



Resource List for
[Supporting Nutrition Security for Military Families through a Multilayered Approach](#)
A OneOp Food Security in Focus Webinar

May 24, 2023

Presenter: [Noelle Harden](#), Extension Educator, UMN Extension

Articles & Reports/Research

- Asch, B. J., Rennane, S., Trail, T. E., Berdie, L., Ward, J. M., Troyanker, D., ... & Kempf, J. (2023). [Food insecurity among members of the armed forces and their dependents](#). Rand Corporation. https://www.rand.org/pubs/research_reports/RRA1230-1.html
- Asch, B. J., Rennane, S., Trail, T. E., Berdie, L., Ward, J. M., Troyanker, D., ... & Kempf, J. (2023). [Food insecurity in the U.S. Military: Responses to eight topics raised by Congress](#). Rand Corporation. https://www.rand.org/pubs/research_briefs/RBA1230-1.html
- Beymer and others. (2021). [Association between food insecurity, mental health, and intentions to leave the US Army in a cross-sectional sample of US soldiers](#). *The Journal of Nutrition*, 151 (7), 2051–2058. <https://doi.org/10.1093/jn/nxab089>
- Council for a Strong America. (2022). [Breaking point: Child malnutrition imperils America's national security](#). <https://www.strongnation.org/articles/1335-breaking-point>
- Department of Defense. (n.d.). [2021 Spouses Survey](#). <https://www.militaryonesource.mil/data-research-and-statistics/survey-findings/2021-spouses-survey/>
- Department of Defense Office of People Analytics Center for Retention and Readiness. (n.d.). [Food security of active duty members: Results from 2020 status of forces survey of active duty members \(SOFS-A\)](#). <https://download.militaryonesource.mil/12038/MOS/Presentations/2020-status-of-forces-survey-active-duty-food-security-briefing.pdf><https://download.militaryonesource.mil/12038/MOS/Presentations/2020-status-of-forces-survey-active-duty-food-security-briefing.pdf>
- Feeding America Action. (2022). [Fact sheet: The state of U.S. military food insecurity](#). <https://feedingamericaaction.org/resources/fact-sheet-the-state-of-u-s-military-food-insecurity/>
- Feeding America Action. (n.d.). [Military hunger](#). <https://feedingamericaaction.org/learn/issue-areas/military-hunger/>
- Heflin, C. & Alphonso, G. (2023, January 17). [Food Insecurity is a common problem for military service members and their families](#). Syracuse University. <https://surface.syr.edu/cgi/viewcontent.cgi?article=1204&context=lerner>
- Liese, A. (2022). [Shining a light on marginal food insecurity in an understudied population](#). *Public Health Nutrition*, 25(8), 2337-2338. doi:10.1017/S1368980022001094
- Lutz, J. & Welsch, C. (2022, June 1). [Solving food insecurity among U.S. veterans and military families](#). Center for Strategic and International Studies. <https://www.csis.org/analysis/solving-food-insecurity-among-us-veterans-and-military-families>
- Rabbitt, M. P., Beymer, M. R., Reagan, J. J., Jarvis, B. P., & Watkins, E. Y. (2022). [Food insecurity among active duty soldiers and their families during the coronavirus disease](#)

[2019 pandemic](#). *Public Health Nutrition*, 25(8), 2329-2336.
<https://doi.org/10.1017/S1368980022000192>

- Robbins, R., Porter Starr, K., Addison, O., Parker, E., Wherry, S., Ikpe, S., & Serra, M. (2023). [Prevalence and socio-economic determinates of food insecurity in Veterans: Findings from National Health and Nutrition Examination Survey](#). *Public Health Nutrition*, 1-10. <https://doi.org/10.1017/S1368980023000538>
- Savoie-Roskos, M., Hood, L., Hagedorn-Hatfield, R., Landry, M., Patton-López, M., Richards, R., . . . Mann, G. (2023). [Creating a culture that supports food security and health equity at higher education institutions](#). *Public Health Nutrition*, 26(3), 503-509.
<https://www.cambridge.org/core/journals/public-health-nutrition/article/creating-a-culture-that-supports-food-security-and-health-equity-at-higher-education-institutions/BB519D23BAE33A34C9B5965E819050D5>
- Schinkel, K. R., Budowle, R., Porter, C. M., Dai, B., Gifford, C., & Keith, J. (2023). [Service, Scholarship, and Sacrifice: A qualitative analysis of food security barriers and strategies among military-connected students](#). *Journal of the Academy of Nutrition and Dietetics*, 123 (3), 454-465. <https://doi.org/10.1016/j.jand.2022.07.002>
- Trail, T, Sims, C., Pollard, M., & Hall, O. (2023). Today's Army spouse panel survey results: Impact of COVID-19, August 2020 to May 2021. RAND.
<https://doi.org/10.7249/RRA1850->

