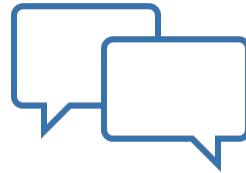


Welcome!



Visit the event page to download a copy of the webinar slides and any additional resources.



Select **'Everyone'** from the drop-down menu when commenting in the chat pod.



Email us if you need tech support or have questions.

Contact@OneOp.org

EVENT PAGE:

<https://oneop.org/event/141481/>



 **OneOp**
Readiness. Knowledge. Network.

Supporting Nutrition Security in Military Families Through a Multilayered Approach

EVENT PAGE:

<https://oneop.org/event/141481/>

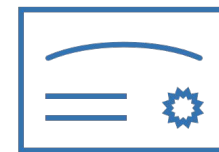


Supporting Nutrition Security in Military Families



Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!

EVENT PAGE:

<https://oneop.org/event/141481/>

Military Family Readiness Academy

June 2023

- Self-paced course for all disciplines
- Live learning events with experts
- Engagement opportunities with colleagues
- Free continuing education credits

OneOp.org/MFRA/FoodSecurity



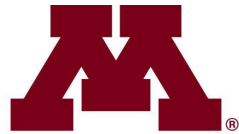


Among our nation's active-duty members and their families, an estimated 24% are food insecure.

Food Security in Focus!



Today's Facilitators



UNIVERSITY OF MINNESOTA
EXTENSION

Noelle Harden

Health & Nutrition Educator
University of Minnesota Extension



EVENT PAGE:

<https://oneop.org/event/141481/>



Today's Facilitators



Sherrill Knezel

Graphic Recorder, Illustrator, Art Educator
<https://www.meaningfulmarks.net/>



Today, we hope you will

- Understand why nutrition security is important for military families
- Explore the Spectrum of Prevention as a framework to address nutrition security through a range of complementary approaches
- Exchange ideas with others about how to support military families in accessing safe, affordable, healthy, and culturally based food

We are a team today



University of Minnesota Extension

We have the unique opportunity to learn from one another and create a beautiful vision of nutrition security for military families today.

Your engagement is key.

Personal reflection

What words, images or stories come to mind when you think about **nutrition security**?



N Harden

My personal reflection



N Harden



N Harden

My family's reflection



N Harden



N Harden

Nutrition and National Defense

Research by Hannah LeBlanc explores the deep and often invisible connections between the history of the military and modern American nutrition



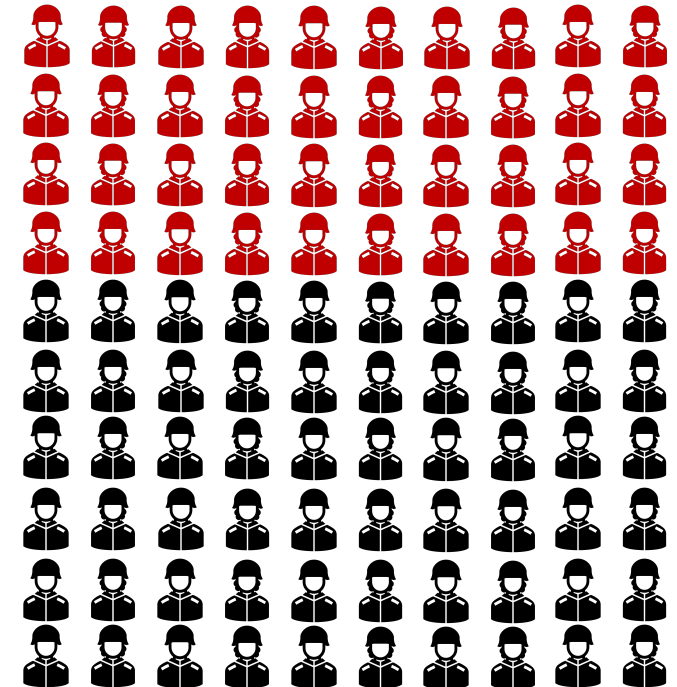
iStock

(<https://news.stanford.edu/2019/01/17/historian-traces-militarys-influence-modern-american-nutrition/>)

Nutrition Security and National Security

“In 1945, military leaders testified to Congress that as many as **40 percent** of recruits were rejected during World War II due to malnutrition.”

(2020 Council for a Strong America;
<https://www.strongnation.org/articles/1335-breaking-point>)



N. Harden

Military readiness & school lunch

1946: Richard B. Russell National School Lunch Act

“It is hereby declared to be the policy of Congress, **as a measure of national security**, to safeguard the health and well-being of the Nation’s children and to encourage the domestic consumption of nutritious agricultural commodities and other food, by assisting the States, through grants-in-aid and other means, in providing an adequate supply of foods and other facilities for the establishment, maintenance, operation, and expansion of nonprofit school lunch programs.”

