

Welcome!



Visit the event page to download a copy of **'Food Security Resource Guide,'** which will be referenced throughout the workshop.

oneop.org/event/142478



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



To use your mic, select **'Raise Hand'** and you will be granted mic access.



Email us if you need tech support or have questions.

Contact@OneOp.org

Building Networks to Alleviate Food Insecurity



**Military Families
and Food Security**

A CALL TO ACTION

Building Networks to Alleviate
Food Insecurity

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Building Networks to Alleviate Food Insecurity



Event Materials

Visit the **event page** to download a copy of the presentation slides and the '**Food Security Resource Guide**'



Continuing Education

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

Military Family Readiness Academy

June 2023

- Self-paced course for all disciplines
- On-demand panel discussion with experts
- Engagement opportunities with colleagues
- Free continuing education credits

OneOp.org/MFRA/FoodSecurity



Advancing Food Security for Military Families

A self-paced course developed by Dr. Angela Odoms-Young. Use this professional development opportunity to expand your capacity to support food security among the military families you serve.

- Learn about existing initiatives that address food insecurity in military families.
- Examine the multilevel factors that contribute to food insecurity in the military population.
- Explore innovative approaches that will help you assist military families in accessing USDA food and nutrition assistance and education programs.

To enroll, register for a free account:

<https://oneop.thinkific.com/>



The screenshot shows the OneOp course page. At the top left is the OneOp logo with the tagline 'Readiness. Knowledge. Network.' Below the logo is a banner image of various fresh vegetables like bell peppers, tomatoes, and cucumbers. The course title 'Advancing Food Security for Military Families' is prominently displayed. A short description follows: 'Advancing Food Security for Military Families is a self-paced course developed by national food security expert Dr. Angela Odoms-Young. Use this professional development opportunity to expand your capacity to support food security among the military.' Two buttons are visible: 'Resume Course' and 'Enroll for free'. Below the banner is a section titled 'Course curriculum' which lists the following items:

- 1 Welcome
 - Welcome!
 - Lesson 1: Define Food Security
 - Lesson 2: Multilevel Factors that Contribute to Food Insecurity
 - Lesson 3: Current Initiatives to Address Food Security in Military Families

LinkedIn Group



Search for the group “Military Families and Food Security”

- Connect with professionals working with military families
- Share ideas for connecting families to resources
- Share your expertise

Today's Facilitators



Jessica Beckendorf

University of Wisconsin-Madison Extension and OneOp



Bob Bertsch

North Dakota State University Extension and OneOp



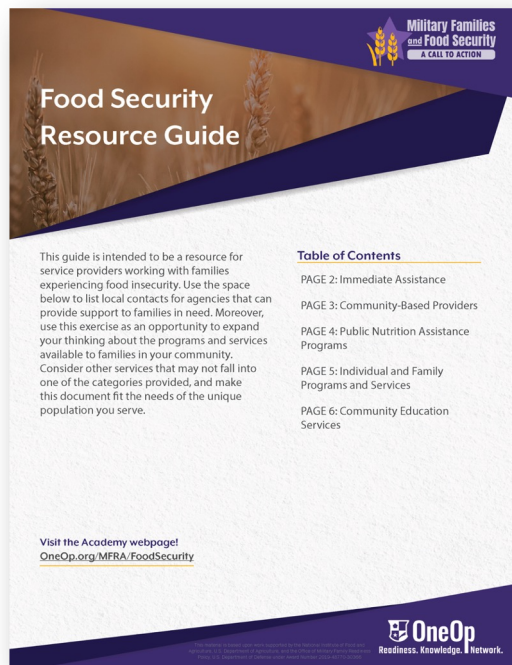
Courtney Paolicelli

Registered Dietitian Nutritionist, Department of Defense Education Activity

Today we hope you will:

- Begin to build a response and referral plan for working with families experiencing food insecurity or who may be at risk for being food insecure
- Begin to develop a food security resource guide to share with others in your organization and community
- Begin thinking about resources for preventing food insecurity and action steps for engaging in a local food system
- SHARE YOUR IDEAS!

