

Make Your SNAP Dollars Stretch

Tips on making the most of your SNAP benefits!

1) Plan your meals ahead of time

Planning ahead of time is a great way to maximize the amount of food you can buy using your SNAP benefits.

Try weekly meal planning and creating a grocery list before going to the store to make sure you get the most out of your money spent! See the back of this handout for an example of a 3-day meal plan and grocery list.

2) Utilize Double SNAP Dollars (DSD)

Double Snap Dollars, also known as DSD, are a way those receiving SNAP benefits can double their dollars used on fruits and vegetables. While these benefits are currently available seasonally at farmer's markets, they will soon be launching in select grocery retailers!

Visit <https://www.doubledollarsmt.com/locations/> for locations to use your DSDs.

3) Shop using weekly flyers and clipped coupons

Almost all grocery retailers utilize weekly ads as a way to advertise current sales and offerings. Browsing the weekly ads is a great way to get the best deals on produce and meats while also discovering new foods to try!

If you don't receive weekly ads in person, many retailers upload them to their website, making it easier than ever to score good deals while grocery shopping!




3-day Meal Plan Example

	Day 1	Day 2	Day 3
Breakfast	Two-Egg Omelette with Any Veggies & Cheese	Whole Wheat Toast with Berries & a Hard Boiled Egg	Whole Wheat Toast with Peanut Butter & Banana
Lunch	Turkey and Cheese Sandwich on Whole Wheat Bread with Celery Sticks	Leftover Lentil Stew with Brown Rice	Leftover Veggie Stir Fry with Brown Rice
Dinner	Lentil Stew with Brown Rice	Veggie Stir Fry with Brown Rice	Turkey and Cheese Sandwich on Whole Wheat Bread with Carrot Sticks
Snacks	Hard Boiled Egg & Berries	Celery Sticks & Peanut Butter	Banana & Peanut Butter

Grocery List Example

There will be plenty of leftovers! Try getting creative with new recipes.



- Peanut Butter
- Whole Wheat Bread
- Sliced Cheddar
- 1/2 lb Deli Turkey
- Lentils
- Brown Rice
- 1 lb Carrots
- 1 Head Broccoli
- Berries of Choice
- 1 Bunch Celery
- 1 Bunch Bananas
- 1 Dozen Eggs
- Broth of Choice

3-Day Total: \$32

Based on average participant benefit of \$196/month (~\$49/week) in the state of Montana via KFF.org, groceries priced in 2023



Need more information? Contact CFAC at (406) 926-1625



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