JOIN THE CHALLENGE

Why Join?
The Food Security Challenge gives participants the ability to view the struggle that millions of low-income Americans face daily with food. With over 71% of local households having to choose between paying for food versus other necessities such as utilities, food insecurity is a real thing in our community. Joining the challenge helps raise awareness of hunger in Santa Barbara County and gives you a greater grasp of this very important topic.

Kickstarting Your Challenge

How long will the challenge last?
- Erik Talkin will be taking the challenge for a month, but most participants take the challenge for a week. The decision is up to you!

Food Stamp Profiles:
- 1 person: $6.46/day
- 2 person household: $11.90/day
- 3 person household: $17/day
- 4 person household: $21.63/day

Challenge Guidelines
- Decide which food stamp profile fits your needs.
- Keep a journal to track all of your spending on food and what you eat daily for breakfast, lunch and dinner.
- Utilize the resources and programs that Foodbank of Santa Barbara County offers by visiting this link: http://www.foodbanksbc.org/get-help/
- Keep track of each resource and/or program you use.
- Share your experience and invite others to join you or donate to the cause!

Spread the Word
- Follow and comment on Talkin's month-long experience at his Food Security Challenge blog: foodsecuritychallenge.com
- Donate to Foodbank of Santa Barbara county here: https://secure.qgiv.com/for/fosbc/
- Follow Foodbank on social media:
  - Facebook: facebook.com/FoodbankSB
  - Twitter: twitter.com/FoodbankSBC
  - Instagram: instagram.com/FoodbankSBC

Follow the Food Security Challenge blog, comment along and ask questions. We want to hear your experiences, good luck!

FoodSecurityChallenge.com