



Creating a Network for Military Nutrition Readiness



August 12, 2026

oneop.org/learn/160146/

About OneOp

Supporting your work so you can better support military families.



Who We Are

A DoW & Cooperative Extension partnership supporting professionals who serve military families.

Our Mission

Strengthening military family service providers through accessible, research-informed learning.

What We Offer

Free, online professional development through webinars, podcasts, courses, and more.



The views expressed in this presentation do not necessarily reflect the official policy of the Department of War, U.S. Department of Agriculture, U.S. Government or OneOp. The mention of any entity or product is for informational purposes only.

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2023-48770-41333.

Building Strong Communities for Military Family Readiness

Throughout August 2026, OneOp will host a 4-week professional development learning series designed to help service providers strengthen their capacity to support military families by enhancing community infrastructure and partnerships.





Resource Inventory Template

Designed to help **identify and organize community-based resources** for military families.



Capture helpful organizations, websites, or services in **one place**.

Build a **centralized, up-to-date resource list**—making it easier to connect families with needed support.



Download at:
OneOp.org/learn/160146/

Webinar Essentials



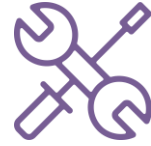
Visit the event page to download a copy of the webinar slides and any additional resources.



Select **'Everyone'** from the drop-down menu when commenting in the chat pod.



This webinar has been approved to offer continuing education credit. Stay tuned for more information!



Email us if you need tech support or have questions.

Contact@OneOp.org

OneOp.org/learn/160146

Today's Presenters



CPT Kimberly Whitbeck, MS, RD, CSSD

*H2F Nutrition Program Director
Fort Benning, GA*



CPT Alicia Lee, MS, RD

*Clinical Outpatient Dietitian
Fort Drum, NY*

Today's Presenters



Jordan Reeves, CLC

Family Development Educator
Family Advocacy Program
Cornell Cooperative Extension



Nicole Wetzel

Family Development Educator
Family Advocacy Program Team Coordinator
Cornell Cooperative Extension

Learning Objectives

Webinar Overview

This webinar will describe an important shift from viewing food security solely as economic access toward a more comprehensive, military nutrition readiness framework grounded in three pillars: physical access to food, economic access to food, and nutrition quality.

1

Identify the three pillars of military nutrition readiness as a framework for professionals working to increase nutrition readiness among military families.

2

Describe evidence-informed programs used by service providers to strengthen nutrition and financial readiness.

3

Identify local, state, and federal programs that support nutrition and financial readiness among military families.

4

Identify potential community partners in their own location or workplace to collaboratively strengthen nutrition and financial readiness in the military families they serve.

Nutrition Readiness: A Key Part of Military Family Readiness

12 AUG 2026

Kimberly Whitbeck, MS, RD, CSSD

Fellow, Office of Military Family Readiness Policy
Department of War, Office of Military Community and Family Policy

Disclosure

Kimberly Whitbeck has no relevant financial or non-financial relationships to disclose relating to the content of this activity.

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BLUF (Bottom Line Up Front)

Nutrition readiness, a key component of military family readiness, means our warfighters maximize the opportunity, purpose and pride to be physically and mentally fit to perform at their best capability.

Nutrition readiness ensures warfighters and their families have reliable physical and economic access to nutritious food that fuels optimal human performance.

Through Military OneSource and OneOp, the Office of Military Community and Family Policy empowers military family service providers with targeted resources to help families achieve and sustain nutrition readiness.

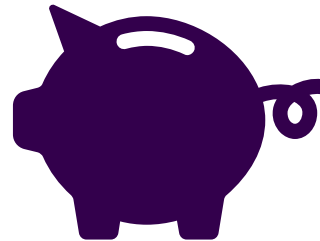
Office of Military Family Readiness Policy

- **Military family readiness (MFR)** is the state of being prepared within the unique context of military service, to effectively navigate the challenges of daily living and military transitions.
- Ready individuals and families are:

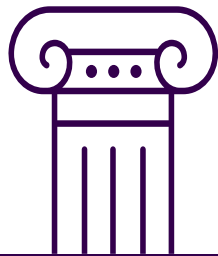
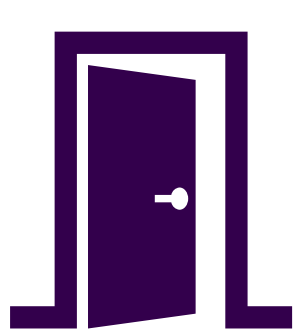


Military Family Readiness

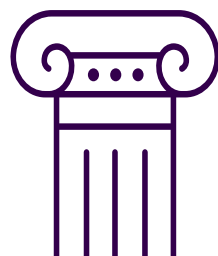
The five domains of MFR include:



