

Oregon's 2026-2030 MACH Title V Priorities- Resource Guide



CHILD HEALTH Food Sufficiency

For more information or technical assistance with Food Sufficiency strategies please contact:

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Everyone should have access to sufficient healthy food. Food insufficiency occurs when a household cannot consistently afford and access **safe and nutritious foods** to meet their dietary needs. Food insecurity among children is associated with poor health status, mental health problems, behavioral and socio-emotional problems, and poor educational performance and academic outcomes. Food sufficiency is decreasing now with significant changes to all federal programs providing nutrition support along with the current rise in food costs identifying a critical need to mitigate cuts to federal programs while increasing accessibility. Food insecurity is experienced differently across population groups. For children it is higher among lower income and non-English speaking households, living with a non-parent caregiver and not having a medical home. It is a critical issue among rural populations and African American/Black community and Latinx/Hispanic community all of whom bear a larger burden of diet-related chronic diseases. The population domain for this priority is children ages 0-11.

Strategies:

1. Increase the availability of fresh fruits and vegetables in low-income areas.
2. Promote local food production initiatives, particularly in low-income areas.
3. Support increased access and use of nutrition assistance programs.
4. Improve access and use of school, after school, and summer meal programs.
5. Increase Tribal food sovereignty through increasing access to traditional foods.
6. Collaborate with healthcare providers to screen for and address food sufficiency.

Below are examples of what this work can look like for grantees. These project ideas are offered to help with planning, but grantees are also welcome to develop their own projects/ activities/ measures. Note: Activities should be outlined in a way that helps outline how the project will be done. Include at least one measure per project for the annual plan.

Food Sufficiency

Strategy #1: Increase the availability of fresh fruits and vegetables in low-income areas.



Increase access to affordable and nutritious foods by increasing the availability of fresh fruits and vegetables in low-income areas, for example by implementing farmers' markets and mobile markets, and establishing healthy corner stores. This helps make healthy options more readily available and affordable, particularly in under-resourced communities, and tackles diet-related health challenges by improving dietary intake and reducing diet-related chronic diseases like heart disease and diabetes.

Example Local Level Projects/Work

- **Example A:** Increase access to farmers' markets and mobile markets that bring fresh produce directly to communities.
 - Possible activities related to this project/work:
 - Identify and develop partnerships to develop / improve access to farmer's markets or mobile markets.
 - Develop implementation plan for establishing farmer's markets / mobile markets.
 - Provide round-trip transportation, conduct field trips to an area farmers' market, or farmers market incentives.
 - Provide support to buy and use produce – for example provide financial incentives, additional fruit and vegetable vouchers, behaviorally focused nutrition education led by a nutritionist, telephone coaching and support before and after trips market trips, recipe demonstrations and tastings, virtual cooking classes and recipes, brief video-based education.
 - Possible measures related to this project/work:
 - Number of community members, particularly from households facing economic challenges and food insecurity, reached by initiatives to promote and support engagement with healthy food access points (e.g. farmers markets).
 - Number of partnerships formed between local farmers, food retailers, community organizations, and government agencies to collaboratively enhance access to affordable, nutritious foods.
 - Percent of healthy food offerings at new access points that are locally sourced, and reflective of community food preferences and traditions.
 - Resources/Evidence:
 - MCH Evidence Center evidence tool on [Access to Nutritious Foods](#).
- **Example B:** Promote healthy food access through outreach and engagement, connecting communities to nutritious food options.
 - Possible activities related to this project/work:
 - Identify and develop partnerships, including family voices, to conduct outreach and importance of food sufficiency while reducing stigma, and encourage families to seek support when needed.
 - Promote available assistance programs and community resources with clear messaging to connect families to nutritious food. Tailor messages to the community.
 - Use navigators, case managers, community health workers or other support people to connect with families.
 - Possible measures related to this project/work:
 - Number of partnerships led by Title V formed with community organizations and service providers to collaboratively conduct outreach and engagement with the community.
 - Number of families reached by outreach activities.

Food Sufficiency

Strategy #2: Promote local food production initiatives, particularly in low-income areas.



Promote local food production initiatives, such as urban gardens, community-supported agriculture, (CSA) programs, and school gardens, to enhance access to fresh and affordable food particularly in low-income areas. Promoting local food production involves encouraging the growth, processing, and distribution of food within a specific geographic region.

