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Nutrition 313

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Nutritional Supplement Program

I have chosen to do my report about CalFresh because it is something that my family is actually eligible for and something we actually receive. My family household is made of six people with one source of income, my mother. CalFresh is California’s Supplement Nutrition Assistance Program that gives food assistance to lower income families. Families that are eligible for CalFresh receive assistance in the form of EBT or Electronic Benefits Transfer. Families that are eligible for these benefits are families with lower incomes and have active members actively looking for jobs.

My family is eligible for CalFresh because of our lower income. Based off my household size, the maximum allotment, or monthly food allowance would be $924. In one week, this would be $231 to buy food for a family of 6, or $39 a person. Luckily, because I bought in bulk, $39 per person per week was able to go pretty far.

When I went to the grocery store, I noticed that with a budget of $230 for the week for my family of six, I had to avoid buying all the good snacks and desserts. I also couldn’t be getting any nice small items, because I had to buy in bulk. Also, I couldn’t get any seafood or cuts of steak because they were too pricey and could never last more than one or two meals. My goal when shopping was to get particular items that were cheap and could last a few couple meals for my family. While at the store, I was really tempted on buying a few steaks for the family, getting a few sweets, but that made me go over my budget.

The food that fit my budget were foods like pasta, rice, potatoes, frozen vegetables, pre-made pasta sauces, and a lot of ground beef. I couldn’t get fresh produce or nice cuts of other meats, but the items I was able to get was the best way to feed a family of six. Having such a limiting budget made me get really creative, however, on the types of dishes I can make with limited ingredients. I ended up making a really nice version of beef macaroni that was to die for, using simply one onion, some pasta, and some beef. I was able to feed my family of 6 for the price of about $10.

What I have learned from this experience is that from having a budget like the one given, it really shows the endeavors that many Americans have to face every day. From these endeavors, families learn to be creative with the allotment given and learn to create cheap and wholesome meals for their families. Supplement nutrition programs is a great program for many lower income families. It lets the families’ breadwinner not have to worry about one more expense and they can use the money they save, to get out of their financial situation. This program is amazing in the sense, it helps many families by giving them a chance at financial mobility and a way for them to succeed.