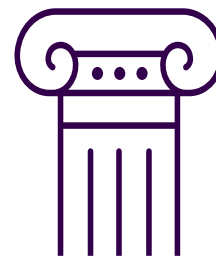
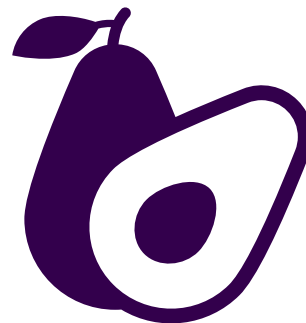
3 Pillars of Nutrition Readiness



**Physical
Access**



**Economic
Access**



**Nutrition
Quality**

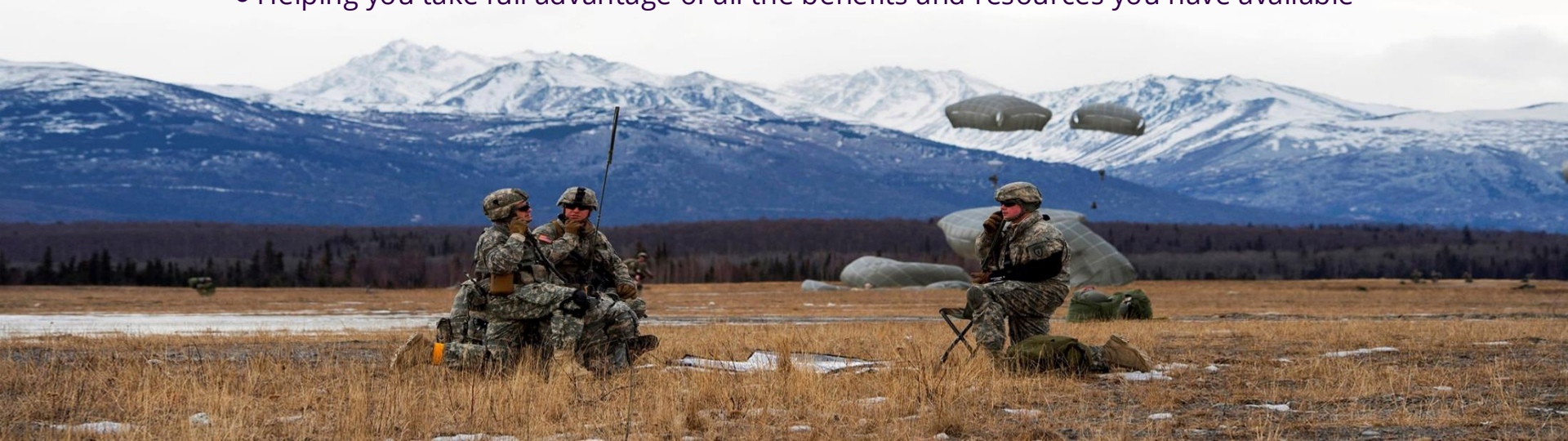
Actions to Support Nutrition Readiness

- Leverage the breadth of services available through Military OneSource
 - Non-medical counseling
 - Health and wellness coaching
 - Spouse employment programs
 - EFMP
- Share information with unit-level leadership
 - Nutrition Readiness Toolkit on Military OneSource
- Integrate messages/resources into existing programs
- Collaborate with other installation providers
- Refer to community resources and partners

Connecting You to Your Best MilLife

Military OneSource:
Your 24/7 connection to information, answers and support.
Your one source for your best MilLife.

- Dedicated to the military community — service members, military spouses, families and survivors
- Helping you take full advantage of all the benefits and resources you have available