(<https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>)

Black panthers & school breakfast



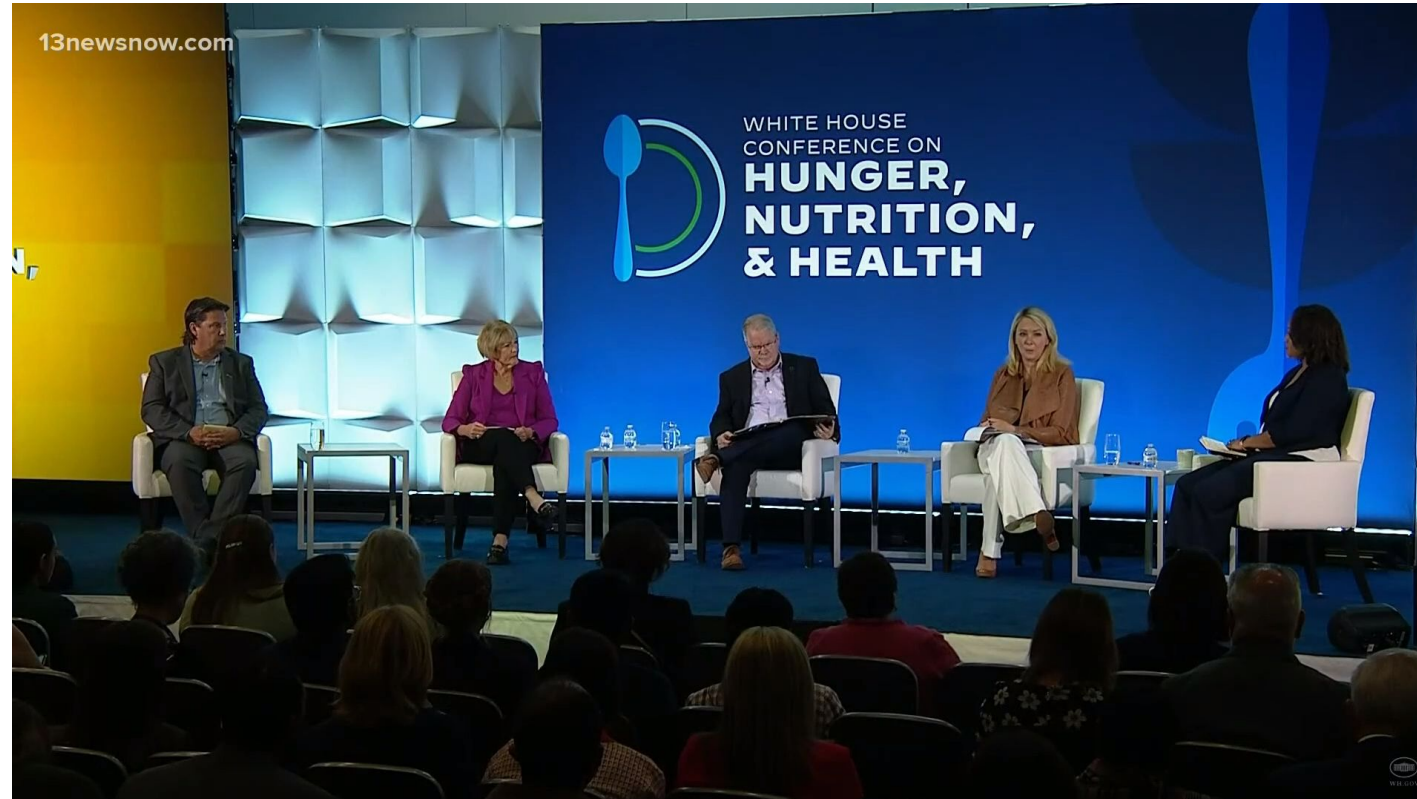
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Evelyn Hockstein/Washington Post via Getty Images

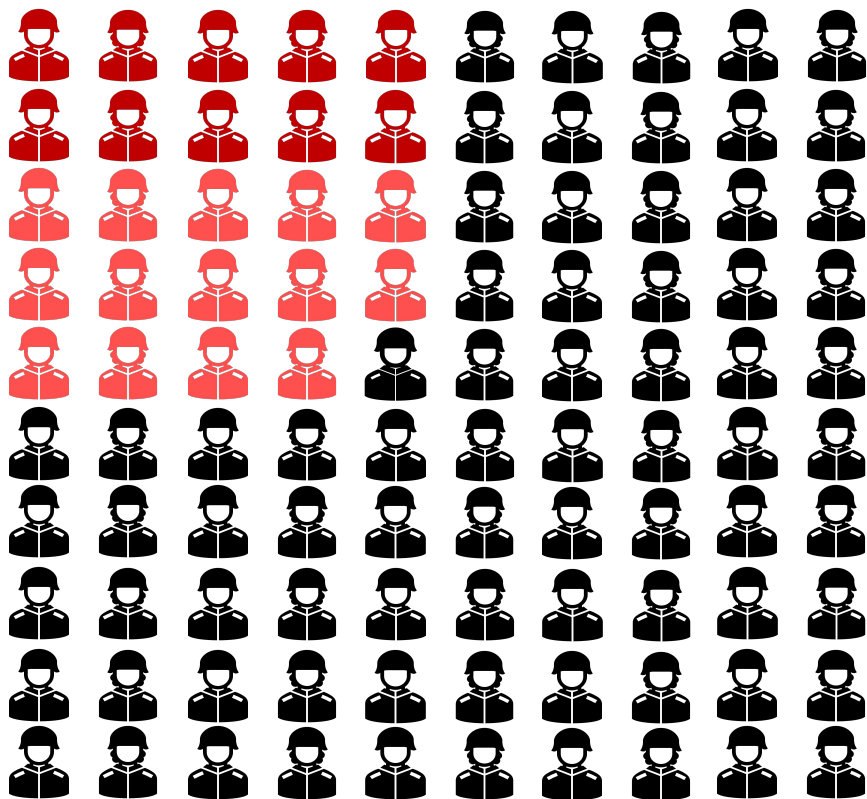
(<https://www.eater.com/2016/2/16/11002842/free-breakfast-schools-black-panthers>)

