



# Food Security in Focus

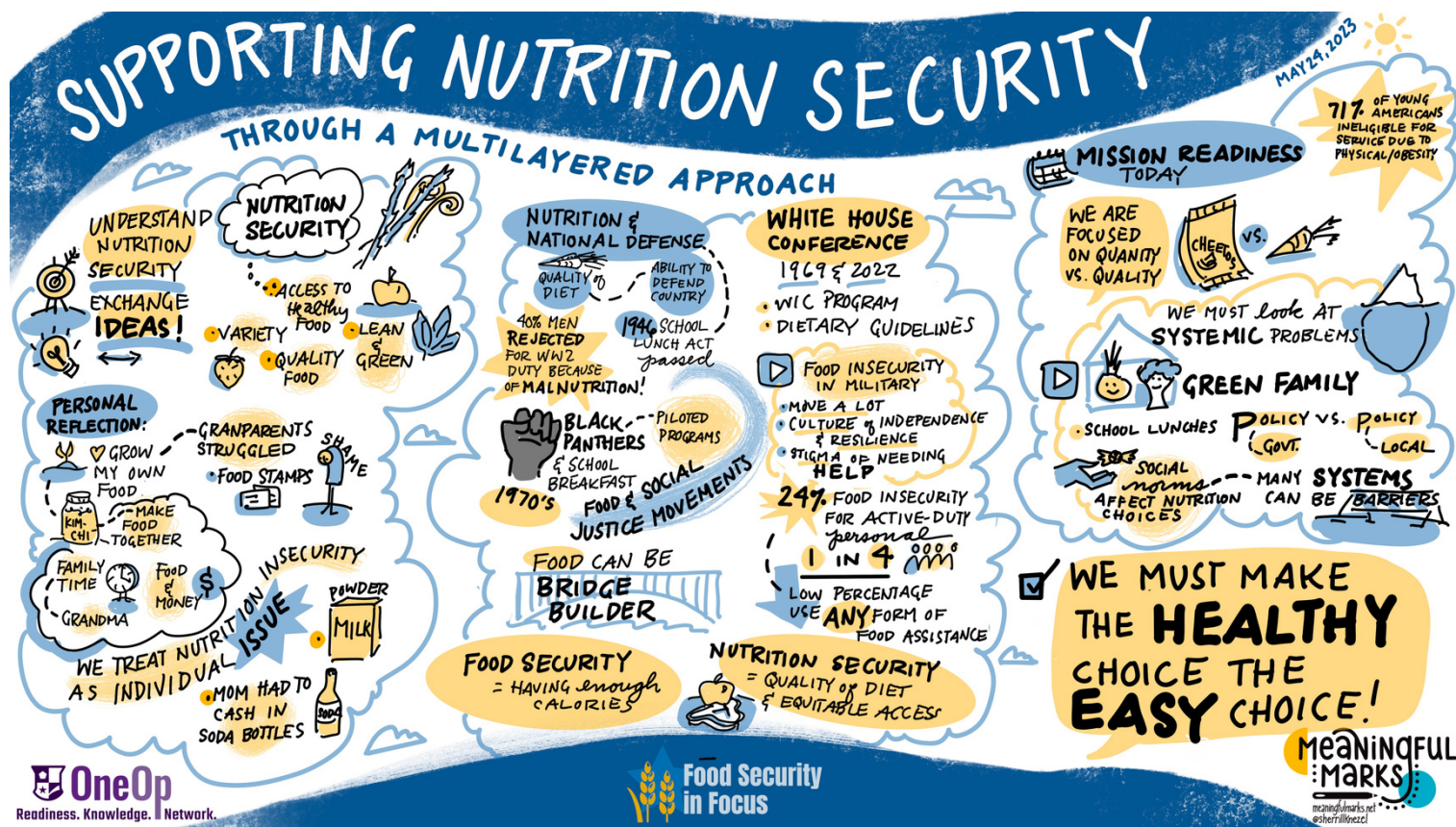
[oneop.org/food-security-in-focus/](http://oneop.org/food-security-in-focus/)

# Supporting Nutrition Security for Military Families through a Multilayered Approach

May 24, 2023 | Conversation Harvest

## WORKSHOP SUMMARY

This interactive workshop was designed to discover strategies to improve nutrition security for military families. Using the Spectrum of Prevention, participants brainstormed ideas for preventing food insecurity. Many of those ideas were captured in the graphic recordings in this document. Workshop facilitator Noelle Harden started the conversation by highlighting the history of food security programs and their connection to national security. Graphic recorder Sherrill Knezel captured that content in this graphic recording.



