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USDA Modernizes the Thrifty Food Plan, Updates SNAP Benefits

FoodShare benefits are based on the Thrifty Food Plan, which represents the cost of a nutritious, practical, cost-effective diet prepared at home for a family of four, which is defined in law as an adult male and female, ages 20-50, and two children, ages 6-8 and 9-11. The Thrifty Food Plan was introduced in 1975 and updated in 1983, 1999, and 2006.

Aside from the pandemic relief, there had been no increases in SNAP benefits since 2006. On August 16, 2021, the U.S. Department of Agriculture (USDA) released a re-evaluation of the Thrifty Food Plan, used to calculate Supplemental Nutrition Assistance Program (SNAP) benefits. As a result, the average SNAP benefit will increase for Fiscal Year 2022 beginning on Oct. 1, 2021.

This re-evaluation concluded that the cost of food was 21% higher today, than it was in 2006, when the plan was last evaluated. As a result, the average SNAP benefit will increase by \$36.24 per person, per month. This is \$1.19 per day. The change goes into effect October 1, 2021.



THE THRIFTY FOOD PLAN



-  Aligns with dietary guidance
-  Represents a limited food budget
-  Reflects what Americans buy and eat
-  Supports a healthy, active lifestyle

See <https://www.fns.usda.gov/snap/thriftyfoodplan> for more information.

The FoodWise Wisconsin Harvest of the Month for October is Apples

The FoodWise Harvest of the Month website promotes Wisconsin-grown fruits and vegetables with colorful posters and activities for children. You'll find Facebook posts, recipes, teacher activities, posters, postcards to send home to parents, and other resources. Anyone can use the materials, just log in, create an account, and have a look! If your school is a low-income school where 50% or more of the children qualify for free or reduced-price meals, FoodWise will print posters for you. Just email FoodWise Coordinator Laura Apfelbeck at l.apfelbeck@wisc.edu. Materials available in Spanish and English

The website for Harvest of the Month is here
<https://healthyliving.extension.wisc.edu/welcome-to-harvest-of-the-month/>



Emergency FoodShare Benefits for Food Replacement

Current FoodShare members who lose food purchased with FoodShare benefits due to a flood, fire, or other household misfortune, can request the replacement benefits from the State of Wisconsin. FoodShare Handbook states that loss of power for 4 hours or more can qualify as a household misfortune. For more information, reference the image below.

Ayuda para el reemplazo de FoodShare por emergencia: https://www.hungertaskforce.org/wp-content/uploads/2021/08/Emergency-FoodShare-Benefit-Replacement-Flier_ES.pdf