White House Conferences: 1969 & 2022



(<https://www.13newsnow.com/article/news/national/military-news/military-food-insecurity/291-303f7c0b-fedf-4f75-b9ad-3dbd198f1531>)

Food Insecure Active-duty Personnel



N Harden

24% Food Insecurity Rate (2020)

- **14%** Low Food Security
- **10%** Very Low Food Security

(Food security of active duty members: Results from 2020 status of forces survey of active duty members (SOFSA))

Of the 1 in 4 Food Insecure (2018)

- **9%** used the WIC Program
- **6%** visited a food pantry
- **<2%** used SNAP

(RAND: Food Insecurity Among Members of the Armed Forces and Their Dependents; 2023)

Food security vs nutrition security



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

USDA ACTIONS ON NUTRITION SECURITY

WHAT IS NUTRITION SECURITY?

Consistent access to nutritious foods that promote optimal health and well-being for all Americans, throughout all stages of life.



HOW DOES NUTRITION SECURITY BUILD ON FOOD SECURITY?

Food security is having *enough* calories.
Nutrition security is having the *right* calories.

USDA

Mission Readiness Today

“ We must ensure that federal nutrition programs continue to provide fresh and nutritious foods for children, during the pandemic and beyond.”

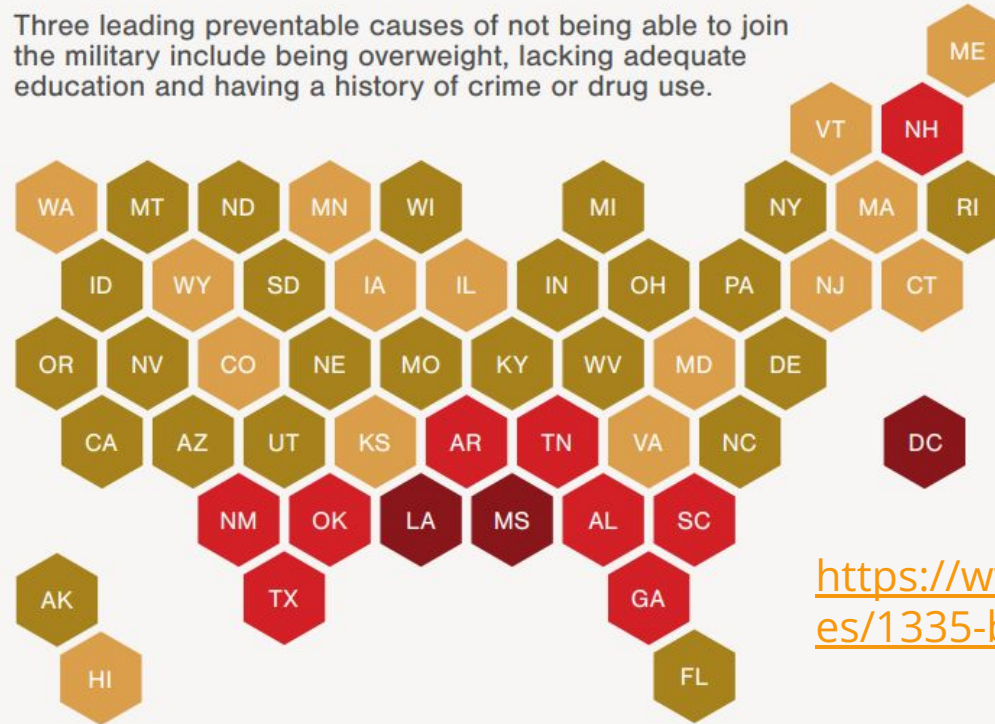


Admiral (Ret.) James Stavridis
U.S. Navy, NATO Supreme Allied Commander, 2009-2013

Council for a Strong America

Many young Americans are not eligible to join the military

Three leading preventable causes of not being able to join the military include being overweight, lacking adequate education and having a history of crime or drug use.