## IDEAS

### What does nutrition security mean to you?

- "Access to healthy food."
- "Healthy mind. Healthy life"
- "Being able to choose with dignity, which healthy foods I want"
- "Having a variety of foods available that help maintain my health."

### Food Memories

- "Hanging out with my grandma in her garden"

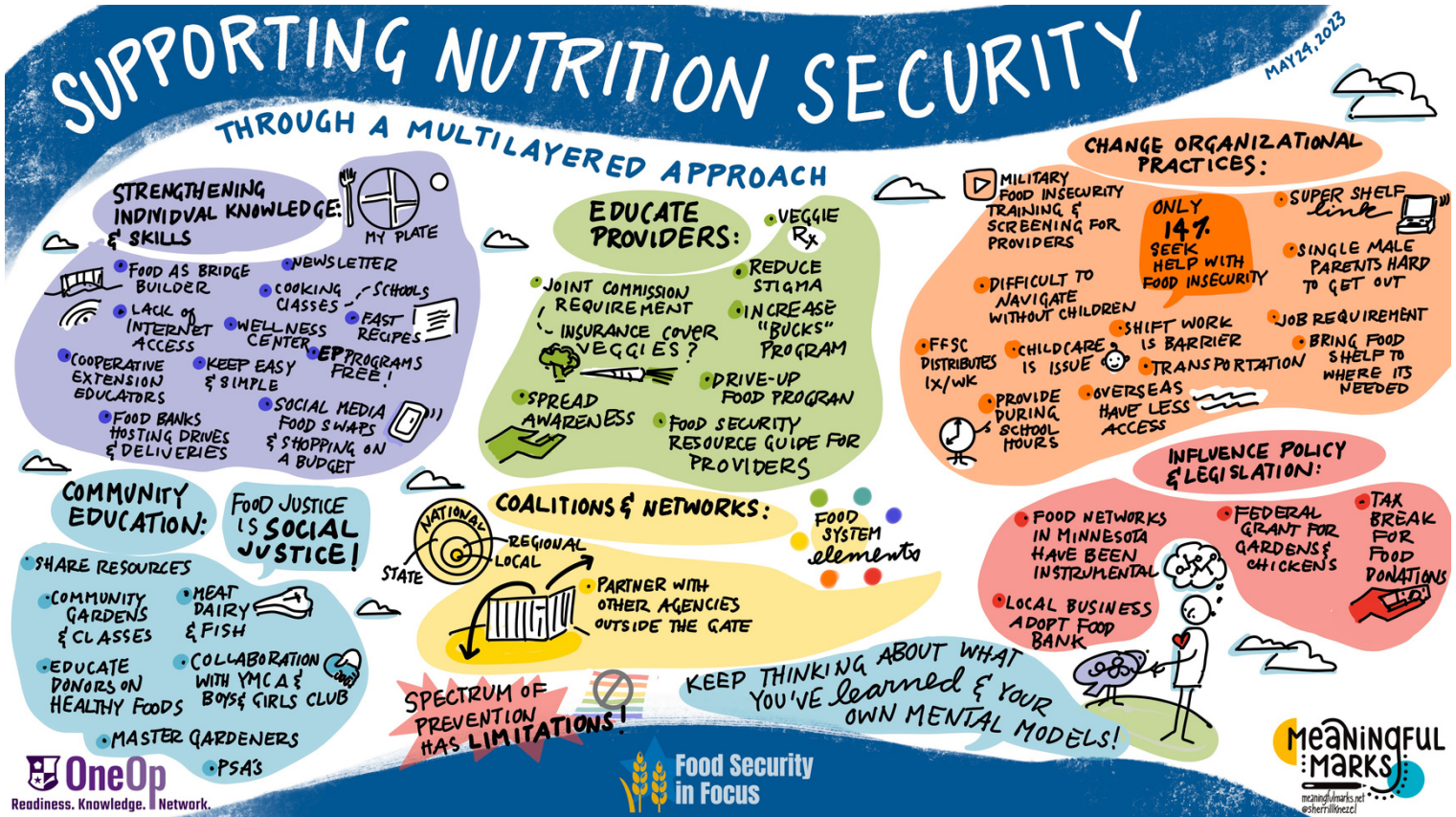
- "It wasn't till my adulthood experimenting with different food and getting over the notion that because my mom didn't like something didn't mean I wouldn't like it"

### History of Food Security Programs

- "Not surprised about the rejection rate of soldiers because of the Great Depression. Lots of issues with hunger and starvation."
- "Our border town of El Paso served free breakfasts and this was sometimes the only meal, in addition to lunch, they received."

