

Economic Readiness Resource Guide

This guide supplements programming of the 2024 Military Family Readiness Academy.

<https://oneop.org/series/2024mfra/>

Section I: Department of Defense and Service Resources

DoD Instruction

- Financial Readiness of Service Members:
https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/132234p.PDF?ver=u0YgEsvJCqYz_G6zP6g5vw%3d%3d

Military OneSource Resources

- Service Provider's Economic Security Toolkit:
<https://www.militaryonesource.mil/leaders-service-providers/economic-security/>
- Financial Counseling:
<https://www.militaryonesource.mil/benefits/financial-counseling/>
- Budgeting and saving resources:
<https://www.militaryonesource.mil/resources/millife-guides/budgeting-saving>
- Installation search tool: financial management services:
<https://installations.militaryonesource.mil/search?program-service=30/view-by=ALL>
- Exceptional Family Member Program:
<https://www.militaryonesource.mil/resources/millife-guides/efmp-resources/>
- State Policy Source: Policymaking: <https://statepolicy.militaryonesource.mil/>

Office of Financial Readiness Resources

- Locate a Personal Financial Counselor: <https://finred.usalearning.gov/pfcMap>
- Basic Needs Allowance: <https://finred.usalearning.gov/Benefits/BNA>
- Financial Well-Being Assessment: <https://finred.usalearning.gov/FWBA>
- Understanding Basic Allowance for Housing:
<https://finred.usalearning.gov/Benefits/BAH>

TRICARE Resources

- Food insecurity resources:
<https://tricare.mil/healthwellness/healthyliving/food-insecurity>
- Nutritionist and dietitian services:
<https://tricare.mil/CoveredServices/IsItCovered/Nutritionist.aspx>
- Find a community provider:
<https://www.tricare.mil/PatientResources/MHS-CustomerServiceDirectory&sa=D&source=docs&ust=1723811525174144&usg=AOvVaw2Oo4FcPa8ya4ebOS6LtWzM>

Defense Commissary Agency (DeCA) Resources

- Sales Flyers, dietitian-approved meal options, online shopping, recipes, and meal plans: <https://commissaries.com/>

Spouse Employment and Career Opportunities

- Skills training, coaching, scholarship finder, career exploration tools, training, licensure, and education resources: <https://myseco.militaryonesource.mil/>
- My Career Advancement Account:
https://download.militaryonesource.mil/seco/Media/Default/Collaterals_Catalog/Program_Overview/MyCAA-Helping-Spouses-Reach-Career-Goals.pdf
- Resources for Surviving Spouses:
<https://download.militaryonesource.mil/seco/Media/Default/PDFs/SECO-Fact-sheet-Survivors.pdf>
- Military Spouse Employment Partnership:
<https://msejobs.militaryonesource.mil/msep/>
- Special Hiring Authorities for Military Spouses & Family Members:
<https://www.opm.gov/fedshirevets/hiring-officials/strategic-recruitment-and-hiring/military-spouses-family-members/>

Relocation Programs

- Temporary Lodging Expenses:
<https://www.dfas.mil/militarymembers/travelpay/armypcs/tle/>
- Dislocation Allowance:
<https://militarypay.defense.gov/PAY/Allowances/dislocation.aspx>
- Pet Travel Reimbursement
<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Air Force Community Services

- Personnel – Financial Readiness: <https://www.afpc.af.mil/Military-and-Family/Financial-Readiness/>
- Military and Family Readiness: <https://www.afpc.af.mil/airman-and-family/>
- Air Force Spouse Employment Program: <https://afas.org/afas-spouse-employment-program/>

Army Community Services

- Army Community Services <https://www.armymwr.com/programs-and-services/personal-assistance>
- Mobilization, Deployment and Stability and Support Operations: <https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Mobilization-Deployment-and-Stability-Support-Operations>
- Financial Frontline: <https://www.financialfrontline.org/soldiers/>
- Relocation Readiness: <https://www.armymwr.com/acs-relocation-readiness>

Navy Community Services

- Personal Financial Management: <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Family-Readiness/Personal-Financial-Mgmt/>
- Fleet and Family Support Program: <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program>
- Navy Housing Service Center: <https://ffr.cnic.navy.mil/Navy-Housing/Contact-Navy-Housing/>

Marines Community Services

- Financial Readiness: <https://www.usmc-mccs.org/news/financial-readiness-is-mission-critical#:~:text=Marines%20had%20better%20or%20comparable,goal%20of%20saving%20for%20retirement>
- Family programs: <https://www.marines.mil/Family/>

Resources for Reserve Families

- National Guard Family Program: <https://www.militaryonesource.mil/transition-retirement/national-guard-reserves/joint-services-support-program/>
- Army Reserve Family Programs: <https://www.usar.army.mil/ARFP/>

- Navy Reserve Family Readiness:
<https://ffr.cnid.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program>
- Marine Corps Reserve Family Resources:
<https://www.marforres.marines.mil/Family-Readiness-Office/FamilyReadinessOffice/HomeFrontResources.aspx>
- Air Force Reserve Family Program:
<https://www.afrc.af.mil/About-Us/AirmanFamily/>