71%
of young Americans aged 17 to 24 are ineligible for military service

<https://www.strongnation.org/articles/1335-breaking-point>

PERCENT INELIGIBLE TO JOIN THE MILITARY (AGES 17-24)

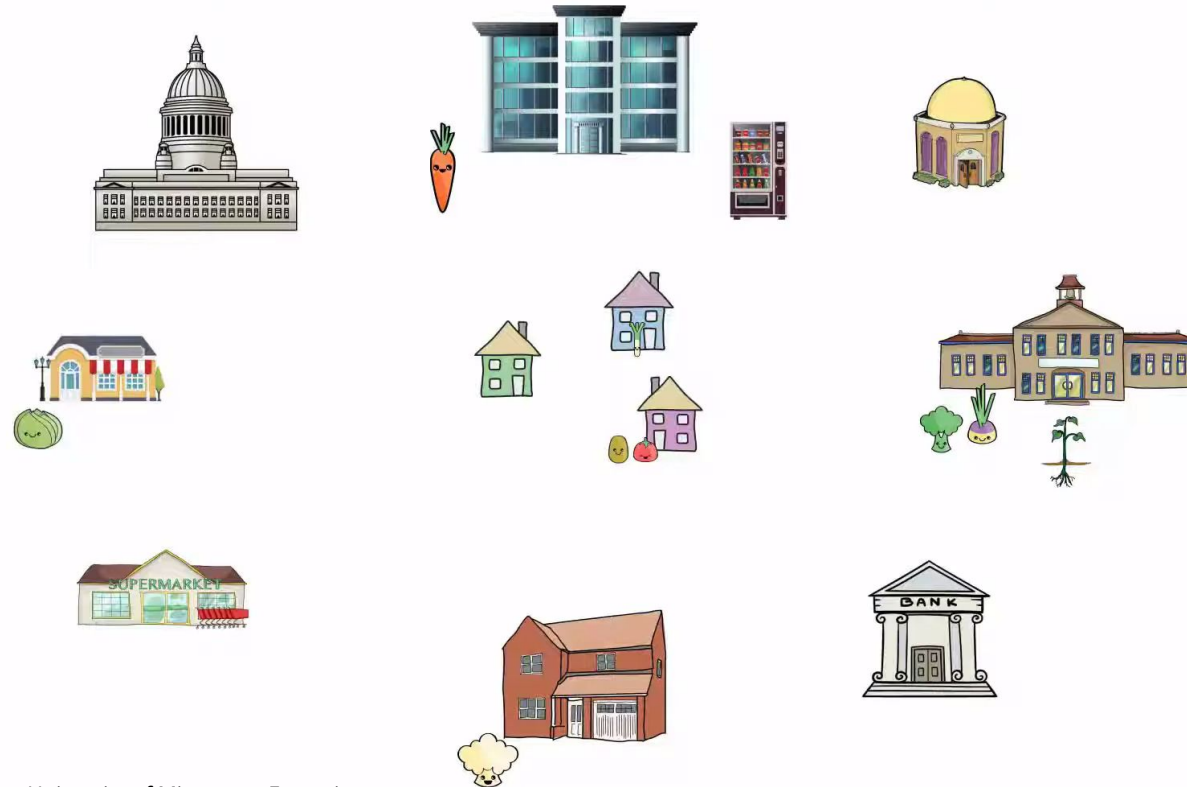


We often focus on the individual



Alexander Hafemannon|Unsplash

When a systems approach is needed



University of Minnesota Extension

(University of Minnesota Extension;
<https://www.youtube.com/watch?v=3f9hc6FRe7c>
<https://extension.umn.edu/nutrition-education/systems-approaches-healthy-communities#organizations-purchase-the-program-682810>)

