
 Sugar ..... 3.2g  
 Protein ..... 13.60g

2 Protein, 2 Fat, 4 Grain, 1 Dairy

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Mo's Ready-To-Eat

**HAM SANDWICH**

Calories ..... 352  
 Fat ..... 15.48g  
 Saturated Fat ..... 6.4g  
 Cholesterol ..... 0.6g  
 Sodium ..... 771mg  
 Carbohydrates ..... 33.35g  
 Fiber ..... 0g  
 Sugar ..... 0g  
 Protein ..... 20.69g

3 Protein, 3 Fat, 2 Grain, 1 Dairy

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# Food PANTRY APPLICATION

Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Date of Birth	/	/	SSN	-
			-	# in household
Phone #	(	)	-	# of Children in household
Monthly Household Income		Ages of Children in household		
Do you receive any federal assistance, such as SNAP or WIC? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Signature				Date

# Social SERVICES APPLICATION

Name (Last)		(First)		(Middle Initial)	
Address (Street)		(City)		(State)	(Zip)
Sex <input type="checkbox"/> Male <input type="checkbox"/> Female		Date of Birth / /		SSN - -	
Phone # ( ) -		Primary Language		# in household	
Do you live in public housing? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you married? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you currently employed? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you in the U.S. legally? <input type="checkbox"/> Yes <input type="checkbox"/> No	# of Children in household
					Ages of Children in household
					Hourly Wage
Gross Monthly Income		Proof of Transportation <input type="checkbox"/> Bus Token <input type="checkbox"/> Bus Pass <input type="checkbox"/> Transportation Card <input type="checkbox"/> Other			
Is anyone in your household fleeing to avoid prosecution, custody, or confinement after conviction, under the law? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?					
Is anyone in your household in violation of his/her parole/probation? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?					
Has anyone in your household fraudulently misrepresented his/her identity or residence to receive any benefits? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?					
Has anyone in your household been found guilty of a felony related to a controlled substance (drugs)? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?					
Has anyone in your household been found guilty by a court of selling food stamps of \$500 or more? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?					
Do you understand that some able bodied food stamp recipients without dependent children will only be eligible to receive food stamps for a 3 month period, unless working or participating in certain education, training or work experience programs for at least 20 hours/week? <input type="checkbox"/> Yes <input type="checkbox"/> No					
Check the benefit(s) you are applying for. <b>You must have all proper documents to receive assistance today.</b> <input type="checkbox"/> SNAP (Supplemental Nutrition Assistance Program) <input type="checkbox"/> WIC (Women pregnant or with children)					
Applicant Signature				Date	
Case Manager Signature				Date	

# VITA SERVICES

## APPLICATION

This application determines eligibility for Earned Income Tax Credit (EITC) and Child Tax Credit (CTC)

Name(s) as Shown on Income Tax Return			
Monthly Income from Job Wages / Earnings (SSI and unemployment not applicable)			
Are you single? <input type="checkbox"/> Yes <input type="checkbox"/> No		Are you married? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Do you (and spouse if you filed a joint tax return) have a valid Social Security Number (SSN) that allow you to work in the U.S.? <input type="checkbox"/> Yes <input type="checkbox"/> No			
If yes, please list SSN's for you and your spouse		-	-
If married, did you file a joint tax return?  <input type="checkbox"/> Yes <input type="checkbox"/> No	Did you (and spouse if you filed a joint tax return) live in the U.S. for more than 6 months of last year?  <input type="checkbox"/> Yes <input type="checkbox"/> No	Was all of your income earned in the U.S.?  <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you (and your spouse if you filed a joint tax return) have an income from investments (stocks, mutual funds) of less than \$3,150?  <input type="checkbox"/> Yes <input type="checkbox"/> No


**Complete form below if you have children.**


Child One

Child Two

Child Three

Child's Name(s)					
Child's SSN(s)	-	-	-	-	-
Child's Birthdate(s)	/	/	/	/	/
Was your child under the age of 24 at the end of last year, a full-time student, and younger than you?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Was the child permanently and totally disabled?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is child your son, daughter, adopted child, stepchild, grandchild, brother, sister, niece, nephew, or foster child?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is the child unmarried or if married can be claimed as your dependent?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Did the child live with you in the U.S. for more than half of last year?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Can any other person besides you (or spouse if married filing jointly) claim child for EITC?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you (and your spouse if married filing jointly) have a valid SSN that allows you to work in the U.S.?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, please list SSN's for you and your spouse	-	-	-	-	-
Total number of children under age 16 at the end of last year					

	<b>MEAL TICKET</b>		<b>1234567</b>
	Counts for 1 Grain, 1 Veggie		
	Worth	500 calories	

	<b>MEAL TICKET</b>		<b>1234567</b>
	Counts for 1 Grain, 1 Veggie		
	Worth	500 calories	

	<b>MEAL TICKET</b>		<b>1234567</b>
	Counts for 1 Grain, 1 Veggie		
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	<b>MEAL TICKET</b>		<b>1234567</b>
	Counts for 1 Grain, 1 Veggie		
	Worth	500 calories	

	<b>MEAL TICKET</b>		<b>1234567</b>
	Counts for 1 Grain, 1 Veggie		
	Worth	500 calories	

# The Community Food Experience Evaluation

	DISAGREE										AGREE									
This simulation taught me about major barriers to food security.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
This simulation helped me understand the relationship between food insecurity and poverty.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
This simulation helped me understand the impact food insecurity and hunger has on health.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
This simulation helped me understand why a healthy diet is important for community food security.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
This simulation illustrated some of the challenges of accessing food for a healthy diet.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
This simulation illustrated ways I could take action against hunger and food insecurity.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I would recommend this activity to a friend or colleague.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

**Additional Comments:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please help us continue to improve our education and outreach materials by completing this brief evaluation and either mail, fax, or scan and email your feedback to the contact information below.

**Atlanta Community Food Bank - Education and Outreach**  
 732 Joseph E. Lowery Blvd., N.W.  
 Atlanta, GA 30318

Fax: 678-553-5957  
 education@acfb.org

You can also access this evaluation online at Survey Monkey:  
<https://www.surveymonkey.com/r/ACFBCommunityFoodExperience>