Military Child Care

- MilitaryChildCare.com (MCC) – Professionals can help military families search for a full range of child care options:
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome#/>
- Branch Services Child Care Assistance Programs:
 - Air Force Fee Assistance Program:
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn/air-force>
 - Army Fee Assistance Program:
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn/army>
 - Marine Corps Fee Assistance Program:
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn/marine-corps>
 - Navy Fee Assistance Program:
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn/navy>
 - U.S. Coast Guard Fee Assistance Program:
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn/coast-guard>

Section II: Installation Resources

Nellis AFB/Nevada Resource Examples

- Discharge planning team at Nellis AFB connects patients experiencing food insecurity with community resources.
- The Nevada 2-1-1 (United Way) resources are included with the "Three Square"—an app with zip code search for hot meals and food banks.

Dietitians at JB Lewis McCord

- Food pantry within units at Joint Base Lewis McCord; drop off donations and pick up food based on needs

DOD Hawaii Food Insecurity WG

- Includes Active Duty, National Guard, Reserve and community partners
- Hawaii Foodbank, Armed Services YMCA, and the Commissary
- Initiated by Arletta Eldridge Thompson MEd, 15 Medical Group Health Promotion Coordinator at Joint Base Pearl Harbor Hickam. Phone: (808) 448-6180, DSN: (315) 448-6180, email: arletta.r.eldridgethompson.civ@health.mil

Fort Campbell WIC Community Outreach & Innovation Project

- <https://www.hellowic.org/project/henry-m-jackson-foundation/>

San Antonio Resources

- Vogel Resiliency Center (Joint Base San Antonio) hosts a food drop/food pantry once per month:
<https://www.jbsa.mil/Resources/Resiliency/Vogel-Resiliency-Center/>
- Donations from the San Antonio Food Bank are distributed to members (~30% AD). Each month, ~150–180 participants receive ~\$140 in food per household.

Fort Belvoir Resources

- Fort Belvoir food pantry is part of the Army Community Services along with financial readiness classes, employment readiness, and family advocacy.
- The service is available for walk-in assistance at the ACS building Monday through Friday.

Connect with Relief Societies

- Army Emergency Relief, or AER: <https://www.armyemergencyrelief.org/>
- Navy-Marine Corps Relief Society, or NMCRS: <https://www.nmcrs.org/>
- Air Force Aid Society, or AFAS: <https://afas.org/>
- Coast Guard Mutual Assistance, or CGMA: <https://mycgma.org/>

Section III: OneOp Programming

Blog Posts

- Blog Post – Leveraging the Unique Capabilities of the Cooperative Extension System to Enhance Military Family Readiness:
<https://oneop.org/2023/01/09/leveraging-the-unique-capabilities-of-the-cooperative-extension-system-to-enhance-military-family-readiness/>
- Blog Post – Supporting Military Family Well-Being Through an Integrated, Asset-Based Approach to Service Provision:
<https://oneop.org/2021/11/11/supporting-military-family-well-being-through-an-integrated-asset-based-approach-to-service-provision/>
- Blog Post – Options for Federal Government Hiring of Military Spouses:
<https://oneop.org/2024/07/16/options-for-federal-government-hiring-of-military-spouses/>
- Blog Post – Navigating Employment: The Unique Challenges Faced by Military Spouses:
<https://oneop.org/2024/05/16/navigating-employment-the-unique-challenges-faced-by-military-spouses/>

On-Demand Webinars

- Medicaid’s Role in Military Family Well-Being & Economic Security:
<https://oneop.org/learn/160053/>
- Medicaid, Food Security, & the Social Determinants of Health & Well-Being:
<https://oneop.org/learn/141471/>
- Featured Series – Food Security in Focus Series:
<https://oneop.org/series/food-security-in-focus/>
- Featured Series – Nutrition and Food Security:
<https://oneop.org/series/nutrition-and-food-security/>
- Webinar – Spouse Employment and Family Financial Readiness:
<https://oneop.org/learn/117023/>

PowerUp Magazine Articles

- “Staying Food Secure Through Life Changes”:
<https://www.flipsnack.com/CCD59EAA9F7/powerup-volume-1-issue-2/full-view.html?p=2>
- “Armed Forces Wellness Center: A Holistic and Integrated Approach to Force Fitness”:
https://www.flipsnack.com/CCD59EAA9F7/powerup_march_2024/full-view.html?p=2

Additional Resources

- 2023 MFRA – Building Networks to Alleviate Food Insecurity Conversation Harvest:
<https://oneop.org/wp-content/uploads/2023/07/Building-Networks-to-Alleviate-Food-Insecurity-Conversation-Harvest-.pdf>
- Practicing Connection Podcast Episode – Starting a Food Pantry for Military Families with Monica Bassett:
<https://oneop.org/learn/starting-a-food-pantry-for-military-families-with-monica-bassett-s-4-ep-8>

The above resources, links, and references may include both free and fee-based resources and inclusion in this list does not constitute endorsement by DoD or USDA.

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