Spectrum of Prevention

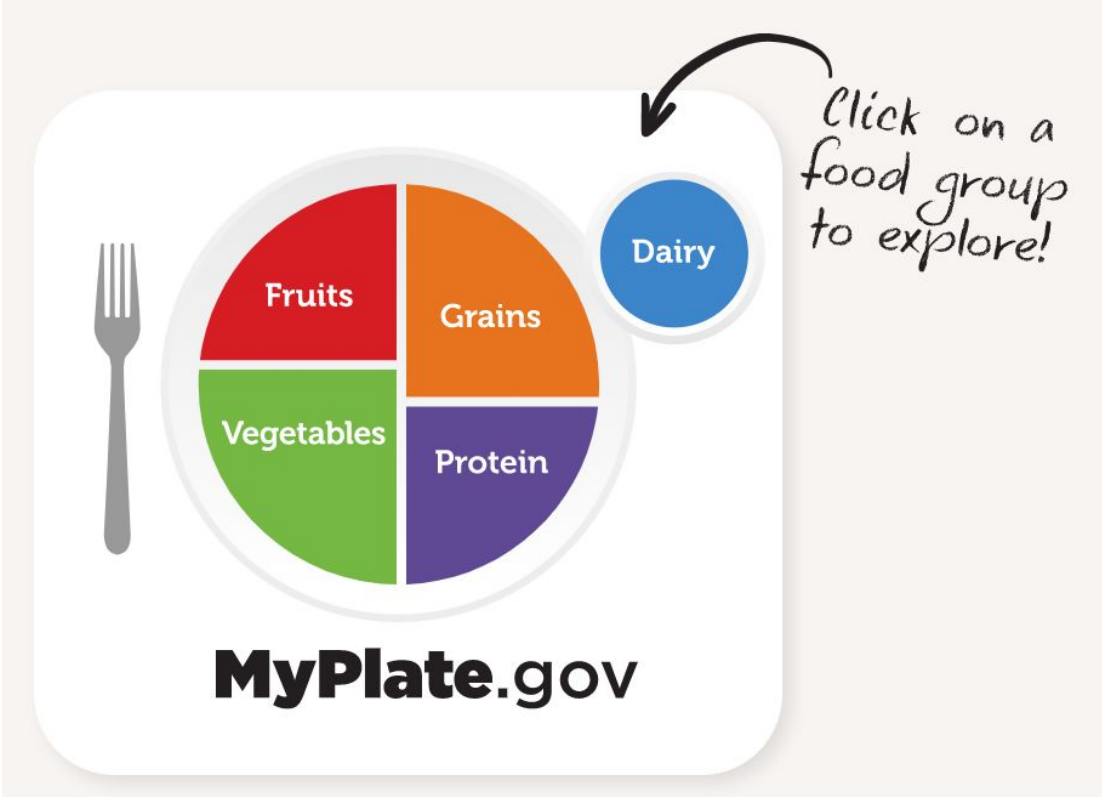
The Spectrum of Prevention



Prevention Institute

(Prevention Institute;
<https://www.preventioninstitute.org/tools/spectrum-prevention-0>)

Strengthen Individual Knowledge & Skills



USDA



University of Minnesota Extension

In the chat

What could help military families have the **knowledge and skills** to make healthy choices?

Promote Community Education



Food Justice is Social Justice
Fact: 1 in 5
Members of
Military Families
Face Food
Insecurity.

Become an Advocate Today.
Source: <https://lernercenter.syr.edu/2021/05/25/is-49/>

FOOD LIFELINE
HUNGER DOESN'T HAVE TO HAPPEN

Food Lifeline

Get Involved

- Learn More >
- Contributing Factors and Solutions >
- Get Involved >
- Take Action >
- Share Your Story >

Food Lifeline; <https://foodlifeline.org/militaryfamilyhunger/>

In the chat

What **community education** efforts could help military families have healthy choices?

Educate Providers

The screenshot shows the top portion of the OneOp website. The header includes the OneOp logo with the tagline "Readiness. Knowledge. Network." on the left. On the right, there are buttons for "Courses" and "Upcoming Webinars", a search icon, and a navigation menu with links for "About", "Discover", "Learn", and "Engage". Below the navigation are social media icons for Twitter, Facebook, LinkedIn, YouTube, and Email. The main banner features a photograph of a man in military camouflage sitting on a porch with a young girl and a young boy. Overlaid on the photo is the text "MAKE A DIFFERENCE WITH MILITARY FAMILIES". At the bottom of the banner, there are two buttons: "BE A POWERFUL PROVIDER" and "POWERFUL PROVIDER MAGAZINE".

OneOp
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[Courses](#) [Upcoming Webinars](#)

[About](#) [Discover](#) [Learn](#) [Engage](#)

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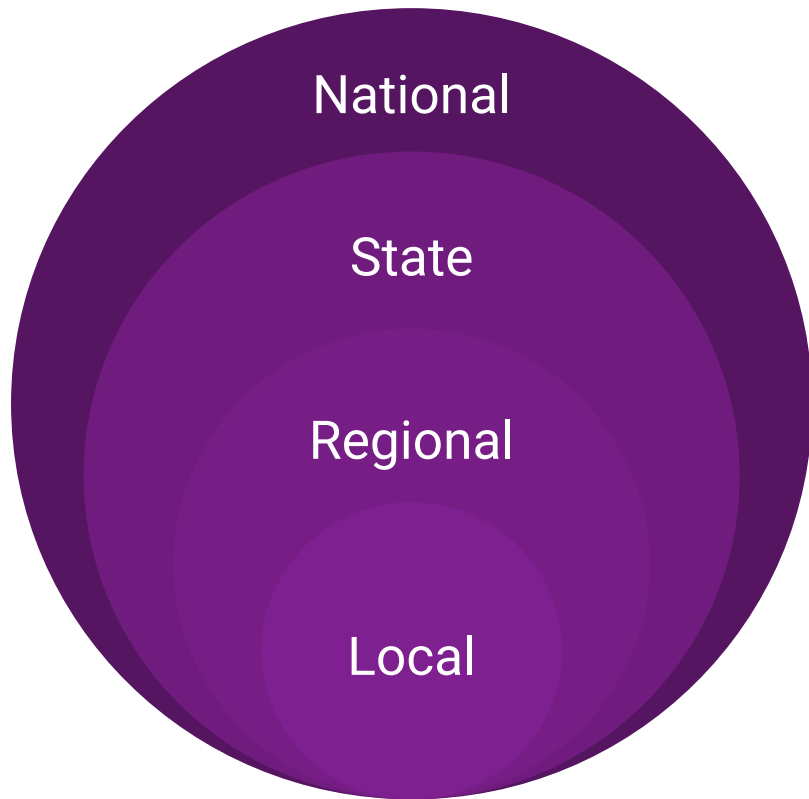
MAKE A DIFFERENCE WITH MILITARY FAMILIES

[BE A POWERFUL PROVIDER](#) [POWERFUL PROVIDER MAGAZINE](#)

