

# Food Security in Focus

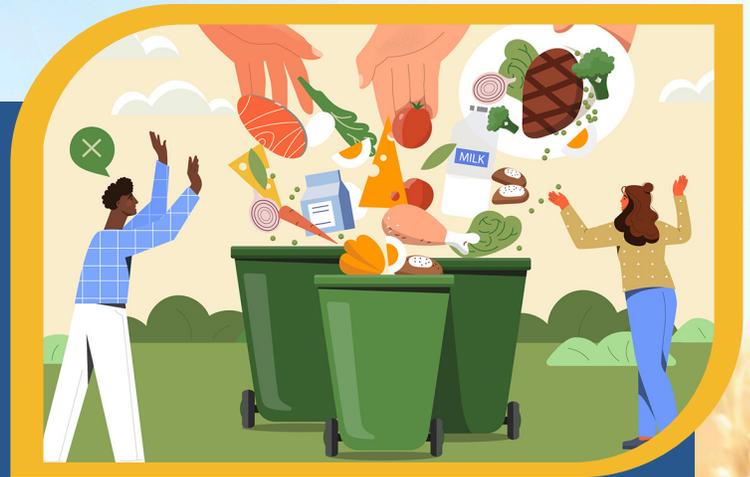
## MILITARY FAMILY READINESS ACADEMY 2023

Expanding food security for our military family population by mobilizing family service professionals at federal, state, and local levels to work together on this issue.

Learn more at: <https://oneop.org/mfra/foodsecurity/>

22 FEBRUARY 2023

11 AM - 12 PM ET



# Waste Not, Want Not: Reducing Food Waste in Your Communities

## DESCRIPTION

In the United States, approximately 30-40 percent of edible food goes to waste (USDA, 2021). Most people don't realize how often they waste food and the immediate and long-term impacts it can have for food security and the environment. With rising food prices, many of us are looking for ways to stretch our food budgets – one place to start is by reducing the amount of food that we throw out. Food waste at home often happens in small amounts: uneaten leftovers, bread that molds before it is eaten, or milk that spoils before we can drink it. This webinar focuses on home food waste and how we can minimize it. Discover the types of food most often wasted and how making some simple changes in how we shop, cook, and store food can help stretch your food resources and budget.

## PRESENTER

**Jenna Anding, PhD, RD, LD**  
*Professor & Extension Specialist*  
Department of Nutrition  
Texas A&M AgriLife Extension Service

## EVENT PAGE

<https://oneop.org/event/134967/>

## CONTINUING EDUCATION

- **Social Work, LPC, LMFT:**  
Programming approval for 1.0 CE credits will be obtained for Social Work, Licensed Professional Counselors, and Licensed Marriage & Family Therapists from the University of Texas at Austin, Steve Hicks School of Social Work.
- **Case Manager:**  
This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hours.
- **Patient Advocate:**  
This program has been pre-approved by the Patient Advocate Certification Board to provide continuing education credit to Board Certified Patient Advocates (BCPA). The course has been approved for a total of 1.0 CE contact hour, of which 0.0 are in the area of Ethics.
- **Certificates of Attendance**  
are available for providers interested in documenting their training activities.
- **Certified in Family & Consumer Sciences (CFCS):**  
This program is currently seeking approval of 1.0 CE credits from the American Association for Family and Consumer Sciences (AAFCS) for CFCS.
- **Certified Nutrition & Wellness Educator (CNWE):**  
This program is currently seeking approval of 1.0 CE credits from the American Association for Family and Consumer Sciences (AAFCS) for CNWE.