Blog Posts & Articles

- Anding, J. (2023, February 21). [To reduce food waste, have a purpose and a plan](#) [Blog post]. OneOp.
<https://oneop.org/2023/02/21/to-reduce-food-waste-have-a-purpose-a-plan/>
- Association of the United States Army. (2023, January 9). [Stigma 'largest barrier' for food insecure soldiers](#) [Blog post].
<https://www.ausa.org/news/stigma-largest-barrier-food-insecure-soldiers>
- Bertsch, R. (2023, April 6). [The two loops of food system transformation](#) [Blog post]. OneOp. <https://oneop.org/2023/04/06/the-two-loops-of-food-system-transformation/>
- Boissiere, M. (2020, October 19). [Food insecurity among service members and veterans](#) [Blog post]. OneOp.
<https://oneop.org/2020/10/19/food-insecurity-among-service-members-and-veterans/>
- Byars, L. (2022, May 4). [Medicaid-related efforts to address food & nutrition security](#) [Blog post]. OneOp.
<https://oneop.org/2023/05/04/medicaid-related-efforts-to-address-food-nutrition-security/>
- Cohen, R. (2023, January 17). [How a comedian and Air Force spouse are helping feed military families](#) [Blog post]. Air Force Times.
<https://www.airforcetimes.com/news/your-air-force/2023/01/17/how-a-comedian-and-air-force-spouse-are-helping-feed-hungry-families/>
- Harden, N. (2023, February 25). [Let's talk about nutrition security](#) [Blog post]. OneOp.
<https://oneop.org/2023/02/25/lets-talk-about-nutrition-security/>
- Herndon, M. (2020, October 20). [Addressing food access for military families](#) [Blog post]. OneOp. <https://oneop.org/2020/10/20/addressing-food-access-for-military-families/>
- Jowers, J. (2023, April 17). [Healthy eating resources for families facing food insecurity](#) [Blog post]. OneOp.
<https://oneop.org/2023/04/17/healthy-eating-resources-for-families-facing-food-insecurity/>
- Jowers, J. (2023, March 20), [Go beyond the webinar: Increasing children's fruit and vegetable exposure: Tools for practitioners serving families experiencing limited income](#)