Food Security Resource Guide



Download a copy of the Food Security Resource Guide at <https://oneop.org/event/142478/>



Military Families and Food Security

A CALL TO ACTION

Immediate Assistance

(E.g., [Military and Family Support Centers](#), [Feeding America search tool](#), [USO search tool](#), food pantries, non-profit and faith-based distribution)

On Installation

Off Installation



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A CALL TO ACTION

Community-Based Providers

(E.g., [Meals on Wheels](#), health and clinical nutrition service providers)

On Installation

NOTE: Nutrition professionals may be available at the operational unit level, in addition to nutrition professionals at medical facilities.

Off Installation



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A CALL TO ACTION

Public Nutrition Assistance Programs

(E.g., [WIC](#), [SNAP](#), [Summer Meals Programs](#), and school meal programs)

On Installation

Off Installation



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Individual and Family Programs and Services

(E.g., [Family Supplemental Subsistence Allowance](#), [MySECO](#), [school-provided meal programs](#), [farmer's market programs](#), [military move and transition services](#))

On Installation

Off Installation



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A CALL TO ACTION

Community Education Services

(E.g., [Cooperative Extension](#), [SNAP-Ed](#), [Office of Financial Readiness](#), nonprofits, coalitions, personal finance education, wellness centers)

On Installation

Off Installation



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Food and Nutrition Resources for JBM-HH

Updated October 2021

This information sheet provides JBM-HH leaders and providers with information related to the food and nutrition resources available in our community. Please share this information with service members and families who may need additional support.

For more information about these or other food-related resources, please contact MAJ Courtney Paolicelli via email at CPaolicelli@outlook.com or via cell at 619.325.9414.

I. Rader Clinic Nutrition Services

- Nutrition Services at Rader Clinic offers individual and family consultations for wellness, weight management, sports nutrition, and other health conditions. (Note: Consultations for children less than 2 years old are not provided at Rader Clinic.)
- Consultations with the dietician are by appointment and can be scheduled by calling the Tricare Appointment Line at 1-855-227-6331.
- Referrals are not required. If a formal referral has not been placed by your medical provider, mention that you are "self-referring" to expedite the booking process when booking your nutrition appointment.

II. USO MilFam Market

- The USO hosts a free food distribution event, **MilFam Market**, on JBM-HH every Thursday from 1030-1200. The event takes place in the Triservice Parking Lot (across from the Bowling Alley).
- The event is open to all active duty and reserve service members, retirees, Veterans, and dependents.
- POC for these events is Ms. Carla Moss at: carla.r.moss.cv@mail.mil.
- Other installations in the NCR also have these markets, and information can be found here: <https://metro.uso.org/programs/milfam-market>.

III. JBM-HH Chaplain

- The RSO maintains a program called **Operation Helping Hands**, through which they provide commissary gift cards as a source of support to Service Members, DA Civilians, and their Families. The intent is to provide short term support to those in need while they get support for their pay or budgeting shortfall. This program is funded through the chapel tithes and offerings which are received during our worship services.
- Contact information for Operation Helping Hands is CH Scott Kennaugh, (703) 696-7671 (office), (703) 298-2311 (mobile) or scott.f.kennaugh.mil@mail.mil.

IV. Meals for School-Aged Children

- **Arlington Public Schools**
 - For School Year 2021-2022, all breakfast and lunch meals served through Arlington Public Schools will be **free to students**. To access school meals menus, go to: <https://apsva.nutrislice.com/menus-eula>.
 - Some schools offer food pantries on site or "backpack buddy" programs (where children can take home a backpack of food for nights/weekends). To find out whether your school participates, contact your school's front office or Parent-Teacher Association.
 - Amy Maclosky, the APS Food and Nutrition Director, is a former Navy spouse and very interested in helping military families. She can be reached at 703-228-6133 or Amy.Maclosky@apsva.us.

- **Fairfax County Public Schools**

- For School Year 2021-2022, all breakfast and lunch meals served through Arlington Public Schools will be **free to students**. To access school meals menus, go to: <https://cps.nutrislice.com/menu/menus-eula>.