Connecting Members & Families to Support



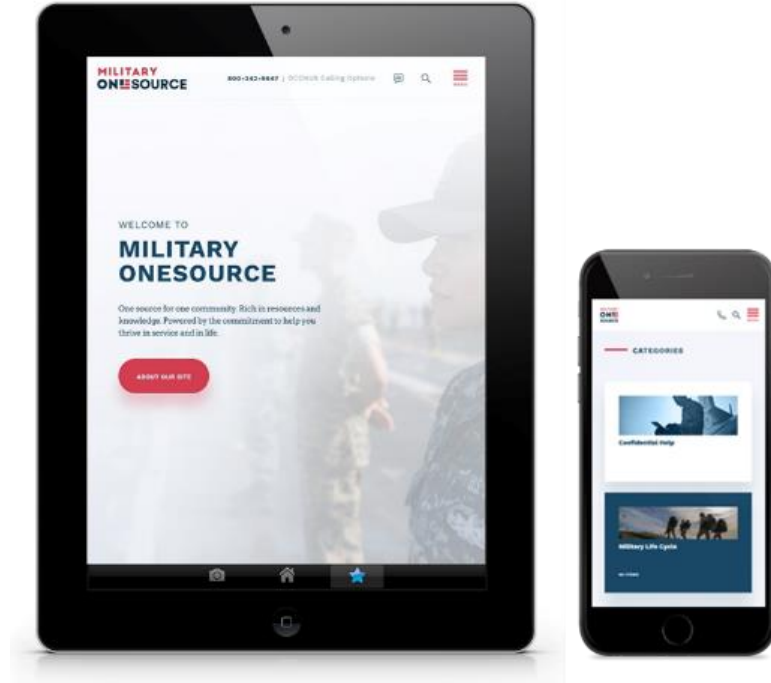
The Military OneSource Website

MilitaryOneSource.mil

Is your 24/7/365 connection to even more resources, services and information.

The Homepage:

- 800 number and OCONUS Calling Options
- Connect to secure online chat
- Optimized search function
- Categories and featured content
- Menu with Quick Access links to important pages and Site Feedback
- Confidential Help





Home > Service Providers & Leaders



Support for Food, Finances & Housing



Help your service members access resources that support their nutrition readiness, financial well-being and housing needs.

Nutrition readiness and food access, financial well-being and housing availability are vital for maintaining a ready and resilient force. As a military leader or service provider, you are uniquely positioned to support warfighters.

Quickly navigate to the information and resources you need:

[Nutrition Readiness](#)

[Financial Well-Being](#)

[Housing Support](#)

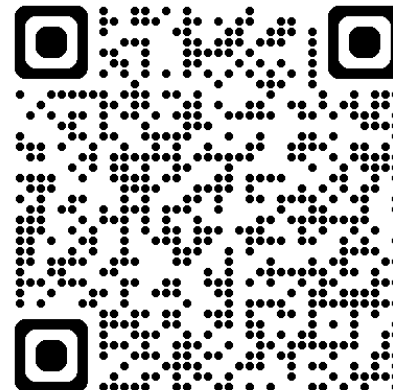


Download the Nutrition Readiness Toolkit for Military Leaders

Get resources for commanding officers, nutrition professionals, clinicians, and financial educators to support service members' nutrition readiness and financial security.

DOWNLOAD TOOLKIT ↗

Support for Food, Finances & Housing





Nutrition Readiness and Food Access

The Defense Department prioritizes military excellence. This includes focusing on nutrition readiness and fueling our warfighters for optimal performance on the battlefield. Nutrition readiness means military service members and their families have consistent access to quality, affordable food that supports optimal human performance.

Factors That Affect Nutrition Readiness

Nutrition readiness is the ability to access quality food for your family.

There are a variety of factors that can affect nutrition readiness, including the risk of food insecurity, dining hall or commissary access, and PCS seasonality.

Nutrition Readiness

Learn how to assess nutrition readiness with the warfighter.

Assessing Nutrition Readiness

Military leaders like you are uniquely positioned to assess nutrition readiness within their chains of command. Use the resources below to identify and support those service members who need assistance with improving their nutrition or accessing quality foods:

- [Talking Points for Military Leaders on Nutrition Readiness PDF](#)
- [OneOp Professional Development Programs on Nutrition and Food Security](#)

Assessing Nutrition Readiness

Resources for Optimizing Nutrition Readiness



Resources to Share





Nutrition Readiness and Food Access

Factors That Affect Nu

Nutrition readiness depends on access to quality food for an active, healthy

There are a variety of factors that can affect nutrition readiness, including the rising cost of living, dining hall or commissary hours, and PCS season. These challenges can impact the ability to access quality food.

Nutrition Readiness R

Learn how to assess your team's nutrition readiness with the warfighters in your command.

Assessing Nutrition

Resources for Optim

Resources to Share

Resources for Optimizing Nutrition Readiness

Connect your warfighters to free resources and services that support the nutrition readiness of our armed forces:

- [Military OneSource health and wellness coaching](#) is available at no cost to warfighters and their families. Coaches provide virtual, personalized support related to healthy eating, fitness and stress management.
- [The Armed Forces Wellness Centers](#) provide healthy behavior change through health education and advanced fitness testing technology for warfighters, family members, retirees and DOD civilians.
- [The Guide on Food Security](#) includes links to DOD and other Federal nutrition assistance programs that can help service members who need immediate support.
- [Human Performance Resources by CHAMP](#) is a DOD hub for information on maximizing performance, fitness, wellness and nutrition.
- [The Warfighter Nutrition Guide](#) offers strategies and recommendations for all aspects of performance nutrition for military service members.



Nutrition Readiness and Food Access

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Factors

Nutrition readiness means military service members and their families have consistent access to quality food that supports optimal human performance.