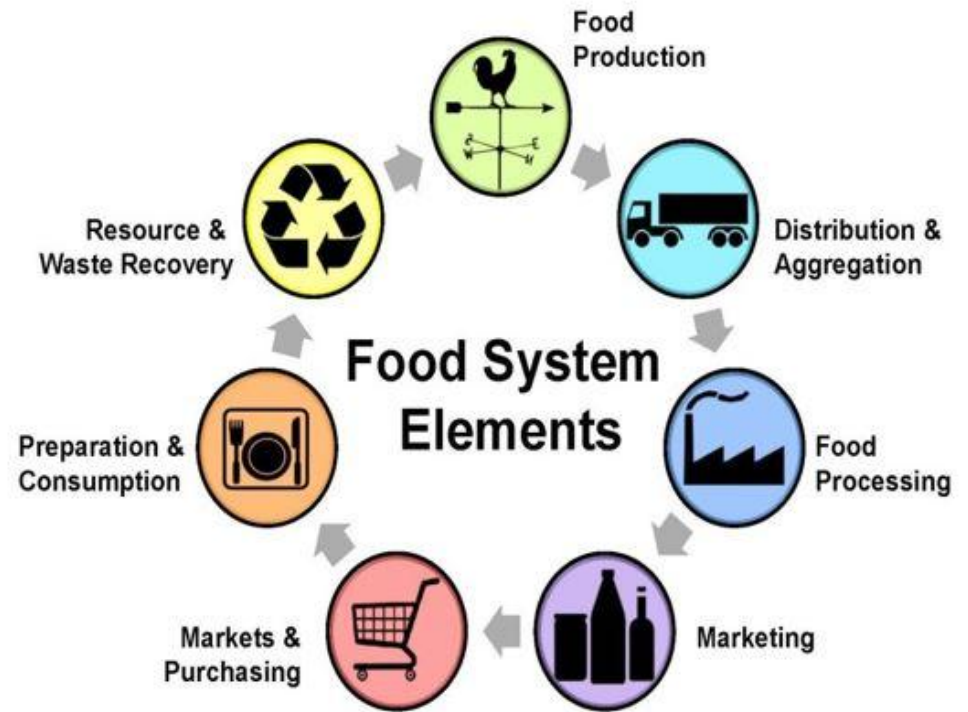
In the chat

How can **service providers** better support the nutritional security of military families?

