SNAP
Student Nutrition Awareness Program

SNAP’s Goals:
• Encourage students to develop positive eating habits
• Promote healthier food choices

What We Do:
• Provide current & reliable food & nutrition information
• Displays in all dining halls
• Fun events, presentations & games on campus
• Healthy eating tips in dining halls
• SNAP-Approved dinners

Save Money With SNAP!
• Get a stamp on your Breakfast Card when you buy 2 breakfast items before 11am!
• Get a stamp on your Fruit & Veggie Card when you buy whole fruit, a hot veggie side, or salad bar fruit & veggies!
• Ask any cashier for one TODAY!
10 stamps = FREE food!

SNAP Your Meal & WIN
• Email OR tag SNAP on social media to send us a picture of a nutritious & delicious meal you got on campus for a chance to WIN a $25 Gift Card.
• Winners drawn monthly!

Yumi Chow
SNAP Coordinator

Lauren Yee
Assistant Coordinator

Email OR tag SNAP on social media to send us a picture of a nutritious & delicious meal you got on campus for a chance to WIN a $25 Gift Card.

SNAP
snap@uoguelph.ca

#SNAPyourmeal