There are several factors that can impact nutrition readiness, including the availability of food, the quality of food, and the access to food. These factors can be influenced by the dining hall, the food service, and the policies of the organization.

Nutrition

Learn how to improve nutrition readiness with the warfighter.

Assess

Resources

Resources to Share

Use these communications materials to share information on nutrition readiness with your enlisted:

- [Customizable email](#)  for leaders and service providers to connect service members to available support services.
- [Customizable presentation](#) for leaders and service providers on nutrition readiness and resources available to service members.
- [Tips and resources](#) for service members to support eating healthy on a budget.

Resources to Share

Additional Resources

MilLife Learning:

- WIC Program: Nutrition Support for Military Families
- Nutrition Readiness

WIC Program



Nutrition Readiness



OneOp Webinars:

- Innovative Strategies for Stronger Military Nutrition Environments
- Partnering for Impact Through Food is Medicine (FIM)
- Foundations for Military Family Financial Readiness

Strategies



FIM



Finance



Summary

Nutrition readiness, a key component of military family readiness, means our warfighters maximize the opportunity, purpose and pride to be physically and mentally fit to perform at their best capability.

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Nutrition Readiness: Fort Drum Food Insecurity Efforts

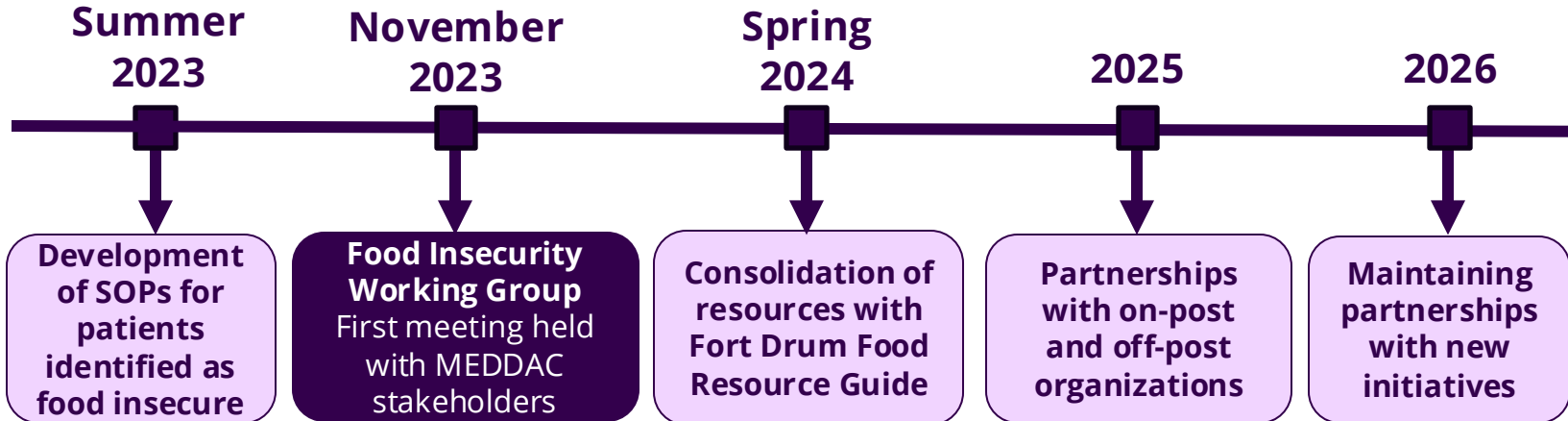
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Clinical Outpatient Dietitian
Fort Drum, NY

No disclosures.

Fort Drum Food Insecurity Efforts



Fort Drum Food Resource Guide

- Comprehensive list of both off-post and on-post resources
- Updated regularly by Fort Drum MEDDAC Registered Dietitians
- Shared with all clinics and across installation-wide
- Includes new 1-pager for ease of reading from CCE



Food Access Resources for Fort Drum

Revised October 3, 2025

Women, Infants and Children (WIC)

Women who are pregnant/postpartum, and children through the age of 5 can receive monthly benefits if Household income eligibility is met.

Outside Main Gate:
LeRay Medical Center
28908 Independence Way
2nd Floor
Evans Mills, NY 13637
315-782-9222
Mon-Fri 8:30-5:00
2nd & 4th Mon 9:00-6:00

Watertown:
238 Arsenal St.
Watertown, NY 13601
315-782-9222
Mon-Fri 7:30-5:00
1st Tues & 3rd Wed 9:00-7:00
2nd & 4th Sat 8:00-3:30



North Country Fruit and Vegetable Prescription Program

Learn new, healthy ways to eat and prepare more fruits and vegetables to combat risks of food insecurity and diet-related chronic disease.