V. WIC Program

- WIC provides monthly food benefits (supplemental food package via an electronic benefits card) to eligible pregnant and post-partum women (up to 1 year postpartum), infants and children through age 5 years.
- WIC is income-based; however, BAH is excluded so many families with children who aren't eligible for other nutrition programs may meet the income guidelines for WIC.
- WIC also offers nutrition education with a Registered Dietitian and breastfeeding support with lactation specialists.
- **Arlington County WIC**
 - Arlington County WIC is currently offering remote/virtual services. Families will have their initial appointment over the phone, then they will only need to go into the clinic to obtain their eWIC card. All subsequent appointments can be conducted virtually.
 - To find out if your family is eligible for WIC, call 703-228-1260. Screening can be done over the phone.
 - To find out more information, including hours of operation, go to: <https://health.arlingtonva.us/public-health/health-clinics-services/women-infants-children-wic-program/>.
 - Therese Panagis, RD, is a dietician with Arlington WIC and is very interested in supporting our military families. She can be reached at the phone number above.
- **Fairfax County WIC**
 - Fairfax County WIC is also currently offering remote/virtual services.
 - To call and make an appointment, find your local office and phone number at: <https://www.fairfaxcounty.gov/health/women-infants-children>

VI. Meals on Wheels

- MOW is an income-based program that provides meal delivery service to homebound adults and families, or to those who are incapable of preparing meals for themselves.
- Clients are expected to pay a fee that is based on their income. Maximum cost is equivalent to what MOW pays for the food: \$50/week or \$212/month. For clients with little to no income, an amount is established, usually with the assistance of a social worker, that the client can afford.
- To find out more about the Arlington-based program, call 703-522-0811 or email info@mealsonwheelsarlington.com.
- For those residing outside of Arlington, find a local center near you by searching your zip code here: <https://www.mealsonwheelsamerica.org/find-meals>.



Building Networks to Alleviate
Food Insecurity

Spectrum of Prevention



Spectrum of Prevention

Strengthening Individual Skills & Knowledge



Photo by Katerina Holmes/Pexels

Resources at this level enhance an individual's capability of preventing food insecurity.

Spectrum of Prevention



Strengthening **Individual Skills & Knowledge**



Photo by Katerina Holmes/Pexels

What resources that fit this level did you or could you add to your Benefits Resource Guide?

Spectrum of Prevention

Strengthening Individual Skills & Knowledge



Photo by Katerina Holmes/Pexels

What resources that fit this level did you add to your Benefits Resource Guide?

- Nutrition counseling
- Financial counseling
- Medical care

Spectrum of Prevention

Promoting **Community Education**

Resources at this level reach groups of people with information on preventing food insecurity.



Photo by RF_studio/Pexels

Spectrum of Prevention



Promoting **Community Education**

What resources that fit this level did you or could you add to your Benefits Resource Guide?



Photo by RF_studio/Pexels

Spectrum of Prevention

Promoting **Community Education**

What resources that fit this level did you or could you add to your Benefits Resource Guide?

- Cooperative Extension Programs
- SNAP-Ed
- DoDEA school meal programs
- Child development centers
- Community organizations



Photo by RF_studio/Pexels

Spectrum of Prevention

Educating **Providers**

Resources at this level inform providers who will transmit food security skills and knowledge to others.



Spectrum of Prevention



Educating **Providers**

What resources that fit this level did you or could you add to your Benefits Resource Guide?



Spectrum of Prevention

Educating **Providers**

What resources that fit this level did you or could you add to your Benefits Resource Guide?

- OneOp
- Educating commanders and senior military leaders



Spectrum of Prevention

Fostering **Coalitions & Networks**

Resources at level bring together groups and individuals for broader goals and greater impact on preventing food insecurity.



Photo by Ron Lach/Pexels

Spectrum of Prevention



Fostering **Coalitions & Networks**

What resources that fit this level did you or could you add to your Benefits Resource Guide?



Photo by Ron Lach/Pexels

Spectrum of Prevention

Fostering **Coalitions & Networks**

What resources that fit this level did you or could you add to your Benefits Resource Guide?

