

# PERSONAL FINANCE NEWSLETTER



## Food Access for Military Families

By Molly C. Herndon, MS

Food insecurity, defined as having limited access or limitations to food, is a problem that affected families long before the financial impact of COVID-19. Many families are experiencing hard times right now and spending money on nutritious and wholesome food may not be a top priority.

The United States Department of Agriculture (USDA) [reported](#) that in 2018, 37 million Americans were living in food-insecure households, and a 2018 [study](#) by the Center on Budget and Policy Priorities showed that around 1.3 million Veterans were living in a household that relied on SNAP benefits to supplement their food intake. A [2015 study](#) found that about 27% of Veterans who had served in Iraq or Afghanistan wars were food insecure with 12% reported having very low food security.

However, recognizing food insecurity among the families you serve may not be as easy as you might expect. Personal Finance Managers can screen clients for food insecurity by asking how often the following two statements were true over the last 12 months:

1. I worried whether my food would run out before I got money to buy more.
2. The food I bought just didn't last, and I didn't have money to get more.

Many programs are available nationally to help:

- [SNAP-Ed](#) provides resources for consumers and educators including information about nutritious food and how to stretch food dollars.
- The USDA Cooperative Extension System provides [state-by-state](#) research, educational resources and programming to alleviate food insecurity.
- The Defense Commissary Agency (DeCA) [partners](#) with organizations to provide local hunger relief initiatives, such as the [USDA Feds Feed Families](#) program that organizes food pantries and food drives and has delivered millions of pounds of food to families in need since 2009.
- Feeding America operates a national network that works to reduce food waste and increase access to nutritious foods. Their website has a [search tool](#) for finding nearby food banks.

Join our Oct. 27 webinar, Resources for Addressing Food Access for Military Families to learn more about this important issue.

## Welcome

Mark your calendars for two professional development opportunities this month. On [Oct. 27](#), make plans to join Resources for Addressing Food Access in Military Families.

The second session of the [Military Family Readiness Academy](#) is on [Oct. 28](#). This webinar will focus on Impacts and Responses in Disaster and Hazard Readiness.

Both webinars offer 1.5 CEUs for AFCs and CPFCS!

## Mark Your Calendar!

CEUs will be offered for  
AFCs, CPFCS, CFLEs.

OCT  
27 [Resources for Addressing  
Food Access for Military  
Families](#)

DEC  
8 [2020 Personal Finance Year  
in Review](#)

JAN  
26 [Ethical Considerations  
During Challenging Times](#)

Watch recorded webinars and earn CEUs from events presented within the past 3 years.

[militaryfamilieslearningnetwork.org/personal-finance/webinars/](https://militaryfamilieslearningnetwork.org/personal-finance/webinars/)

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