Participate in six weeks of nutrition workshops and receive \$25 in vouchers at each workshop (one per week, total value of \$150). Classes available on-post at Guthrie Clinic or off-post through Cornell Cooperative Extension.

Referrals are available through healthcare providers and community agencies, including WIC, Mobile Food Pantry, Fort Drum MEDDAC and Fort Drum Family Advocacy.

For more information, contact Cornell Cooperative Extension at 315-788-8450.



Mobile Food Pantry

Community Action Planning Council (CAPC) of Jefferson County operates a Mobile Food Pantry which serves rural areas of Jefferson County and Fort Drum. Emergency food packages are available and are customizable for consumer and household preferences. Proof of Jefferson County residency is required for each individual that you wish to have included in the household.

Households 200% or below federal poverty level

CAPC: 315-782-4900 x 221

3rd Monday of each month:

12:30-2 PM
Adirondack Creek
Community Center
9797 Constitution Blvd
Fort Drum

Emergency Food Bags

If you are experiencing a food emergency, the chaplains have bags of food to distribute. Call one of numbers below to reach them.

Main Post Chapel 315-772-5591

or
Mountain Operations Center
(for on duty chaplain)
315-772-8620/3632



Thrift Shop Food Pantry

The Fort Drum Thrift Shop's Food Pantry is open on the **first Saturday of every month from 9:30-1:45**. Offers non-perishable food and hygiene items.

A smaller "blessing box" is offered during business hours (Tues 9:30-2:00, Wed 9:30-4:00, Thurs 9:30-2:00, and first Saturday of the month 9:30-2:00).

Call for summer hours.

Building P-1454 Fourth Street M,
Fort Drum (behind Arby's and Express)
315-772-0021



Food Sense

A monthly box of 12-15 staple grocery items including meat and produce for \$20.50. There are no qualifications, no subscriptions, and no income requirements to participate in Food Sense. To order a Food Sense box, visit the Watertown Urban Mission or call them at 315-782-8440 x 235

For more food access resources, scan the QR code to access the Fort Drum Food Resource Guide.





North Country Fruit & Vegetable Prescription Program

Cornell Cooperative Extension
Jefferson County



Past Successes

- Increased views + awareness of Food Resource Guide
- Training of lactation counselors for primary care clinic + coaching for breastfeeding mothers
- Cornell Cooperative Extension (CCE) Fruit and Vegetable Prescription (FVRx) Program now expanded to community referrals
- Community Action Planning Council (CAPC) began on-post mobile food pantry MAR 2025
- Fort Drum Thrift Shop with monthly openings on Saturdays, starting JAN 2025
- Chaplain emergency food boxes initiated JUN 2025

Current Initiatives

Managing partnerships...



WIC Outreach

- Increasing awareness of WIC benefits among individuals affiliated with the military
- Organizing multiple events across base with buy-in from leadership

Installation Food Drives

- Increasing easy access to food for individuals on base affected by the government shutdown

Thrift Shop Food Pantry/CCE

- Continuous collaboration with food pantry on base to ensure full stock
- Communication with CCE to streamline process of FVRx referrals

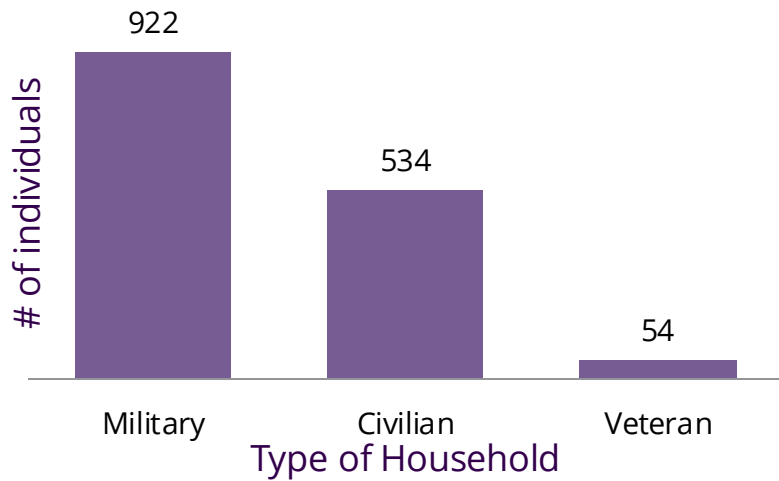
Food Distributions

- Started during the government shutdown in NOV 2025
- Connections with Soldier Family Readiness Chief to introduce idea of food drives
- Collaborated with Garrison who organized with other organizations involved (food pantry, police, Public Affairs Officer (PAO), etc.)
- Meeting held with Chief of Staff to discuss resources and further explain strong evidence of food insecurity
- Establish presence as Medical Department Activity (MEDDAC) organization



