

Oregon Title V MCH Strategies: Food Insecurity

What Is Food Security?

Food security for a household is access by all members at all times to enough food for an active, healthy life. Food security includes at a minimum:

- The ready availability of nutritionally adequate and safe foods
- Assured ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies)

....and Food Insecurity?

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.


What is Hunger?

Hunger is a potential consequence of food insecurity that, because of prolonged, involuntary lack of food, results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation. USDA uses the description “very low food security”.

Food insecurity is a household-level economic and social condition of limited access to food, while hunger is an individual-level physiological condition that may result from food insecurity.

Strategy Number	Strategy name/brief description	Sample local level activities	Implementation Resources
1	Screen clients for food insecurity and provide referrals for food assistance	<p>INDIVIDUAL</p> <p>Implement a validated food insecurity screening tool, such as Hunger Vital Sign</p> <ul style="list-style-type: none"> • Screen in programs such as Home Visit, WIC & School-Based Health Centers 	<p>Hunger Vital Sign</p> <p>Hunger Vital Sign Translation English to Spanish</p> <p>WIC Food Insecurity Resources (scroll down)</p> <p>Childhood Hunger Screening & Intervention Algorithm</p>

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		<p>Address client risk factors that may increase vulnerability to health impacts of food insecurity</p> <ul style="list-style-type: none"> • access to food, stress, disability, poverty, social determinants of health • tailor treatment plans for those identified at risk <p>Link clients / families to resources</p> <ul style="list-style-type: none"> • federal and community-based food assistance, education classes (e.g. Cooking Matters) and related benefits <p>Provide food prescription (e.g. fruit & veggie prescription) / medically-tailored meal program for vulnerable populations</p> <ul style="list-style-type: none"> • food insecure, chronic conditions, malnutrition, homebound <p>COMMUNITY / INSTITUTIONAL</p> <p>Conduct food insecurity screening across a target population</p> <ul style="list-style-type: none"> • e.g. school or program • evaluate status through aggregated data 	<p>Addressing Food Insecurity: A Toolkit for Pediatricians</p> <p>Nutrition Supports for Health Clinics – a toolkit with great resources that is downloadable after registering</p> <p>Food Insecurity, Chronic Disease, and Health Among Working-Age Adults</p> <p> talking to patients.pdf</p> <p>211info for Oregon and SW Washington</p> <p>Federal nutrition programs and emergency food referral chart</p> <p>Summer Food in Oregon</p> <p>Wholesome Wave Fruit and Vegetable Prescription Program</p> <p>Gorge Grown Veggie Prescription</p> <p>CSA Partnership for Health at Zenger Farm</p> <p>ProMedica Food Pharmacy Ohio</p>

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		<p>Support / promote community partners to conduct screening</p> <ul style="list-style-type: none"> • FQHC, liaisons for homeless persons, community health workers (Oregon Food Bank can provide training) <p>Promote health care facilities to implement universal food insecurity screening</p> <ul style="list-style-type: none"> • embed social determinants of health into EHR (Electronic Health Record) <p>Provide training to improve referral/intervention</p> <ul style="list-style-type: none"> • SNAP outreach training to all staff • About the continuum of nutrition assistance programs <p>Establish referral pathways to community resources & food assistance programs</p> <ul style="list-style-type: none"> • SNAP, WIC, child care and school nutrition programs, food pantries & other related income-supporting programs 	<p>Supplemental Nutrition Assistance Program (SNAP) community partner outreach toolkit</p> <p>SNAP/Food Stamps Outreach and Access Toolkit</p> <p>SNAP online training</p>

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4	Support or provide food security education	<p>COMMUNITY / INSTITUTIONAL</p> <p>Sponsor education programs in the community</p> <ul style="list-style-type: none"> • <i>Cooking Matters, Seed to Supper</i> and community garden programs • Ensure programs are culturally appropriate for audience, and foods highlighted in classes are accessible at low cost and in food pantries • Support cooking / nutrition classes that include both parents and children, or target children when parents are in a cooking class <p>Reduce barriers to class attendance through enabling services</p> <ul style="list-style-type: none"> • provision of child care during class time • transportation <p>Sponsor community-based education and outreach campaign</p> <ul style="list-style-type: none"> • SNAP, School Meals and WIC <p>Provide training for health care staff about food insecurity & related issues to address client needs in a culturally sensitive & appropriate way</p>	<p>Cooking Matters and Cooking Matters at the Store</p> <p>Seed to Supper</p> <p>Farm and Food Program, Family Nurturing Center</p> <p>Food Hero</p> <p>What's Cooking? USDA Mixing Bowl</p> <p>ChooseMyPlate</p> <p>Illuminating Intersections: Hunger and Health Video with accompanying discussion guide and toolkit</p> <p>WIC Food Insecurity Resources (scroll down)</p>

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		<ul style="list-style-type: none"> • Support professional continuing education about Childhood Food Insecurity through online course • Provide outreach training on SNAP, School Meals Campaigns • Provide training on Motivational Interviewing, Trauma-Informed Care 	Childhood Food Insecurity online course
5	Advocate, support or develop partnerships for accessibility to healthy & affordable food (consider wide array of partnerships beyond public health and food advocacy groups)	<p>COMMUNITY / INSTITUTIONAL</p> <p>Advocate for array of programs available to help clients / families meet nutrition needs and fully access benefits available to them</p> <ul style="list-style-type: none"> • support WIC participation until child enters school • Develop a pilot program to fund community health worker / social services navigator in clinics <p>Sponsor / host volunteers or interns to work on food insecurity projects, outreach and strengthen partnerships</p> <ul style="list-style-type: none"> • Host an AmeriCorps VISTA volunteer • Partner with local colleges to create paid food security internships 	<p>Theory of Action: Community Collective Impact Process</p> <p>Chart of Federal Nutrition Programs</p> <p>AmeriCorps VISTA</p>

