



# **NUTRITION & WELLNESS**

Military Families Learning Network

## **Resources for Addressing Food Access in Military Families**

**October 27<sup>th</sup>, 11am EDT**

### **1.) Food Security and Sustainability**

<https://www.eatrightpro.org/practice/practice-resources/food-security-and-sustainability>

This website by the Academy of Nutrition and Dietetics discusses several resources for food insecure populations.

### **2.) Who is Food Insecure? Implications for Targeted Recruitment and Outreach, National Health and Nutrition Examination Survey, 2005-2010**

Pruitt SL, Leonard T, Xuan L, et al. Who Is Food Insecure? Implications for Targeted Recruitment and Outreach, National Health and Nutrition Examination Survey, 2005–2010. *National Institute of Health*. October 2016. doi: 10.5888/pcd13.160103

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5063607/>

This peer-reviewed journal article discusses the common backgrounds related to people in the US with food insecurity, how people choose to participate in food assistance programs, and ways that we can make it easier for food insecure communities to receive food assistance.

### **3.) The Latest on Military Family Food Insecurity and the Basic Needs Allowance**

<https://bluestarfam.org/2019/08/the-latest-on-military-family-food-insecurity-the-basic-needs-allowance/>

This website by the Blue Star Families talks about the shocking statistics of food insecurity among military families, how military families are not eligible for SNAP, and the alternative options for military families that are food insecure.

### **4.) Help End Food Insecurity Among our Veterans and Military Families**

<https://foodandnutrition.org/blogs/stone-soup/help-end-food-insecurity-among-our-veterans-and-military-families/>

Melinda Boyd, RD, MP, MHR, discusses the resources available for veterans and military families and describes a cohort study of veterans who struggled with food insecurity following the Iraq and Afghanistan wars.



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#### **5.) Food Insecurity Among Veterans of the US Wars in Iraq and Afghanistan**

Widome R, Jensen A, Bangerter A, Fu SS. Food insecurity among veterans of the US wars in Iraq and Afghanistan. *Cambridge Core*. 2015. doi:

<https://doi.org/10.1017/S136898001400072X>

<https://www.cambridge.org/core/journals/public-health-nutrition/article/food-insecurity-among-veterans-of-the-us-wars-in-iraq-and-afghanistan/F03B64DD63287F2BE5F2067F3E5AC5FB/core-reader>

This peer-reviewed journal article provides information about the food insecurity of veterans from the Iraq and Afghanistan wars and found an association between food insecurity and poorer well-being.

#### **6.) Hunger and Poverty in America**

<https://frac.org/hunger-poverty-america>

This organizational website includes details on solutions to end food insecurity for adults in the US.

#### **7.) Food Security for Military and Veteran Families**

[https://www.ncsl.org/documents/statefed/humserv/2013\\_FFPrese\\_Vollinger.pdf](https://www.ncsl.org/documents/statefed/humserv/2013_FFPrese_Vollinger.pdf)

These informative slides provide facts about factors in veteran's food insecurity, the SNAP program, and the Federal Nutrition Safety Net for military families and veterans.

#### **8.) MSU Extension- 4-H Military Family Programs**

[https://www.canr.msu.edu/4h\\_military\\_families/#:~:text=National%204-H%20Headquarters%20relies%20upon%20the%20land%20grant,for%20military%20youth%20living%20on%20and%20off%20installation.](https://www.canr.msu.edu/4h_military_families/#:~:text=National%204-H%20Headquarters%20relies%20upon%20the%20land%20grant,for%20military%20youth%20living%20on%20and%20off%20installation.)

This website from Michigan State University talks about resources for military families who make frequent moves and experience service member deployments.



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### **9.) Food Insecurity**

<https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/food-insecurity>

The Healthy People 2020 guidelines emphasizes the importance of reducing food insecurity. This website also lists a few food assistances programs for people who struggle with food insecurity.

### **10.) Food Assistance Programs**

<https://www.nutrition.gov/topics/food-assistance-programs>

The USDA provides a list of food assistance programs for families.

### **11.) Food Insecurity Among Active-Duty Service Members and Veterans**

<https://www.eatrightpro.org/advocacy/legislation/all-legislation/food-security-veterans>

The Academy of Nutrition and Dietetics discusses the common barriers that prevent veterans from receiving help from food assistance programs, including limited awareness of existing programs and misconceptions about the ability of a military member to qualify for food assistance. The website also provides statistics on the rising obesity in the recent years of retirees from the military.

### **12.) SNAP Helps 1.3 Million Low-Income Veterans, Including Thousands in Every State**

<https://www.cbpp.org/research/food-assistance/snap-helps-13-million-low-income-veterans-including-thousands-in-every>

The Center for Budget and Privacy Policy Priorities describes the problems that many veterans face after leaving the military service. Some of the challenges that they face include employer discrimination, PTSD, or little work experience beyond military service. These issues may cause veterans to face food insecurity, which can be reduced via SNAP. SNAP assists in all 50 states and can change veteran's lives in a positive way.



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### **13.) Nutrition and Food Services**

[https://www.nutrition.va.gov/Food\\_Insecurity.asp#:~:text=In%202018%2C%20about%2011%20percent,some%20time%20during%20the%20year.&text=The%20number%20of%20food%20insecure,compared%20to%20the%20general%20population](https://www.nutrition.va.gov/Food_Insecurity.asp#:~:text=In%202018%2C%20about%2011%20percent,some%20time%20during%20the%20year.&text=The%20number%20of%20food%20insecure,compared%20to%20the%20general%20population)

The US Department of Veteran Affairs offers several educational handouts about food insecurity for veterans and lists some additional resources about low-cost recipes and food planning.

### **14.) Preparing a 2-week Emergency Food Supply**

<https://extension.umn.edu/how-prepare/preparing-2-week-emergency-food-supply>

This organizational website from the University of Minnesota Extension provides a PDF with a 2-week menu plan during the COVID-19 Pandemic.

### **15.) Resources to Help Cope with COVID-19**

<https://extension.umn.edu/news/helping-your-family-plan-covid-19-novel-coronavirus>

This University of Minnesota Extension website offers resources for setting spending priorities when income falls.

### **16.) Farmers Markets**

<https://extension.umn.edu/local-foods/farmers-markets>

This informative website discusses tips for shopping at farmers markets during the COVID-19 pandemic.

### **17.) Family News**

<https://extension.umn.edu/families-and-youth/family-news>

This website is packed with great resources for families and youth regarding finances, health and nutrition, and parenting.