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Food Security
in Focus

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Readiness. Knowledge. Network.

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Supporting Military Teens: Community Healthy Living and Food Security Programs

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Supporting Military Teens: Community Healthy Living and Food Security Programs



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Learn more about our focus on expanding food security for military families and mobilizing family service professionals at federal, state, and local levels to work together!

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No disclosures to report.

Today's Presenter



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 UNIVERSITY OF GEORGIA
EXTENSION | 

Food Security in Focus

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Today's Agenda

- UGA Extension & Georgia 4-H Basics
- 4-H Military Partnership
- AmeriCorps Partnership
- Background & Mission
- Performance Measures
- Resources
- Service Examples
- Impact
- Next Steps



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Learning Objectives

1. Describe the benefit and importance of addressing food security and health initiatives within communities
2. Identify ways to incorporate healthy living and food security initiatives locally
3. Discuss the AmeriCorps VISTA 4-H Partnership and identify resources offered through this partnership



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About UGA Extension



What We Do

"We translate the science of everyday living for farmers, families, and communities to foster a healthy prosperous Georgia"

Our Programs

- Cooperative – local, state, nation
- Service in 159 Counties in Georgia
 - Four districts
 - Three program areas – Agricultural and Natural Resources (ANR), Family and Consumer Sciences (FACS), and 4-H & Youth



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UGA Extension




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About Georgia 4-H




What is 4-H

4-H is the nation's largest youth development organization, empowering young people across the nation.

2023 Program Year

Georgia 4-H leveraged the support of 4,921 adult and 1,334 teen leaders and reached more than 173,000 youth!

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About Georgia 4-H



“Learn by Doing”

PYD = Positive Youth Development



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4-H Military Partnership

*Military readiness through 4-H
positive youth development for
youth, families, and communities.*



This project is supported by Grant #2010-WP-RX-4062, #2013-MU-MU-K102, #2016-MU-MU-K051, and #2019-MC-FX-K022 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice (OJD) Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect those of the Department of Justice.



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AmeriCorps VISTA



Partnership

- VISTA (Volunteer in Service to America)
- Indirect support: Capacity building
- Direct support: Summer associates
- National issue: Food insecurity and health

Delivery

- County delivery method
- Local community members addressing:
Food insecurity and health
- Daily support through state network



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Activity: Write it Out



1. What does food mean to you?

Let us know in the chat pod!

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Activity: Write it Out



2. How does the food you eat impact your life?

Let us know in the chat pod!

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Activity: Write it Out

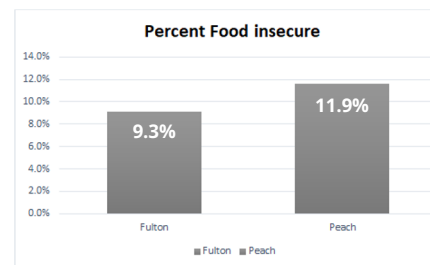


3. What are your most significant memories of food?

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Food Insecurity: The Need

- 1,156,660 people in Georgia (10.7%)
- 335,720 children (13.3%)



Feeding America (2021) <https://map.feedingamerica.org/county/2021/overall/georgia>

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Let's Look at Your Local Need



Feeding America (2021). <https://www.feedingamerica.org/hunger-in-america/georgia>

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4-H VISTA Summer Health Squad Mission



- Support capacity building for community organizations
- Support food security by assisting with the dissemination of food locally
- Serve youth through healthy living initiatives with the goals of
 - Increased health knowledge
 - Intent to change behavior

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Performance Measures



-  EDUCATE 50 YOUTH
-  COLLECT 2,500 LBS. OF FOOD
-  INCREASE YOUTH HEALTH KNOWLEDGE
-  MOTIVATE CHANGES OR INTENT TO IMPACT BEHAVIOR TO IMPROVE HEALTH

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Summer Health Squad Launches



- 

Prepare Lessons
- 

Prepare PowerPoints and Teaching Tools
- 

Create Social Media Graphics

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Research-Based Tools



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Research-Based Lessons



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Interactive Activities

Die 1: Name a food that belongs in this group	Die 2: Do this physical activity
1 = Fruits	1 = 10 Jumping Jacks
2 = Vegetables	2 = 15 Arm Circles (both arms)
3 = Grains	3 = 5 Jumps (in place)
4 = Protein	4 = 10 squats
5 = Dairy	5 = 10 Kicks
6 = Wild! Your Choice	6 = Wild! Your Choice

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Let's Get Creative



What recipes do you think you could make using these three items?