- [Blog post]. One Op.
<https://oneop.org/2023/03/20/go-beyond-the-webinar-increasing-childrens-fruit-and-vegetable-exposure-tools-for-practitioners-serving-families-experiencing-limited-income/>
- Jowers, J. (2022, August 22). [Understanding food insecurity for military families](https://oneop.org/2022/08/22/133616/) [Blog post]. OneOp. <https://oneop.org/2022/08/22/133616/>
 - Jowers, K. (2023, January 18). [Troops earn more than civilians but are more likely to go hungry](https://www.militarytimes.com/news/your-military/2023/01/19/troops-earn-more-than-civilians-but-are-more-likely-to-go-hungry/). [Blog post]. Military Times.
<https://www.militarytimes.com/news/your-military/2023/01/19/troops-earn-more-than-civilians-but-are-more-likely-to-go-hungry/>
 - Jowers, K. (2023, May 16). [Three ways service providers can expand food security in their communities](https://oneop.org/2023/05/16/three-ways-service-providers-can-expand-food-security-in-their-communities/) [Blog post]. OneOp.
<https://oneop.org/2023/05/16/three-ways-service-providers-can-expand-food-security-in-their-communities/>
 - Kaya Urcan, E. (2022 June 22). [Food justice is social justice!](https://oneop.org/2022/06/22/food-justice-is-social-justice/) [Blog post]. OneOp.
<https://oneop.org/2022/06/22/food-justice-is-social-justice/>
 - Kenney, C. (2022, June 1). [Military families' hunger often worsened by common military experiences, reports find](https://www.defenseone.com/policy/2022/06/military-families-hunger-often-worsened-common-military-experiences/367650/) [Blog post]. Defense One.
<https://www.defenseone.com/policy/2022/06/military-families-hunger-often-worsened-common-military-experiences/367650/>
 - Lutz, J. & Welsh, C. (2022, June 1). [Solving food insecurity among U.S. veterans and military families](https://www.csis.org/analysis/solving-food-insecurity-among-us-veterans-and-military-families) [Blog post]. Center for Strategic & International Studies.
<https://www.csis.org/analysis/solving-food-insecurity-among-us-veterans-and-military-families>
 - Maino Vieytes, C. (2020, October 22). [Ending hunger in the United States](https://oneop.org/2020/10/22/ending-hunger-in-the-united-states/) [Blog post]. OneOp. <https://oneop.org/2020/10/22/ending-hunger-in-the-united-states/>
 - Ng, M. (2022, May 2). [Fighting for fair food systems](https://oneop.org/2022/05/02/fighting-for-fair-food-systems/) [Blog post]. OneOp.
<https://oneop.org/2022/05/02/fighting-for-fair-food-systems/>
 - O'Neill, B., (2020, October 6). [What financial practitioners need to know about food insecurity](https://oneop.org/2020/10/06/what-financial-practitioners-need-to-know-about-food-insecurity/) [Blog post]. OneOp.
<https://oneop.org/2020/10/06/what-financial-practitioners-need-to-know-about-food-insecurity/>
 - O'Neill, B. & Gillen, M. (2023, May 9). [Shrinkflation: How military families can fight back](https://oneop.org/2023/05/09/shrinkflation-how-military-families-can-fight-back/) [Blog post]. OneOp.
<https://oneop.org/2023/05/09/shrinkflation-how-military-families-can-fight-back/>
 - O'Neill, B. & Gillen, M. (2023, April 18). [Resources for food insecure military families](https://oneop.org/2023/04/18/resources-for-food-insecure-military-families/) [Blog post]. OneOp.
<https://oneop.org/2023/04/18/resources-for-food-insecure-military-families/>
 - OneOp. (2023, May 10). [Expanding food security in military families](https://oneop.org/2023/05/10/expanding-food-security-in-military-families/) [Blog post].
<https://oneop.org/2023/05/10/expanding-food-security-in-military-families/>
 - Pittman, S. (2020, October 19). [Food insecurity among service members and veterans](https://oneop.org/2020/10/19/food-insecurity-among-service-members-and-veterans/) [Blog post]. OneOp.
<https://oneop.org/2020/10/19/food-insecurity-among-service-members-and-veterans/>
 - Pittman, S. (2020, May 13). [Food insecurity amidst a pandemic](https://oneop.org/2020/05/13/food-insecurity-amidst-a-pandemic/) [Blog post]. OneOp.
<https://oneop.org/2020/05/13/food-insecurity-amidst-a-pandemic/>
 - Rea, J. (2023, March 4). [The Spectrum of Prevention: A framework to tackle food insecurity in military families](https://oneop.org/2023/03/04/the-spectrum-of-prevention-a-framework-to-tackle-food-insecurity-in-military-families/) [Blog post]. OneOp.
<https://oneop.org/2023/03/04/the-spectrum-of-prevention-a-framework-to-tackle-food-insecurity-in-military-families/>
 - Shirer, K. (2023, May 13). [Food security matters for adolescent well-being](https://oneop.org/2023/05/13/food-security-matters-for-adolescent-well-being/) [Blog post]. OneOp. <https://oneop.org/2023/05/13/food-security-matters-for-adolescent-well-being/>
 - Tidball, K. (2023, February 15). [Beyond recreation: Addressing food insecurity among military families through hunting, angling and wild meat donation](https://oneop.org/2023/02/15/beyond-recreation-addressing-food-insecurity-among-military-families-through-hunting-angling-and-wild-meat-donation/) [Blog post]. OneOp.

