Nutritional Balance on SNAP Allotment, a Second Year Study

Dragun, Carmen

The purpose of my project was to determine if I could create a nutritionally balanced meal in Midland, Texas using the allotments provided by the Supplemental Nutrition Assistance Program. It is a continuation of my project from the previous year where I measured the nutritional value of the USDA recommended meal plan and determined the cost. To accomplish this, I created a basic meal plan for two weeks using information from cookbooks, the USDA website, and diet-plan information given to me by a nutritionalist from the local hospital. I then went to the most popular grocery store in town and purchased the groceries necessary to prepare the meals. I made the assumption that the people preparing the meals would have access to electricity, a pan, a stovetop, and refrigeration. I prepared the meals and ate for two weeks using only my meal plan. My data collection is still in progress, but it will be completed before the fair. The conclusions and discussion will also be completed by the fair.

Awards Won: