



***Risk Factors and Reasons for Food Insecurity  
Among Service Members***

Webinar Additional Resources

Webinar Learn Page:

<https://oneop.org/learn/160058/>

**Webinar Citations**

Beymer, M.R., Reagan, J.J., Rabbitt, M.P., Webster, A.E., & Watkins, E.Y. (2021). Association between food insecurity, mental health, and intentions to leave the U.S. Army in a cross-sectional sample of U.S. soldiers. *J Nutr.* 151(7):2051-2058. <https://doi.org/10.1093/jn/nxab208>

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Zven, S.E., Graziose, B., Smith, K., Sorensen, I., Hisle-Gorman, E., Chokshi, B. (2024). Evaluating WIC engagement and food insecurity among active-duty military families. *Mil Med.* 189(5-6):e1270-e1276. <https://doi.org/10.1093/milmed/usad447>

## Installation Resources

### Community Resources

- Discharge planning team at Nellis AFB connects food insecure patients 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.

## Walter Reed WIC Research

- A Walter Reed team, including a pediatrician and social workers, is conducting research exploring barriers to WIC participation in military families.
- Clinic staff facilitates access to available resources and conducts screening for need and have identified \$115K in unclaimed benefits.

## Dietitians at JB Lewis McCord

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

## DOD Hi Food Insecurity WG

- Includes AD, Guard, Reserve and community partners
- Hawaii Foodbank, Armed Services YMCA, and the Commissary
- Initiated by the Health Promotion Coordinator at JB Hickam

## San Antonio Resources

- Vogel Resiliency Center (Joint Base San Antonio) hosts a food drop/food pantry once per month.
- Donations from the San Antonio Food Bank are distributed to members (~30% AD).
- ~150-180 participants receiving ~\$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.

## Defense Department Resources

- Military OneSource | [www.militaryonesource.mil](http://www.militaryonesource.mil)
- Tricare | <https://tricare.mil/healthwellness/healthyliving/food-insecurity>

## Defense Commissary Agency (DeCA) Resources

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

## OneOp Programming

- 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/>
- 2024 MFRA | Economic Readiness and Military Family Well-Being <https://oneop.org/series/2024mfra/>
- 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>
- PowerUp Article | Staying Food Secure Through Life Changes <https://www.flipsnack.com/CCD59EAA9F7/powerup-volume-1-issue-2/full-view.html?p=2>
- PowerUp Article | 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](https://www.flipsnack.com/CCD59EAA9F7/powerup_march_2024/full-view.html?p=2)

*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.*