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		<p>Actively engage with community partners to</p> <ul style="list-style-type: none"> • Sponsor or attend a community F.E.A.S.T. (Food, Education, Agriculture Solutions Together) workshop, hosted by the Oregon Food Bank across the state • Develop community partnerships to understand & address social determinants of health in role of hunger, poverty & chronic diseases, and to build a strong & equitable food system • Do asset mapping of the community to use the information in planning [see RARE program mentioned below] • Conduct an education campaign about values & benefit of an equitable food system • Advocate for food security as a key health care strategy, and for improving health care understanding of the nutrition assistance continuum to reduce hunger & poverty 	<p>F.E.A.S.T.</p> <p>Illuminating Intersections: Hunger and Health Video with accompanying discussion guide and toolkit</p> <p>Healthy Communities CHANGE Action Guide</p> <p>Asset Mapping Toolkit</p> <p>Berkeley Media Studies Group –how to use mass media to improve public health</p> <p>Addressing Food Insecurity in Health Care webinar, Oregon health care partnership examples</p> <p>Promoting Food Security for All Children American Academy of Pediatrics Policy Statement</p>

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6	<p>Improve and promote access to healthy and affordable food, including food assistance safety net programs</p>	<p>COMMUNITY / INSTITUTIONAL</p> <p>Ensure access to affordable healthy food for all families, including through nutrition assistance programs</p> <ul style="list-style-type: none"> • Collaborate with / support community food assistance programs and address barriers to participation in the community (location, time, transportation, etc.) • Reduce barriers to transportation through support to & from community food resources • Research ways to create a dignified shopping experience at food pantries, e.g. client pays \$2 for a paper bag and fills it up with food • Hold Farm Bill related education/listening sessions in your community and connect with statewide network of advocates working on Farm Bill related policy <p>Conduct outreach and education</p> <ul style="list-style-type: none"> • Promote / expand outreach for food assistance programs in the community 	<p>Chart of Federal Nutrition Programs</p> <p>SNAP online training</p> <p>Archived webinar: Prevention Research Centers and Public Health Partnerships to Improve Access to Nutrition in Communities</p> <p>Farm and Food Program, Family Nurturing Center</p> <p>Healthy Food Access portal that provides resources for local use for starting or improving access to healthy foods</p> <p>Supplemental Nutrition Assistance Program (SNAP) community partner outreach toolkit</p> <p>SNAP/Food Stamps Outreach and Access Toolkit</p>

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		<ul style="list-style-type: none"> • Conduct a public education initiative to remove the stigma associated with getting food assistance <p>Promote access to fruits and vegetables</p> <ul style="list-style-type: none"> • Increase funding and/or promote Farm Direct vouchers to make local produce more affordable for WIC & senior participants • Increase the availability of and access to Oregon grown fruits & vegetables in the home, community and in places where children learn <p>Engage in local needs assessment process</p> <ul style="list-style-type: none"> • Participate in the community health needs assessment that local hospitals are required to perform & participate in the development of the community plan • Conduct a school-based self-assessment or support students doing an environmental scan about 	<p>Berkeley Media Studies Group –how to use mass media to improve public health</p> <p>Farm Direct Nutrition Program-Oregon WIC Program</p> <p>Oregon Department of Agriculture Farm Direct Programs</p> <p>Double Up Food Bucks- Portland Area</p> <p>Community Food Assessment</p>

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		<p>school food policies and procedures</p> <ul style="list-style-type: none"> ○ Food Corps member may be a resource to connect schools and public health <p>Engage in local planning or policy process</p> <ul style="list-style-type: none"> ● Establish a county / region food policy council and provide support or staff ● Integrate food system, health & equity recommendations into local zoning, land use & public planning documents ● Partner with Oregon Food Bank and RARE AmeriCorps (Resource Assistance for Rural Environments) in local food assessment, planning & implementation ● Ensure access to healthy food in school through school-based policies e.g. address adequate time for breakfast, lunch after recess, school pantry ● Assess & improve viability & healthy food choices in small rural & urban grocery stores 	<p>Food Corps</p> <p>How to Establish a Food Policy Council</p> <p>Community Food Assessment and RARE</p> <p>Oregon Healthy Schools</p> <p>CDC School Wellness Policy Resources</p> <p>School Bus Food Pantry</p> <p>Healthier Food Retail: An Action Guide for Public Health Practitioners</p>

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		<p>including bodegas, corner stores and convenience stores, especially for areas without access to full-service grocery stores</p> <ul style="list-style-type: none"> • Promote food access through sustainability by supporting food recovery in grocery stores and gleaning programs 	<p>Economic and Community Development-Outcomes of Healthy Food Retail</p> <p>Food Recovery Network</p> <p>EndFoodWaste, e.g. Ugly Fruit & Veggie campaign</p> <p>USDA Gleaning Toolkit</p>
8	Increase economic stability for individuals and families	<p>COMMUNITY / INSTITUTIONAL</p> <p>Promote savings & asset building programs for individuals and families</p> <p>Promote and provide outreach about income-support programs</p> <ul style="list-style-type: none"> • EITC (Earned Income Tax Credit) with families • Promote EITC and free tax filing assistance at community clinics during tax season; host an AmeriCorps VISTA volunteer as part of their year-long service 	<p>Earned Income Tax Credit video</p>