



October 2, 2020

Dear Parent/ Guardian:

This is quite a different year for all of us. When I sent my own kids back to school recently, I was holding my breath like many of you. Greater Washington County Food Bank has helped many families, including mine, to get through this summer. We currently offer “Truck to Trunk” pantries all over the county as well as assistance in filling out SNAP applications (formally known as food stamps). Having the pantry food in conjunction with SNAP benefits may just be what you or your family needs right now and we are here to help!

I would like to extend my assistance to anyone that may have questions about the SNAP program, or need help with the applications process. Please do not hesitate to call. **Cherise – 724-632-2190 x 122.**

We also want to add something fun! Attached to this Letter you will find some additional information about SNAP as well as a coloring sheet for a fun coloring contest with a great prize—a **new bike!**

There are some ideas of some great food options in each food group to the right. Have you child color on the plate their favorite food in each of the food groups. Be creative!

The winner will be chosen at the end of October. You can scan or take a picture of your drawing and e-mail it directly to me at snap@gwcfb.org

We will all get through this together and maybe have a little fun along the way!

Sincerely,

Cherise Sandrock

SNAP Coordinator
Greater Washington County Food Bank

What's MyPlate All About?

Choose **MyPlate.gov**

Fruits

Choose **MyPlate.gov**

Vegetables

Choose **MyPlate.gov**

Grains

Choose **MyPlate.gov**

Protein Foods

Choose **MyPlate.gov**

Dairy

Choose **MyPlate.gov**

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion



WHAT ABOUT SNAP?

(FOOD STAMPS)

1 in 7 kids in the United States face hunger, and 20 million of those children rely on the food they get from SNAP. The program is run by the U.S. Department of Agriculture (USDA), and provides families with an electronic card they can use to buy food at grocery stores or now even online at Amazon and Walmart.

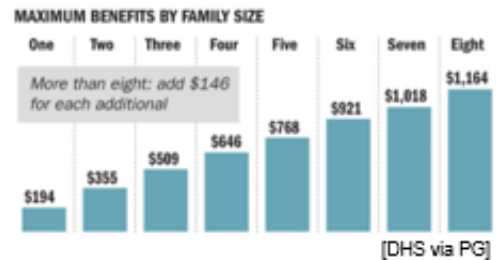


Here are five facts about how SNAP impacts a child's future:

- Kids Need SNAP:**
When we talk about the number of people who participate in SNAP, we're talking about a lot of kids. In fact, nearly half (43.5 percent) of all people who participate in the SNAP program are children. [USDA]
- SNAP Can End Poverty:**
Adding SNAP benefits to a family's budget can mean the difference between living in poverty or not. In 2015, for example, SNAP kept about 3.8 million children out of poverty. And most of these are working families - nearly 90% of households with children either have worked or will work in the year they receive SNAP benefits. [Center on Budget and Policy Priorities]
- SNAP Affects a Child's Education:**
Research found that kids from low-income families who had early access to SNAP benefits were 18% more likely to graduate from high school than those who didn't. [Bureau of Economic Advisors]
- SNAP Affects a Child's Health:**
When kids in need have access to SNAP, they have a lower risk of anemia, lower levels of obesity, fewer doctor visits and fewer hospitalizations.
- And when pregnant moms have access to SNAP, it reduces the likelihood of low birth weight by 23%. (Low birth weight is linked to infant mortality, cognitive development and chronic disease later in life.) [Bureau of Economic Advisors]

The food provided by SNAP does much more than fill a child's empty stomach; it helps that child grow up smarter, stronger, and healthier, and that means a smarter, stronger, healthier nation. [nokidhungry.org]

How much could I qualify for?



What is the income limit to receive assistance?

Household size	Monthly Gross Income
1	\$1,666
2	\$2,256
3	\$2,845
4	\$3,434
Each additional household member	Add \$590



How do I apply?

Contact Cherise Sandrock at the Greater Washington County Food Bank!

724-632-2190 x 122