Foster Networks & Coalitions



N Harden

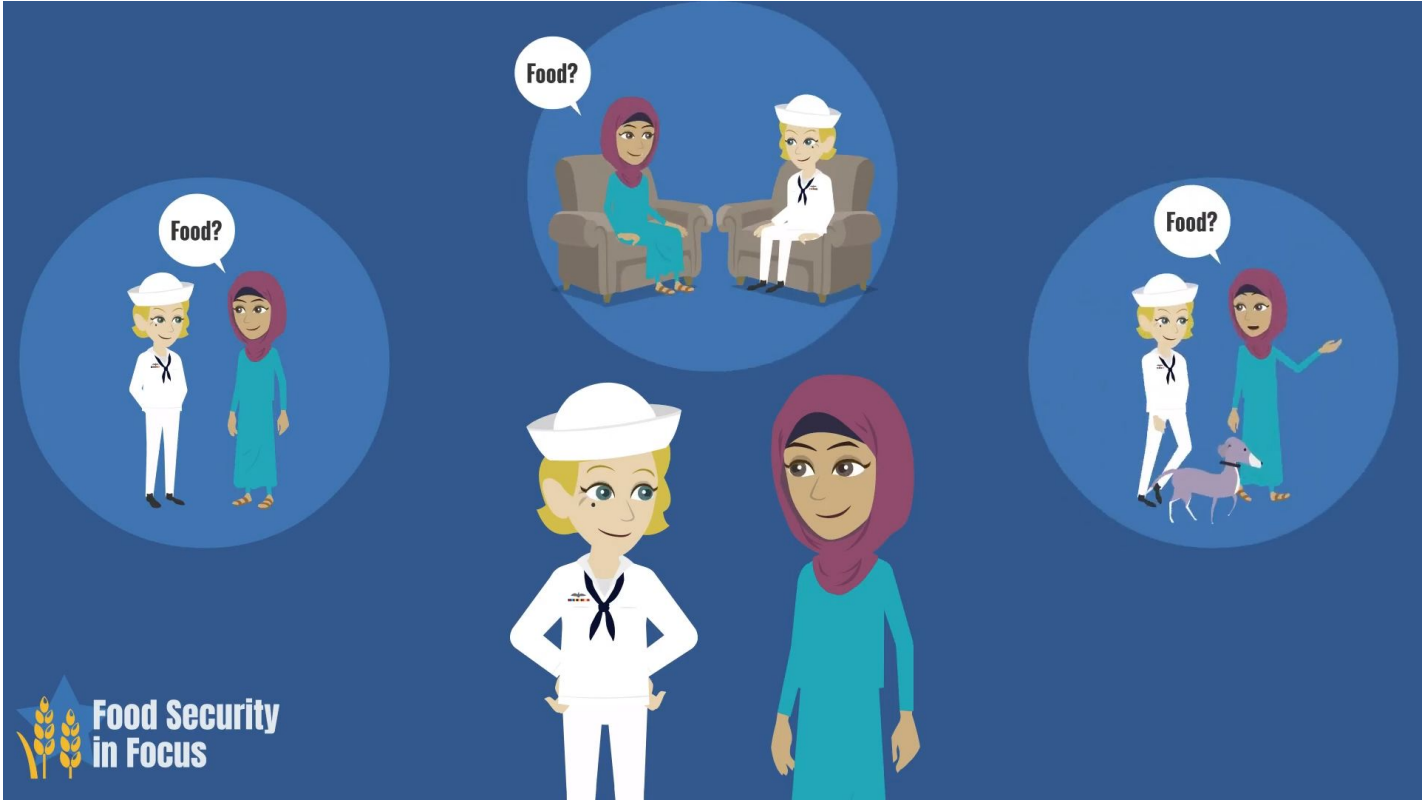


Center for Environmental Farming Systems

In the chat

How can members of **networks and coalitions** work together to improve nutritional security for military families?

Change Organizational Practices



<https://www.youtube.com/watch?v=eVhLUSjaZp8>

Organizational Practices: SuperShelf



SuperShelf

Transforming Food Shelves

Using a multi-step systems change process, SuperShelf works with food shelves to:

- Create a food shelf environment that is client centered, promoting and respecting individual choice
- Increase access to a variety of healthy, culturally appropriate food
- Apply behavioral economic principles promote healthy food choices
- Create an appealing environment by transforming the physical space
- Meet specific SuperShelf standards, methods, and values
- Make the healthiest choice the easiest choice for all

(UMN Extension; <https://www.supershelfmn.org/>)

In the chat

How can **organizations change practices** in order to better support the nutritional security of military families?

Influence Policy & Legislation



Local



State



Federal

Clipartkey

(Asch, et al., 2023; https://www.rand.org/pubs/research_briefs/RBA1230-1.html)

School meals still on the policy menu

Students celebrate with Gov. Tim Walz after signing the free school meals bill at Webster Elementary in northeast Minneapolis on Friday.



MPR News | Cr: Ben Hovland

Cities, Counties, School Districts

NEWS MOORHEAD

Moorhead residents may soon be able to own backyard chickens

If the ordinance ultimately passes, Moorhead residents will have the option to keep chickens and one breed of duck within city limits.



Fargo Forum

BUSINESS

Halal meat processing facility in Glyndon clears initial barrier with county approval

Moorhead school leaders discuss policy changes surrounding school lunch

The rule change will be brought up again at the next board meeting in two weeks.

NEWS FARGO

Speaker to discuss food-access issues, solutions in Fargo

NEWS FARGO

Fargo's boulevard garden program to become permanent

Final details will be voted on later to eliminate regulations and encourage participation



In the chat

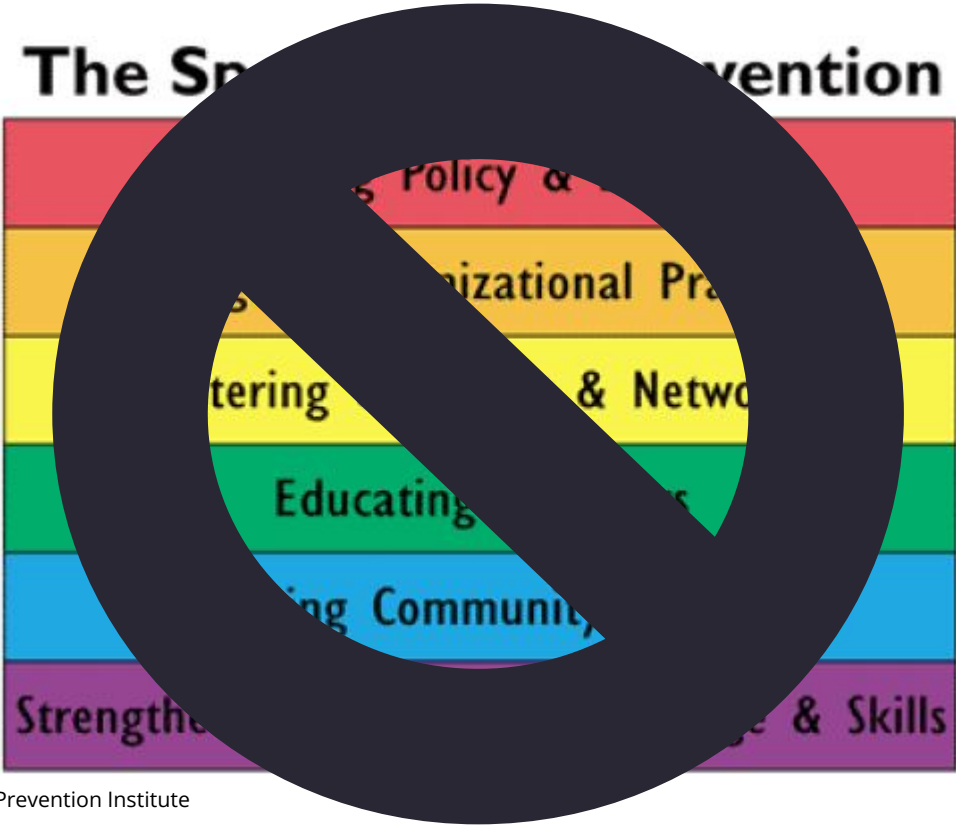
How could **public policies** (local, state, and federal) better support the nutritional security of military families?