<https://oneop.org/2023/02/15/beyond-recreation-addressing-food-insecurity-among-military-families-through-hunting-angling-and-wild-meat-donation/>

- Tidball, K. (2023, November 23). [Hunting and eating game meat as a path to enhancing food security among military families](https://oneop.org/2022/11/23/hunting-and-eating-game-meat-as-a-path-to-enhancing-food-security-among-military-families/) [Blog post]. OneOp. <https://oneop.org/2022/11/23/hunting-and-eating-game-meat-as-a-path-to-enhancing-food-security-among-military-families/>
- Yori, P. (2023, March 28). [Hunger and good insecurity within our military](https://www.linkedin.com/pulse/hunger-food-insecurity-within-our-military-john-p-yori-iii/) [LinkedIn page]. LinkedIn. <https://www.linkedin.com/pulse/hunger-food-insecurity-within-our-military-john-p-yori-iii/>

Podcasts

- Gross, N. (2023, January 17). [New military hunger data — And what a popular comedian is doing about it](https://thespouseangle.com/episodes/new-military-hunger-data-and-what-a-popular-comedian-is-doing-about-it) [Audio podcast episode]. In *The Spouse Angle*. <https://thespouseangle.com/episodes/new-military-hunger-data-and-what-a-popular-comedian-is-doing-about-it>
- Lohr, A. (2023, March 14). [Military leaders seek measures to end food insecurity among service members](https://federalnewsnetwork.com/defense-main/2023/03/military-leaders-seek-measures-to-end-food-insecurity-among-service-members/) [Audio Podcast episode]. In Federal News Network. <https://federalnewsnetwork.com/defense-main/2023/03/military-leaders-seek-measures-to-end-food-insecurity-among-service-members/>

Videos

- Gooding, M. (2022, September 28). [Military looks to curb food insecurity of members](https://www.13newsnow.com/article/news/national/military-news/military-food-insecurity/291-303f7c0b-fedf-4f75-b9ad-3dbd198f1531) [Video]. 13 News Now. <https://www.13newsnow.com/article/news/national/military-news/military-food-insecurity/291-303f7c0b-fedf-4f75-b9ad-3dbd198f1531>
- Gooding, M. (2022, September 28). [Military looks to curb food insecurity of members](https://www.13newsnow.com/article/news/national/military-news/military-food-insecurity/291-303f7c0b-fedf-4f75-b9ad-3dbd198f1531) [Video]. Military News. <https://www.13newsnow.com/article/news/national/military-news/military-food-insecurity/291-303f7c0b-fedf-4f75-b9ad-3dbd198f1531>
- OneOp. (2023). [Food security in focus](https://oneop.org/wp-content/uploads/2023/04/Food-Insecurity-Assessment-1080p-230323.mp4?_=1) [Video]. https://oneop.org/wp-content/uploads/2023/04/Food-Insecurity-Assessment-1080p-230323.mp4?_=1
- University of Minnesota Extension. (2017). [A healthy community for the Green Family](https://www.youtube.com/watch?v=3f9hc6FRe7c). [Video]. <https://www.youtube.com/watch?v=3f9hc6FRe7c>

Webinars & Courses

- Anding, J. (2023, February 22). [Waste not, want not: Reducing food waste in your communities](https://oneop.org/event/134967/) [Webinar]. OneOp. <https://oneop.org/event/134967/>
- Beckendorf, J., Bertsch, B., & Paolicelli, C. (2023, June 28). [Building networks to alleviate food insecurity](https://oneop.org/event/142478/). OneOp. <https://oneop.org/event/142478/>
- Calvillo Buffington, A., Chin, D., & Griffin, L. (2023, July 13). [SNAP and SNAP-Ed: Supporting food and nutrition security in your community](https://oneop.org/event/147548/) [Webinar]. OneOp. <https://oneop.org/event/147548/>
- Hunter, J. (2023, April 11). [Helping clients inflation-proof their budget](https://oneop.org/event/142463/) [Webinar]. OneOp. <https://oneop.org/event/142463/>
- Odoms-Young, A., (2023 June). [Advancing food security for military families](https://oneop.org/mfra/foodsecurity/course-information-2023-academy-series/advancing-food-security-for-military-families/) [Online course]. OneOp. <https://oneop.org/mfra/foodsecurity/course-information-2023-academy-series/advancing-food-security-for-military-families/>
- Odoms-Young, A. (2022, September 29). [Understanding the social and structural drivers of food and nutrition insecurity](https://oneop.org/event/118697/) [Webinar]. OneOp. <https://oneop.org/event/118697/>