## SPECTRUM OF PREVENTION

Workshop participants brainstormed existing examples and ideas for potential food security efforts that fit within each of the six levels in the Spectrum of Prevention: Strengthening Individual Knowledge & Skills, Promoting Community Education, Educating Providers, Fostering Coalitions & Networks, Changing Organizational Practices, and Influencing Policy & Legislation.



## IDEAS

### Strengthening Individual Knowledge & Skills

- "Cooking classes (in person or virtual)"
- "Lack of internet, as in poorer border towns, hinder this access. Offering a group class at schools is key."
- "Food demonstrations, especially including the children"
- "Keep education as simple as possible easy to understand"
- "Cooperative Extension EFNEP and SNAP-Ed programs"
- "social media-- infographics showing food swaps, 20 minute healthy meals, grocery shopping on a budget"
- "Implementing Extension programs, such as the free cooking/nutrition programs provided through the Expanded Food & Nutrition Education Program (EFNEP). As an Educator, it would be an honor!"
- "Local food banks hosting drives and deliveries!"
- "All these suggestions should be offered to our veterans as well as those currently serving."
- "Share local resources farmer's markets, local farms, and CSAs"



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## IDEAS

### Promoting Community Education

- "teaming up with commissaries or wellness centers"
- "Teaming up with Fleet & Family for the military"
- "group classes at local FFSC"
- "Community garden programs"
- "Collaborations with organizations like the YMCA, Boys and Girls Clubs, etc. to host all sorts of larger events!"
- "Perhaps food banks could offer classes."
- "I think food drives are a great opportunity to run an education/awareness campaign"
- "Educating food donors about the importance of healthy foods"
- "Contact Master Gardeners at a local Cooperative Extension office to help them start a community garden at an installation and Extension educators to provide programs on food-related topics."

### Educating Providers

- "Active attempts to reduce the stigma of asking for support"
- "Spreading awareness -- When I was on WIC, they offered drive up "farmers markets" and gave us tote bags of fruits and veggies. Panera Bread has a program that gives away leftover bread"
- "Creating and distributing a food security resource guide to service providers could be really helpful."
- "have collaborative meetings in the community"
- "recognizing that there are military families in their communities and bring that to the attention of the rest of the network"

### Fostering Coalitions & Networks

- "our organization wrote and received a grant from MN Dept of Veterans Affairs to provide CSA shares (Community Supported Agriculture) twice per month for free for one year to veterans in our region. In addition they received monthly cooking demonstrations and nutrition education utilizing the food they received in the boxes. It was a fantastic program and everyone involved sincerely appreciated it. Finding grant opportunities for these types of projects and having the partners involved from the beginning is super helpful!  
[https://www.regionfive.org/\\_files/ugd/f30eae\\_4ee023872a1f499b890ea4181626f483.pdf](https://www.regionfive.org/_files/ugd/f30eae_4ee023872a1f499b890ea4181626f483.pdf)"
- "Work outside the gate, develop partnerships in the community state public health, food banks etc."
- "Maybe the state or federal can offer a small grant to families to help start their own home garden or chicken coop farm."

### Changing Organizational Practices

- "The VA is testing the produce prescription program at different VA Healthcare facilities."
- "There is a new The Joint Commission requirement for health disparities. Food Insecurity is one."
- "Personal Financial Counselors are currently required to ask 2 questions regarding food insecurity that will lead to OSD to push more education and resources for military families."

### Influencing Policy & Legislation

- "Fort Bragg and Cumberland County have a joint food policy council."
- "SNAP Pandemic Relief fund was a great idea. Sad that it ended in March. It was a lifeline for those that received it."
- "Most assuredly allowing more gardening/small animal raising in different areas"
- "Maybe the state or federal can offer a small grant to families to help start their own home garden or chicken coop farm."