Total Served in Installation-wide Food Distributions NOV 2025

Mainly military-affiliated families but shows need amongst civilian and veteran populations



Food Distribution Data

- Highlights from Installation-wide Food Distributions held during government shutdown
- Served:
 - 5,026 total individuals
 - 1,488 total households
 - 922 Military families
 - 534 Civilian families
 - 54 Veteran families

WIC Outreach- Enrollment Days

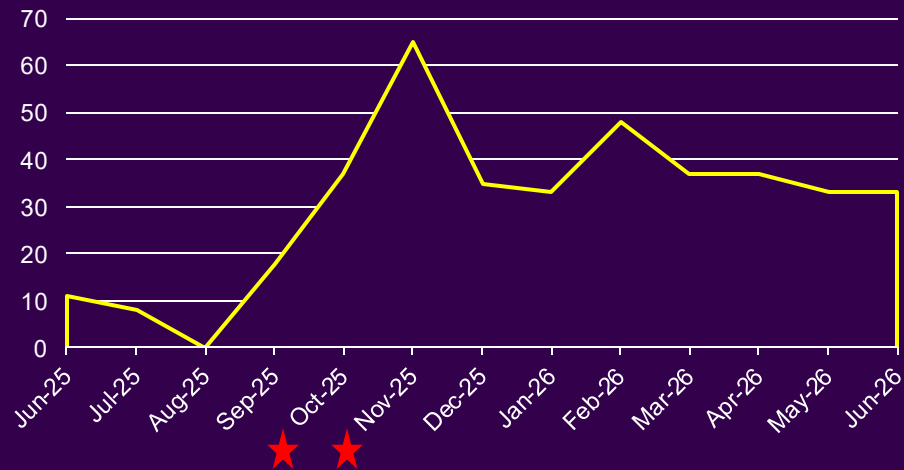
- Long-standing goal to increase utilization rates of WIC
- Intent to increase awareness of eligibility requirements and benefits received from WIC
- Communication first with MEDDAC leadership
- Expanded to Clark Hall, Commissary and direct outreach in Guthrie



Thrift Shop Food Pantry

- Monthly participation in Food Insecurity Working Group (FIWG) for data reporting
- Communication of needed items to stock up the food pantry
- Working on flyer to encourage other community organizations on base to host food drives to help increase stock
 - Military units encouraged as well-ruck marches, etc.

Number of Families Who Utilized Thrift Shop Food Pantry



Maintaining Partnership with CCE

- Monthly data reports at FIWG
- Increasing awareness and outreach of FVRx program
- Referrals have increased from community organizations
- Still working on classes for those with transportation limitations



North Country
FRUIT & VEGETABLE
Prescription Program
Cornell Cooperative Extension

Learn about making healthy choices, setting realistic goals, practical application, food safety and meal planning!
Participate in up to 6 weeks of nutrition workshops and receive **\$25 in vouchers at each different workshop, per adult.**
(one per week total of \$150 for all six classes)

Family Advocacy Program
4 week foundation building workshop
1:00pm-3:00pm
WFRD Enrichment Center
10263 41st Avenue
Division Drive

Positive Parenting Series
Perfect for parents and caregivers with children of any age
Topics: parenting styles, child development, stress management, communication, routines, discipline, nutrition
2026 Sessions: Feb 3, 10, 17, 24; May 5, 12, 19, 26; Aug 4, 11, 18, 25; Nov 3, 10, 17, 24
Call to Register! (315)-772-5914 @FORTDRUMACS

Nutrition classes are taught in the second half of the Positive Parenting Series. Nutrition portion starts at 2pm. Register for the whole series (Parenting and Nutrition) or just Nutrition

Class 1: Healthy Lifestyles
Class 2: Reading Labels, Fruits, Vegetables
Class 3: Proteins, Grains and Dairy
Class 4: Sugars, Fats and Oils
Class 5: Food Safety
Class 6: Healthy Meal Prep and Planning

2026 Class dates
Feb 3, 10, 17, 24, Mar 3, 10
May 5, 12, 19, 26, June 2, 9
Aug 4, 11, 18, 25, Sept 1, 8
Nov 3, 10, 17, 24, Dec 1, 8
*red dates are Nutrition only

Call to Register!
315-772-5914
@FORTDRUMACS

Lessons Learned

- **Identification** of disparity/need for food resources- Standard operating procedure (SOP) created to outline need
- Implementation of food insecurity screener to **collect quantitative data**- further answers the question of “How prevalent/strong is food insecurity in the local population?”; Conduct in-services to promote buy-in from clinic staff
- Creation of working group to **gather stakeholders** and connect similar ideas/**make connections** to initiate projects (More # = more power)
- **Continuous collection of food insecurity data** to promote the need for food resources and other assistance programs (i.e. WIC, Thrift Shop Food Pantry, future installation food drives, etc.)