Systems Approaches for Healthy Communities



University of Minnesota Extension

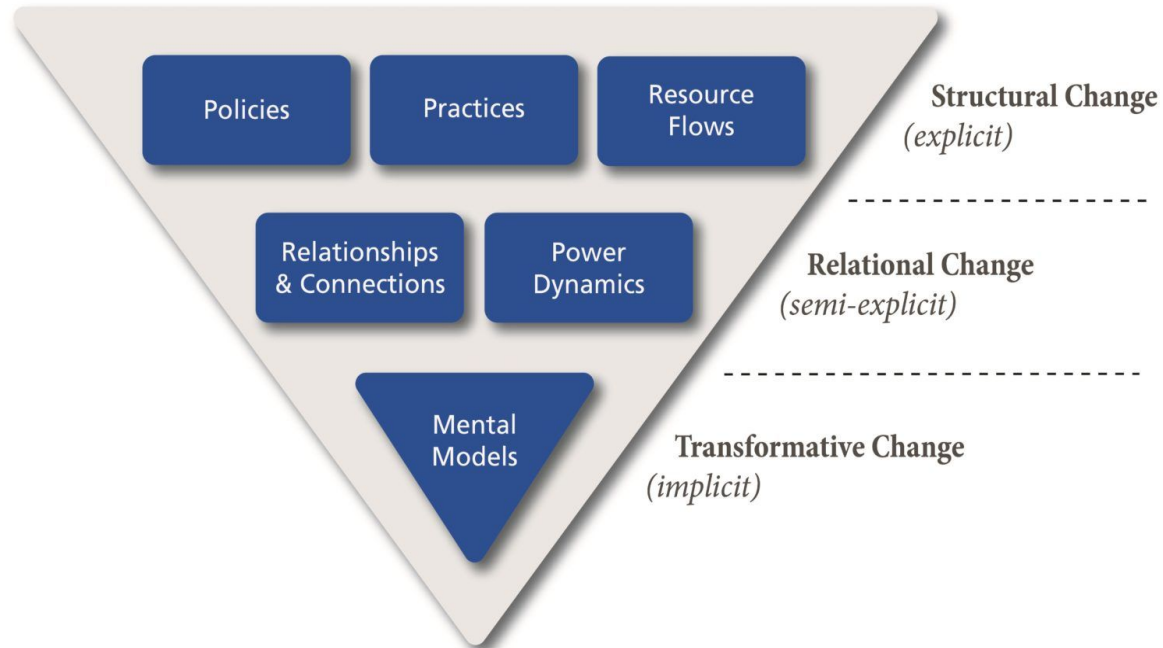
So is that it?



What are the **limitations** of the spectrum of prevention?

The Water of Systems Change

Six Conditions of Systems Change



fsg.org

“Real and equitable progress requires exceptional attention to the detailed and often mundane work of noticing what is invisible to many.”

https://www.fsg.org/resource/water_of_systems_change/



iStock

In the chat

How have your **mental models** shifted today? What have you learned?

What will you explore further?

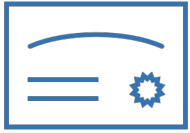
Thank You!



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Continuing Education



This webinar has been approved for the following **continuing education (CE) credits:**

- 1.5 CE from the **University of Texas at Austin, Steve Hicks School of Social Work (Social Work, LPC, LMFT).**
- 1.5 CE from the **Commission for Case Manager Certification.**
- 1.5 CE from the **Certified Family Life Educators (National Council on Family Relations NCFR).**
- 1.5 CE from the **Commission on Dietetic Registration for RDNs and NDTRs**
- 1.5 CE from the **Accredited Financial Counselors**
- 1.5 CE from the **Certified Personal Financial Counselors**
- 1.0 CE from the **Patient Advocate Certification Board** to Board Certified Patient Advocates (BCPA).
- 1.0 CE from the **American Association for Family and Consumer Sciences** for Certified in Family and Consumer Sciences (CFCS).
- 1.0 CE from the **American Association for Family and Consumer Sciences** for Certified Nutrition and Wellness Educators (CNWE).
- OneOp **certificate of attendance** available.

Evaluation Link

Go to the event page for the evaluation and post-test link.

[Continuing Education](#)

Questions?

Email us at:

OneOpMilitaryCaregiving@gmail.com

EVENT PAGE:

<https://oneop.org/event/141481/>



Supportive Programs and Benefits to Expand Food Security for Military Families

June 7, 2023 - 11:00 am- 12:30

Dr. Angela Odoms-Young facilitates a panel discussion among expert representatives from federal agencies to explain how military families can access benefits and programs aimed at alleviating food insecurity.

OneOp.org/MFRA/FoodSecurity





Join OneOp as we focus on expanding food security for military families and mobilizing family service professionals to work together at federal, state, and local levels.

SUBSCRIBE!



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Explore upcoming events, articles, resources, and more!

