T"o meet State alumni Sarah Bogan has tackled numerous cooking projects in the past, is designing a month-long diet of healthy meals using only the amount of money a person would receive from food stamps.

Bogan said she is altering herself the amount of money she is using, non-disabled adult age 18 to 49 living in a childless 1 to 2 person household

Alumna Sarah Bogan poses with a dish she created. Bogan, who has tackled many cooking projects in the past, is designing a month-long diet of healthy meals using only the amount of money a person would receive from food stamps.

Bogan’s project is really helpful to the students who are struggling to make quick and easy meals for their families with a tight budget. She said she keeps track of her health by weighing herself before breakfast every morning and rating how she feels over-all for the day. She said she feels good and has maintained a healthy weight.

Alumna creates diet inspired by food stamps

BY EMILY WICHTER, Staff reporter

A day on Bogan’s diet

Calculating the monthly food budget for a person on food stamps:

• A non-disabled adult age 18 to 49 living in a childless 1 to 2 person household receives an average of $203 in food stamps.
• The average monthly gross income for this sector is $308
• The SNAP eligibility formula expects 30 percent of a person’s net income to go toward food.
• The average net income for this group is $109, meaning this group generally spends an additional $32.70 on food.
• The monthly food stamps = $169.19 + $32.70 = $201.89

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Bogan’s goal with this project is to take the tricks and recipes she has learned from the experience and share it with everyone. She said it would be a good way to reach her intended audience of single working parents who are struggling to make quick and easy meals for their families with a tight budget.

Kirksville resident Jeri Speak said she took a class of Bogan’s cooking classes when they were offered in the area. She said she thinks Bogan’s idea of making meals using food stamps is a great example for everyone, not just Bogan’s target audience.

The said with rising food prices and a difficult job market, everyone is trying to save money, and balancing health and cost is something many people struggle with. "I think everyone is looking for cheap ways to eat healthy," Speak said. "Food is something that a lot of people struggle with, so doing that and eating healthy is really good. It’s offering a great framework people can reach to fit their needs."

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Bogan said she is tackling a new project — creating a diet inspired by food stamps. She said her passion for cooking since she was 10 years old when she received a cookbook as a Christmas present. She said her passion for cooking is something many people struggle with. "I think everyone is looking for cheap ways to eat healthy," Speak said. "Food is something that a lot of people struggle with, so doing that and eating healthy is really good. It’s offering a great framework people can reach to fit their needs."

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