Nutrition Readiness:

Fort Drum Army Community Service Family Advocacy Program Cornell Cooperative Extension

Jordan Reeves, CLC

Family Development Educator
Family Advocacy Program
Cornell Cooperative Extension

Nicole Wetzel

Family Development Educator
Family Advocacy Program, Team Coordinator
Cornell Cooperative Extension

No disclosures.

Fort Drum Army Community Service Family Advocacy Program Cornell Cooperative Extension

- Discuss nutrition education and food budgeting programs delivered through Cornell Cooperative Extension Service
- Describe the community collaborations necessary to be able to deliver these Extension programs
- Share insight on establishing partnership connections



Cornell Cooperative Extension
Jefferson County



Nutrition Education: Positive Parenting Series

Comprehensive nutrition education with supplemental activities



Week 1: Healthy Lifestyles

Week 2: Labels, Fruits & Vegetables

Week 3: Grains, Proteins, & Dairy

Week 4: Sugar, Fats, & Sodium

Week 5: Food Safety

Week 6: Meal Planning and Budgeting

North Country
FRUIT & VEGETABLE
Prescription Program
Cornell Cooperative Extension

Learn about making healthy choices, setting realistic goals, practical application, food safety and meal planning!
Participate in up to 6 weeks of nutrition workshops and receive **\$25 in vouchers at each different workshop, per adult** (one per week total of \$150 for all six classes)

Family Advocacy Program
A week foundation building workshop
10:00am-3:00pm
NYS Endowment Center
10221 N. Forward
Berkshire, NY

2026 Sessions
Feb 3, 10, 17, 24
May 5, 12, 19, 26
Aug 4, 11, 18, 25
Nov 3, 10, 17, 24

Topics
• parenting styles
• child/teen/parent, stress management
• communication, routine
• discipline

Call to Register!
315-772-5914

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Call to Register!
315-772-5914

Cooking Enrichment

Hands on activities with supplemental nutrition education

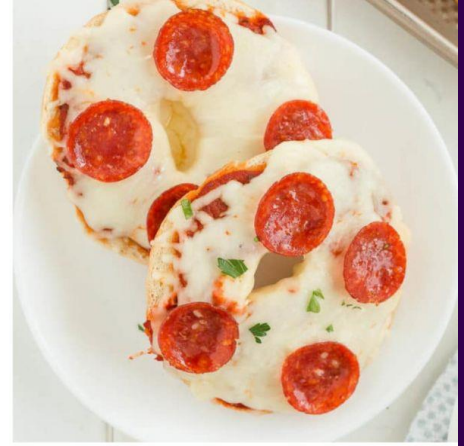
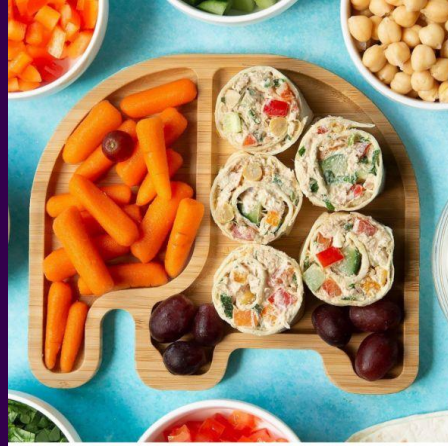
Little Chefs: 1.5 - 5 years old, with guardian

Loving Spoonful: Soldiers, Couples, Families with Children ages 6 and up

Sensory Eating Adventures: Exceptional Family Member Program, Guthrie Dietitians

BOSS Cooking

Events: healthy snacking options



Little Chefs

1.5 - 5 year olds
with guardian



**Loving
Spoonful**
Soldiers, Couples,
Families 6yo+



SEA

Sensory Eating
Adventures
with EFMP



BOSS

Meal Prep

Better Opportunities for
Single Soldiers



Need Based Partnerships and Collaborations

Military Partnerships

Army Community Services: Family Advocacy Program, Financial Readiness Program, Relocation Readiness, Information & Referral, Army Emergency Relief, Exceptional Family Member, New Parent Support

MEDDAC Dietitians, Chaplains, Better Opportunities for Single Soldiers

Extension Resources

Cornell Cooperative Extension Jefferson: Nutrition Program, Fruit and Vegetable Prescription Program, Local Foods

Utah State University Extension: National Nutrition Certification

Community Food Access Partners

Food Insecurity Working Group: MEDDAC, Cornell Cooperative Extension, Community Action Planning Council, Women Infants and Children, Fort Drum Blessing Box Food Pantry, Chaplains, Food Bank of Central New York, Army Community Service

Creating Your Own Network

- Identify organizations already serving Military Families.
- What groups are supporting food access, nutrition education or financial readiness?
- Are there partners that will share information (send referrals, data or outreach)?
- Are there organizations willing to co-host programs or events?
- What are others doing?