- Odoms-Young, A., Busch, J., Cohen, A., Cotwright, C., Flynn, C., & Saucedo, M. (2023, June 7). [Supportive programs and benefits to expand food security for military families](https://oneop.org/event/142481/) [Panel discussion]. OneOp. <https://oneop.org/event/142481/>
- Plein, C. (2023, April 26). [Medicaid, food security, and the social determinants of health and well-being](https://oneop.org/event/141471/) [Webinar]. OneOp. <https://oneop.org/event/141471/>
- Swindle, T. & Rutledge, J. (2023, March 1). [Increasing children's fruit and vegetable exposure: Tools for practitioners serving families experiencing limited income](https://oneop.org/event/134982/) [Webinar]. OneOp. <https://oneop.org/event/134982/>
- University of Minnesota Extension. (n.d.). [Systems Approaches for Healthy Communities](https://extension.umn.edu/nutrition-education/systems-approaches-healthy-communities) [Course]. <https://extension.umn.edu/nutrition-education/systems-approaches-healthy-communities>

Websites

- Cohen, B., Andrews, M. & Scott Kantor, L. (2002 July). [Community Food Security Assessment Toolkit](https://www.ers.usda.gov/publications/pub-details/?pubid=43179). USDA Economic Research Service Food Assistance & Nutrition Research Program. <https://www.ers.usda.gov/publications/pub-details/?pubid=43179>
- Davis, C., (2019, January 17). [Stanford historian traces military's influence on modern American nutrition](https://news.stanford.edu/2019/01/17/historian-traces-militarys-influence-modern-american-nutrition/). Stanford News. <https://news.stanford.edu/2019/01/17/historian-traces-militarys-influence-modern-american-nutrition/> (Article on Hannah LeBlanc's research)
- Food Lifeline. (n.d.). [Help end hunger for military families: Become an advocate today](https://foodlifeline.org/militaryfamilyhunger/). <https://foodlifeline.org/militaryfamilyhunger/>
- Kania, J., Kramer, M. & Senge, P. (2023). [The water of systems change](https://www.fsg.org/resource/water_of_systems_change/). FSG. https://www.fsg.org/resource/water_of_systems_change/
- Kheel, R. (2023, February 16). [Push to help more service members In need get food stamps revived by senators](https://www.military.com/daily-news/2023/02/16/push-help-more-service-members-need-get-food-stamps-revived-senators.html). Military.com. <https://www.military.com/daily-news/2023/02/16/push-help-more-service-members-need-get-food-stamps-revived-senators.html>
- Military OneSource. (n.d.). [Military Leaders Economic Security Toolkit](https://www.militaryonesource.mil/leaders-service-providers/economic-security/). <https://www.militaryonesource.mil/leaders-service-providers/economic-security/>
- Milkman, A. (2016, February 16). [The radical origins of free breakfast for children: How the Black Panther Party and women's organizations fueled American food policy](https://www.eater.com/2016/2/16/11002842/free-breakfast-schools-black-panthers). Eater. <https://www.eater.com/2016/2/16/11002842/free-breakfast-schools-black-panthers>
- Prevention Institute. (n.d.). [The Spectrum of Prevention](https://www.preventioninstitute.org/tools/spectrum-prevention-0). <https://www.preventioninstitute.org/tools/spectrum-prevention-0>
- Tufts University. (n.d.). [50th anniversary of the white house conference on food, nutrition, and health](https://sites.tufts.edu/foodnutritionandhealth2019/1969-white-house-conference/). <https://sites.tufts.edu/foodnutritionandhealth2019/1969-white-house-conference/>
- University of Minnesota Extension and Department of Family Medicine and Community Health. (n.d.). [SuperShelf: Transforming food shelves to bring good food to all](https://www.supershelfmn.org/). <https://www.supershelfmn.org/>
- University of Minnesota Extension. (2020). [Systems approaches for healthy communities](https://extension.umn.edu/nutrition-education/systems-approaches-healthy-communities#organizations-purchase-the-program-682810). <https://extension.umn.edu/nutrition-education/systems-approaches-healthy-communities#organizations-purchase-the-program-682810>
- USDA. (n.d.). [Food and nutrition security](https://www.usda.gov/nutrition-security). <https://www.usda.gov/nutrition-security>
- U.S. Department of Health and Human Services. (n.d.). [White House conference on hunger, nutrition, and health](https://health.gov/our-work/nutrition-physical-activity/white-house-conference-hunger-nutrition-and-health). <https://health.gov/our-work/nutrition-physical-activity/white-house-conference-hunger-nutrition-and-health>

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Numbers 2015-48770-24368 and 2019-48770-30366.

XX