Upcoming Programming

June 7, 2023
Supportive Programs and Benefits to Expand Food Security for Military Families
Join this panel discussion, among expert representatives from federal agencies, who will explain how military families can access benefits and programs aimed at alleviating food insecurity.

June 28, 2023
Building Networks to Alleviate Food Insecurity
Participate in this interactive workshop and create a “food security resource guide” to reduce food insecurity among military families in your community.

July 6, 2023
The How and Why of Estate Planning
Examine the importance of estate planning and the plans that involve individuals with special needs.

July 11, 2023
Military Home Buying Basics and VA Loans
Sharpen your military home buying basics including evaluating the household budget, reviewing a credit report, explaining how to qualify for a home loan, and understanding the VA home loan benefit.

July 12, 2023
Improving Military Student Outcomes Through Effective Professional Collaboration
Learn how to create trusting professional partnerships so that students and families have successful school experiences.

July 13, 2023
SNAP and SNAP-Ed: Supporting Food and Nutrition Security in Your Community
Understand 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.

New in June:
OneOp is excited to announce the launch of a new multi-disciplinary course and our first issue of the PowerUp digital magazine!

Advancing Food Security for Military Families
Enroll today in this self-paced course developed by national food security expert Dr. Angela Odoms-Young, Advancing Food Security for Military Families to expand your capacity to support food security among the military families you serve. In this course:
• 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.

PowerUp: A Digital Magazine
PowerUp is inspired and celebrates the work of Powerful Providers. In this inaugural issue, read about:
• Using the military family readiness system as a professional practice
• Cultivating a community for military families
• Lifting up military and civilian families through innovative programming
• Building and strengthening a supportive network

Read the Magazine
Focused Programming: **Food Security**

According to the [USDA](https://www.usda.gov), more than ten percent of U.S. households were food insecure in 2021, and the Department of Defense has reported that 24% of military families are food insecure. That’s why OneOp has created **Food Security in Focus** - a collection of free programming that will equip professionals with tools and information about the prevalence of food insecurity, and connect them with resources to help families who are at risk. Find some of these resources below:

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

With rising food prices, many people are looking at how to stretch their food budgets. One place to start is by reducing the amount of food that is thrown out. This webinar focuses on home food waste and how it can be minimized. Discover the types of food most often wasted and how making some simple changes can help stretch your food resources and budget.

**Resources for Food Insecure Military Families**

According to a recent synthesis of empirical studies, 1 in 7 military families experienced some level of food insecurity at some point. Service providers can help by providing resources to food-insecure military families.

**The Impact of Food Insecurity on Mental Health**

The repercussions of food insecurity are more than just hunger. An often-overlooked factor of insufficient access to food is the detrimental impact on mental health. Adults with low food security are more likely to experience depression, anxiety, and heightened stress.

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**Supporting Military Families with LGBTQ+ Youth with Cathy Marcello**

LGBTQ+ youth who have at least one parent in the military are associated with higher risk of mental health challenges. Under the age of 18, military-connected youth have 34% higher odds on anxiety, 14% higher odds of considering suicide, and 40% higher risk of attempting suicide. In this episode, co-hosts Jessica Beckendorf and Bob Bertsch talk with Cathy Marcello about the challenges faced by military families with LGBTQ+ youth and ways to support those families. Cathy leads the [MilPride](https://www.milpride.org) program for the [Modern Military Association of America](https://www.mmaa.org), the nation’s largest LGBTQ+ military and veteran non-profit..

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**SEASON 4 | EPISODE 2**

We invite you to join the OneOp mailing list to stay updated!

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