Questions?

Build Your Local Resource Inventory

Connect military families to the support they need through your network.



Our Template

Download a copy from *Event Materials* to organize resources in your community

How to Use It

Add organizations, services, and websites as you learn about them to support your service navigation.

Best Practices

Start with a clear purpose, focus on relevant and accessible resources, and update regularly.

Discover the OneOp Podcast

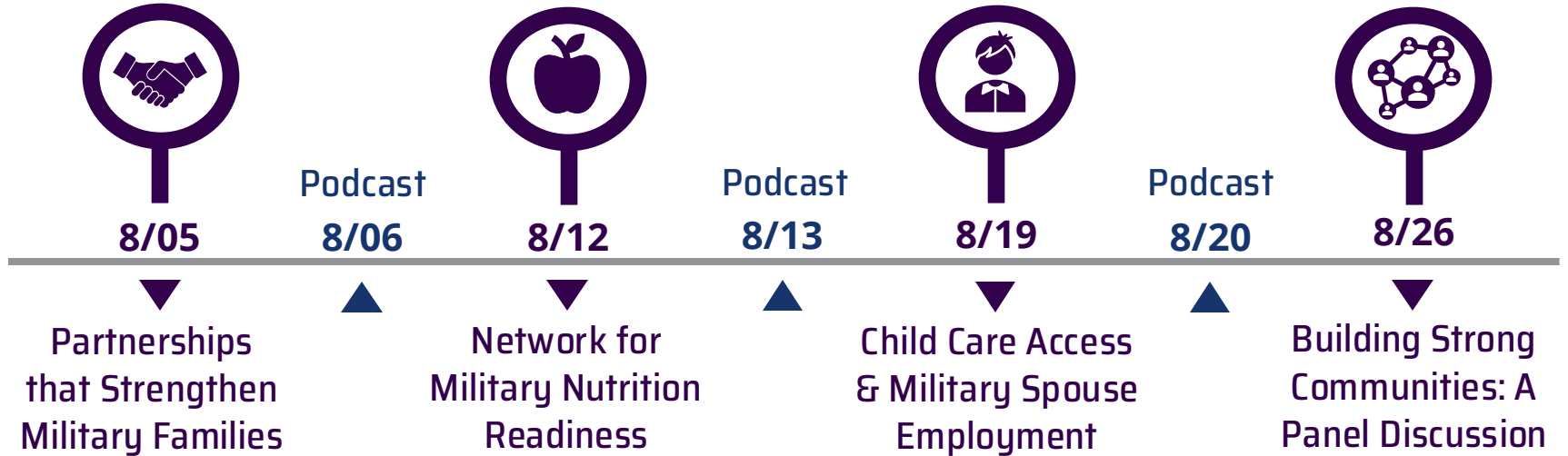
Episodes this month are focused on community building, belonging, and fostering collective competence.

New Episode: Thursday, Aug. 6

This episode features Dr. Julika von Stackelberg as she explores the power of community building, belonging, and resilience. Join us for an insightful conversation on creating strong connections that support individuals, families, and communities in times of challenge and change.



Academy Schedule



OneOp.org/building-strong-communities-for-military-family-readiness/





August 19, 11 a.m. ET

Register: oneop.org/learn/160147/

Register for the next Academy webinar

Navigating Child Care Barriers and Their Effect on Military Spouse Employment

Access to reliable, affordable, and high-quality childcare remains a critical challenge for both military and civilian families. Provider shortages, rising costs, workforce instability, and limited access continue to affect family well-being and military readiness. This multidisciplinary webinar will explore how these challenges intersect with employment barriers faced by military spouses.

Evaluation

Go to the event page and click the link to take our evaluation and post test!



Your feedback helps shape a stronger, more effective Academy.

OneOp.org/learn/160146/



Continuing Education

This webinar offers **1.5 CE credits** from the:

- American Association for Family and Consumer Sciences (AAFCS)
- Association for Financial Counseling & Planning Education (AFCPE)
- Commission for Case Manager Certification (CCMC)
- Commission on Dietetic Registration for the Academy of Nutrition and Dietetics (CDR)
- Michigan Education Association's Center for Leadership and Learning
- National Council on Family Relations (NCFR)
- National Commission for Health Education Credentialing (NCHEC)
- Patient Advocate Certification Board (BCPA)
- Society for Human Resource Management (SHRM)
- The Center for Financial Certifications (FinCert.org)
- University of Texas at Austin School of Social Work (UTSW)
- Certificate of Attendance