Example Local Level Projects/Work

- **Example A:** Participate in initiatives that support urban agriculture such as community gardens.
 - Possible activities related to this project/work:
 - Develop partnerships among the community such as local growers, schools, community organizations, and government agencies to collaboratively support and sustain local food production efforts.
 - Engage and support participation from community members from under resourced areas.
 - Implement plan to develop community gardens.
 - Possible measures related to this project/work:
 - Number of partnerships formed among local growers, schools, community organizations, and government agencies to collaboratively support and sustain local food production efforts.
 - Number of urban gardens, community gardens, or other local food production sites established or expanded.
 - Resources/Evidence:
 - MCH Evidence Center evidence tool on [Local Food Production](#).
- **Example B:** Participate in cross-sectoral food policy councils, coalitions, or networks established to guide comprehensive coordination for strengthening local food production and food systems.
 - Possible activities related to this project/work:
 - Identify food policy council, coalition or network in which to participate.
 - Participate in group to implement strengthening local food production and food systems.
 - Possible measures related to this project/work:
 - Number of cross-sectoral food policy councils, coalitions, or networks established to guide comprehensive coordination for strengthening local food production and food systems.
 - Number of food systems initiatives implemented.
 - Resources/Evidence:
 - MCH Evidence Center evidence tool on [Local Food Production](#).
 - [Food Policy Networks](#)

Food Sufficiency

Strategy #3: Support increased access and use of nutrition assistance programs.



Strengthen and expand access to the Supplemental Nutrition Assistance Program (SNAP) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). These programs can ensure that more eligible families have access to adequate nutrition.

Example Local Level Projects/Work

- **Example A:** Partner with healthcare providers to screen patients for program eligibility, for example using community health workers to dispel misconceptions and simplify the application process.
 - Possible activities related to this project/work:
 - Identify healthcare providers in which to partner for screening patients for eligibility.
 - Support healthcare provider's needs to screen for eligibility, for example train community health workers to train and dispel misconceptions and simplify the application process.
 - Track referrals and address any identified barriers.
 - Possible measures related to this project/work:
 - Number of healthcare providers who integrate food program eligibility screening into their practices.
 - Percent of eligible individuals and families enrolled in nutrition assistance programs.
 - Resources/Evidence:
 - MCH Evidence Center evidence tool on [Expanded Nutrition Assistance Programs](#).
 - [SNAP Online Training](#)
- **Example B:** Participate in cross-sector partnerships and referral networks to connect nutrition assistance program participants with complementary services and resources that address non-medical influences on health.
 - Possible activities related to this project/work:
 - Identify partners, referral networks and community resources.
 - Collaborate between government agencies, community organizations, and healthcare providers to address enrollment barriers and increase access.
 - Conduct outreach efforts in the community.
 - Possible measures related to this project/work:
 - Number of partnerships led by Title V formed among nutrition assistance programs, community organizations, and service providers to streamline enrollment process and improve usability.
 - Number of cross-sector partnerships and referral networks led by Title V established to connect nutrition assistance program participants with

complementary services and resources that address non-medical influences on health.

- Resources/Evidence:
 - MCH Evidence Center evidence tool on [Expanded Nutrition Assistance Programs](#).

Food Sufficiency

Strategy #4: Improve access and use of school, after school, and summer meal programs.



Support school meal programs, such as the National School Lunch Program and the School Breakfast Program to increase participation rates, reduce stigma associated with free and reduced-price meals, and expand afterschool and summer meal programs to help bridge the gap in access to nutritious meals during summer months when school is out. Supporting school meal programs involves a multi-faceted approach aimed at strengthening existing initiatives, and collaboration

between schools, families, and community organizations to address participation barriers.

Example Local Level Projects/Work

- **Example A:** Raise the visibility and useability, and decreasing stigma associated with school meal programs.
 - Possible activities related to this project/work:
 - Identify and develop partnerships.
 - Collaborate with partners (schools, families, community organizations) to develop a plan to address school meal program access or participation barriers.
 - Plan could include implementing streamlined application processes, promoting breakfast in the classroom to normalize participation, or supporting expanded after-school meal program.
 - Conduct outreach with families.
 - Possible measures related to this project/work:
 - Number of partnerships established between schools, food service providers, community organizations, and local farms to enhance the quality and appeal of school meals.
 - Percent of school districts with increases in school meal participation rates from previous school year.
 - Resources/Evidence:
 - [Oregon Department of Education Child Nutrition Programs](#)
 - MCH Evidence Center evidence tool on [School Meal Programs](#)
- **Example B:** Support recruitment of community sites and sponsors to participate in summer meal programs, particularly in areas facing significant food insecurity.
 - Possible activities related to this project/work:

- Identify and develop partnerships for collaboration, including families.
- Partner with local organizations such as local libraries and parks to host meal distribution sites.
- Collaborate with schools to distribute flyers and applications during the spring semester before summer break.
- Conduct outreach on social media to reach families with information about program locations and eligibility.
- Possible measures related to this project/work:
 - Number of community sites and sponsors recruited to participate in summer meal programs, particularly in areas facing significant food insecurity.
 - Number of partnerships established between summer meal programs, schools, community organizations, and local food producers to enhance meal quality and programming.
 - Number of children and families participating in summer meal programs who report high levels of satisfaction, enjoyment, and social well-being associated with the program experience.
- Resources/Evidence:
 - [Oregon Department of Education Child Nutrition Programs](#)
 - MCH Evidence Center evidence tool on [Community Based Summer Meal Programs](#)

Food Sufficiency

Strategy #5: Increase Tribal food sovereignty through increasing access to traditional foods.



Supporting indigenous knowledge of plants, land and natural environment to maintain and improve health and quality of life as historical disruptions to traditional food systems have negatively impacted food sovereignty and health. Training and technical assistance for Tribal food sovereignty is a mechanism for Tribes to build their capacity to address food insecurity.

Example Local Level Projects/Work

- **Example A:** Train Tribal members, using community-centered training, in food preservation techniques for indigenous foods.
 - Possible activities related to this project/work:
 - Develop partnerships including but not limited to Food Distribution Program on Indian Reservations (FDPIR).
 - Conduct educational outreach about food sovereignty and indigenous foods.
 - Provide culturally specific traditional foods and food preservation workshops.
 - Tribal-specific training based on their unique needs and request.
 - Provide community-centered education to build a cohort of community food preservers.

- Support training for community members to obtain OSU food preservation certification.
- Involve both youth and elders in classes, support families and keep traditional practices.
- Include education in both nutrition and food safety.
- Use of Tribal Seasonal Rounds to determine when, where and what food will be preserved.
- Food preservation workshops include traditional and modern techniques: freezing, dehydration, pickling, water-bath/steam canning, pressure canning, freeze drying and fermenting.
- o Possible measures related to this project/work:
 - Number of participants trained in food preservation techniques.
 - Number of participants who become certified food preservers.
- o Resources/Evidence:
 - [USDA Indigenous Food Sovereignty Initiative](#)

Food Sufficiency

Strategy #6: Collaborate with healthcare providers to screen for and address food sufficiency.



Collaborate with healthcare providers, such as pediatricians and family doctors, in screening for and addressing food insufficiency and the implementation of food pantries in the clinical setting. By integrating screenings for food insecurity into routine medical visits, healthcare professionals can identify individuals and families who need additional support and connect them with vital resources and support services.

Example Local Level Projects/Work

- **Example A:** Provide training for health care providers about food insecurity and supporting client needs in a culturally sensitive and appropriate way.
 - o Possible activities related to this project/work:
 - Identify health care providers to support through training.
 - Develop training plan for health care providers including who will provide training, best practices and how to support clients.
 - o Possible measures related to this project/work:
 - Number of healthcare providers and practices engaged in collaborations with Title V to screen for and address food insufficiency among their patient populations.
 - Percent of healthcare team members who receive training on best practices for sensitively and effectively screening for and addressing food insufficiency.
 - o Resources/Evidence:
 - MCH Evidence Center evidence tool on [Collaboration with Healthcare Providers](#)
 - [Screen and Intervene: A Toolkit for Pediatricians to Address Food Insecurity](#)

- [Food Security: Professional Tools and Resources](#) tools and resources from the American Academy of Pediatrics to help providers address childhood food insecurity.
- **Example B:** Partner with healthcare systems and payers to establish formal partnerships and referral pathways with community-based food assistance programs and social service agencies.
 - Possible activities related to this project/work:
 - Develop partnerships with providers, food assistance programs, social service agencies and payers of services.
 - Engage with partners to identify desired outcome for a formal partnership such as through a MOU between organizations.
 - Develop method and timeline to achieve desired partnership outcome.
 - Possible measures related to this project/work:
 - Number of healthcare systems and payers partnered with Title V that establish formal partnerships and referral pathways with community-based food assistance programs and social service agencies.
 - Resources/Evidence:
 - MCH Evidence Center evidence tool on [Collaboration with Healthcare Providers](#)
 - [Food Security: Professional Tools and Resources](#) tools and resources from the American Academy of Pediatrics to help providers address childhood food insecurity.

Additional Food Sufficiency Resources:

- [Food and Nutrition Security Primer](#)
- [Childhood Food Security online course](#) is a free online course developed in partnership with the Childhood Hunger Initiative of Oregon. It takes about 1 hour to complete.
- [Community Engagement](#) by Tamarack Institute