

## Benefits of the Minnesota Food Support Program

There are many benefits to those who are eligible for and receive food support benefits. Here are just a few:

**Stretch food dollars.** Those receiving food support benefits spend more money on food than other low-income households.

**Fight obesity through education.** Nutrition educators teach food support participants the importance of a quality diet, how to prepare healthy foods, and how to make healthy choices.

**Put food on the table for their children.** Food support benefits are an investment in our future. More than fifty percent of participants are children.

**Keep elderly family members independent.** For the elderly, participation in the Food Support program can help improve nutritional status and well-being and increase independence.

**Transition to self sufficiency.** The Food Support program helps participants become financially stable and provides needed support as they transition to self sufficiency.