- Community food security networks and coalitions



Photo by Ron Lach/Pexels

Spectrum of Prevention

Changing **Organizational Practices**



Photo by RODNAE Productions/Pexels

Resources at this level work on adopting regulations and shaping norms to prevent food insecurity.

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Changing **Organizational Practices**



Photo by RODNAE Productions/Pexels

What resources that fit this level did you or could you add to your Benefits Resource Guide?

Spectrum of Prevention

Changing **Organizational Practices**



Photo by RODNAE Productions/Pexels

What resources that fit this level did you or could you add to your Benefits Resource Guide?

- Incorporating food security screening
- Using the Food Security Resource Guide

Spectrum of Prevention



Photo by Bryant's Juarez/Pexels

Influencing **Policy & Legislation**

Resources at this level work on changing laws and policies to prevent food insecurity.

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Photo by Bryant's Juarez/Pexels

Influencing **Policy & Legislation**

What resources that fit this level did you or could you add to your Benefits Resource Guide?

Spectrum of Prevention



Photo by Bryant's Juarez/Pexels

Influencing **Policy & Legislation**

What resources that fit this level did you or could you add to your Benefits Resource Guide?

- Food policy councils
- Nonprofits with policy recommendations

Reflection

Where in the spectrum can you best contribute to preventing food insecurity?

- **Consider your strengths & values**
- **Start a short list of people and/or organizations you'd like to reach out to.**
- **Make a plan for connecting with them:**
 - Who will you contact?
 - Why are you reaching out to them?
 - What can you offer?

To use your mic, select **'Raise Hand'** and you will be granted mic access.



Questions?

An icon consisting of two overlapping speech bubbles, the top one containing a question mark and the bottom one containing an exclamation point.

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The logo for 'OneOp' features a shield icon with a cross inside, followed by the text 'OneOp' in a bold, sans-serif font. Below this is the tagline 'Readiness. Knowledge. Network.' in a smaller font.
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LinkedIn Group



Search for the group “Military Families and Food Security”

- Connect with professionals working with military families
- Share ideas for connecting families to resources
- Share your expertise

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**
- 1.5 CE from the **Commission for Case Manager Certification**
- 1.5 CE from the **Patient Advocate Certification Board**
- 1.5 CE from the **American Association for Family and Consumer Sciences (CFCS)**
- 1.5 CE from the **American Association for Family and Consumer Sciences (CNWE)**
- 1.5 CEUs from the **Association for Financial Counseling and Planning Education**
- 1.5 CEs from **FinCert**
- 1.5 CEs from the **National Council on Family Relations**
- 1.5 CPEU from the **Commission on Dietetic Registration**
- Certificate of attendance

Evaluation Link

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

[Continuing Education](#)

Questions?

Email us at:
Contact@OneOp.org

Food Security in Focus

On-Demand Webinars



Food The U.S.
Department of
Agriculture (USDA) Rural
Development Flickr

Understanding the Social and Structural Drivers of Food and Nutrition Insecurity

Learn about the social and structural determinants of food and nutrition insecurity and examine strategies and approaches for improving food access and equity in military families as well as all families.

More On-Demand Webinars:

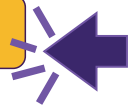
- [Waste Not, Want Not: Reducing Food Waste in Your Communities](#)
- [Understanding the Social and Structural Drivers of Food and Nutrition Insecurity](#)
- [Increasing Children's Fruit and Vegetable Exposure: Tools for Practitioners Serving Families Experiencing Limited Income](#)
- [Supporting Nutrition Security for Military Families through a Multilayered Approach](#)



July 13th: SNAP and SNAP-Ed: Supporting Food and Nutrition Security in Your Community

Join this webinar to learn how you can collaborate with your state and local SNAP-Ed programs to provide the best care possible to your clients and connect them to resources that can help.

oneop.org/food-security-in-focus



Military Family Readiness Academy

June 2023

- Self-paced course for all disciplines
- On-demand panel discussion with experts
- Engagement opportunities with colleagues
- Free continuing education credits

OneOp.org/MFRA/FoodSecurity





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