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Service Projects



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Squad Leaders

- Fulton County (4 years)
- Peach County (2 years)
- Jackson County (2 years)
- Houston County (1 year)
- Habersham County (1 year)
- Emanuel County (1 year)
- Seminole County (1 year)



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Kameron

- Served 947 pounds of food to over 1,200 youth in Seminole County, Georgia
- Shared the importance of healthier habits and food insecurity and access to 60 4-H'ers across Southwest Georgia



2020

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Molly

- Volunteered at an existing community garden to support the local resource
- Provided weekly deliveries of fresh produce and educational kits to over 100 families
- Provided online enrichment courses highlighting:
 - Healthy habits with cooking
 - Gardening skills
 - Mindful living videos



2020

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Chester

- Collaborated with the local food bank to donate 650 pounds
- Educated 63 children about healthy living
- Secured local produce and meat donations from Publix and Edwards Family Farm



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Kamren

- Partnered with seven local businesses and three county Extension offices
- Led 2 Days of Summer Health Squad in June and July
- Developed Summer Health Squad Escape Room
- Resulted in:
 - 32 students with increased health knowledge
 - \$335 cash, \$3,639 in-kind donated



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Noah

- Led week-long Summer Health Squad Camp
- Facilitated field trip to the local food bank and kitchen with Summer Health Squad
- Created donation for local businesses to promote community participation



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Christopher

- Partnered with the UGA Family and Consumer Science's Fulton Fresh Market
- Received \$14,000 to support food and education distribution
- Reached 12,000 individuals
- Educated 32 campers on how to use Summer Health Squad lessons with their family or friends



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Let us know in the chat pod!

Share your thoughts...

What are some ways you can incorporate healthy living and food security initiatives in your location?

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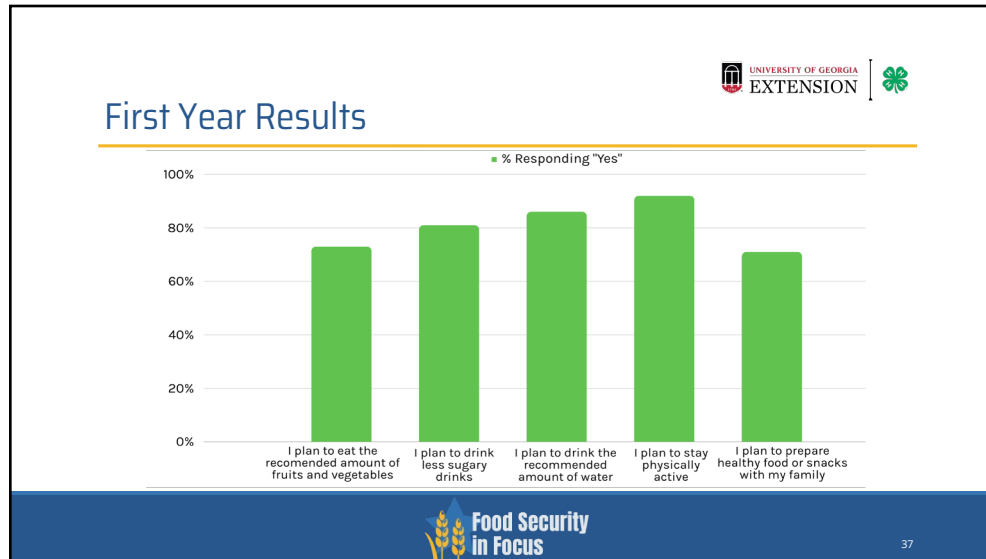
First Year Results

■ % Responding "Yes"

Question	% Responding "Yes"
Because of what you learned in Summer Health Squad, do you feel you know how and when you should wash your hands?	95%
Because of what you learned in Summer Health Squad, do you feel that you know more about how food security and hunger affect your community?	82%
Because of what you learned in Summer Health Squad, do you plan to use mindfulness to help you enjoy your food and make healthy decisions?	82%
Because of what you learned in Summer Health Squad, do you plan to use MyPlate to help you make healthy eating choices?	78%

