MEET MARIE

Marie is a typical mom trying to feed her children and herself a healthy nutritious meal. Her SNAP-Ed Nutrition Education Assistant shares Marie’s story.

“Today I met with Marie at the grocery store. I was able to show her how to shop the perimeter of the store, where most of the whole foods are located. We went down only those aisles we absolutely had to. She wasn’t happy about choosing healthy foods in place of chips and cookies. Though she felt a little better when she choose a bag of tortilla chips for the taco soup meal she will be making this week. We were able to get all the items on her list for $78 bucks, and it will last her 2 weeks. She still has a little more than $100 left for her next trip. She was thrilled at the price and mentioned that she usually spends every penny the first trip of the month. After that, she has to live on Ramen for a week.”

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