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Four Year Outputs	2020 (4 VISTAs served)	2021 Summer VISTA Totals (2 VISTAs Served)	2022 Summer VISTA Totals (2 VISTAs Served)	2023 Summer VISTA Totals (4 VISTAs Served)	Total
# of pounds of food provided	6,503	6,500	4,416	3,095	20,514
# of individuals served	5,200	974	974	1,332	8,480
# of organizations that received capacity building services	14	7	8	14	43
# of volunteers recruited or managed for Summer Health Squad/Food Support	10	12	12	18	52

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Four Year Impact

500

Individuals with increased health knowledge

330

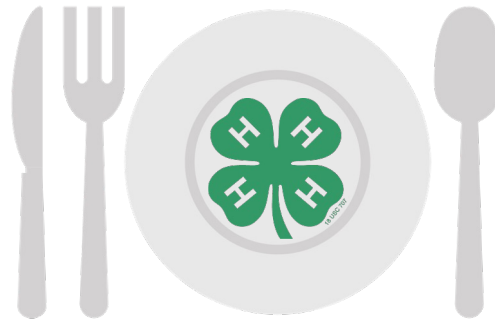
Individuals reporting changing behavior or intent to change



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Healthy Living Impact Through 4-H



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Carrying Out Your Own Health Squad

- Allow volunteers space to try, create, fail, and try again
- Host in-person training
- Provide weekly support
- Leverage systems (such as Microsoft Teams, Google, Zoom, etc.)
 - Tools
 - Chat
 - Record keeping
- Encourage team members to:
 - Build resources
 - Connect with community volunteers
 - Support the team
 - Share resources



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Ideas For Partnership



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- Partner with local, state, or national organizations
 - Extension
 - Schools
 - Civic organizations
 - Government agencies

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Military Teens

- Engaging military teens through programs focusing on food access, nutrition literacy, and healthy eating habits can equip them with this knowledge and help them improve healthiness and well-being.
- Connect youth to 4-H healthy living programs to help them establish belonging with peers, while gaining life skills.
- Implement similar lessons in work with supporting families experiencing food insecurity to offer support.



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National Resources

Extension Foundation – <https://Extension.org/Member-Services/members/>

4-H is in every state, housed with land-grant institutions.

- Four pillars of Agriculture, STEM, Healthy Living, and Civic Engagement
- Find your nearest office by visiting: <https://4-h.org/about/find/>

Expanded Food and Nutrition Education Program (EFNEP) -

<https://www.nifa.usda.gov/grants/programs/capacity-grants/efnep/expanded-food-nutrition-education-program>

AmeriCorps VISTA – Establish a partnership! - <https://americorps.gov/partner/partnerships>



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Resources

- Atlanta Community Foodbank's Hunger 101 Curriculum: <https://www.acfb.org/hunger-education/#hunger-101-curriculum>
- USA Link: <https://map.feedingamerica.org/county/2021/child/>
- Georgia Link: <https://map.feedingamerica.org/county/2021/child/georgia>
- MyPlate | U.S. Department of Agriculture: <https://www.myplate.gov>
- UGA Extension Nutrition and Health: <https://extension.uga.edu/topic-areas/food-health/nutrition-health.html>
- UGA Extension Money, Family, and Health: <https://extension.uga.edu/topic-areas.html#c>
- Food Talk: <https://foodtalk.org/>
- USDA Economic Research Center <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/>



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Questions & Ideas



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Continuing Education

 This webinar has been approved for **1.5 continuing education (CE) credit hours** from the following:

- The **University of Texas at Austin, Steve Hicks School of Social Work** for Social Workers, LPC, LMFT
- The **Commission for Case Manager Certification** for Case Managers
- The **National Council on Family Relations** for Certified Family Life Educators
- The **Patient Advocate Certification Board** for Board Certified Patient Advocates
- The **American Association for Family and Consumer Sciences** for Certified in Family and Consumer Sciences (CFCS) and for Certified Nutrition and Wellness Educators (CNWE)
- The **Commission on Dietetic Registration** for Registered Dietitian Nutritionists and Nutrition and Dietetic Technicians, Registered
- The **American Association for Family and Consumer Sciences** for Certified Nutrition & Wellness Educators
- OneOp **certificate of attendance** available

Evaluation Link

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Questions?

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