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**NUTRITION SECURITY RESOURCES**

(updated 8/3/2021)

**Nutrition Security Resource**: Food and Nutrition Security Profile for each state on [State Recipient Profiles Page](https://chronicdisease.org/bric-states/recipient-profiles/)

**Nutrition Guidelines for Food Banks**

[***Healthy Eating Research Nutrition Guidelines for the Charitable Food System***](https://healthyeatingresearch.org/wp-content/uploads/2020/02/her-food-bank_FINAL.pdf)***.*** A 24 page, March 2020 publication on nutrition guidelines for the charitable food system from [Healthy Eating Research](https://healthyeatingresearch.org/research/healthy-eating-research-nutrition-guidelines-for-the-charitable-food-system/), a national program of the Robert Wood Johnson Foundation. A [one-page overview](https://healthyeatingresearch.org/wp-content/uploads/2020/03/Nutrition-Guideline-Expert-Panel_one-pager2.pdf) of the document is available.

* Nutrition Standards for the Charitable Food System presentation by Ronli Levi, MPH, RD, UCSF Nutrition & Obesity Policy Research & Evaluation Network (NOPREN). [PRESENTATION](https://chronicdisease.org/wp-content/uploads/2021/07/BRIC-2021-01-25_Ronli-Levi-NOPREN-no-recording.pdf)

[**Nutrition in Food Banking Toolkit**](https://hungerandhealth.feedingamerica.org/resource/nutrition-in-food-banking-toolkit/?_ga=2.208374610.1989459420.1617651369-123200172.1617284495)**.** Newfrom Feeding America, developed by Feeding America’s Nutritious Food Revisioning Task Force. The toolkit contains three sections that can serve as standalone resources:

1. [Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System](https://hungerandhealth.feedingamerica.org/resource/healthy-eating-research-nutrition-guidelines-charitable-food-system/)
2. [Applying an Intercultural Competence Lens](https://hungerandhealth.feedingamerica.org/resource/applying-intercultural-competency-lens/)
3. [Role of Food Bank Nutrition Policies: A Guide to Action](https://hungerandhealth.feedingamerica.org/resource/role-food-bank-nutrition-policies-guide-action/)

[**Evidence Supporting Nutrition Ranking in the Charitable Food System**](https://chronicdisease.org/wp-content/uploads/2021/05/SWAP_Handout-Nutrition-Ranking.pdf)**.**This handout illustrates how the availability of healthy food increases significantly at every level of the charitable food system (food bank, pantry, and client) when nutrition ranking with [SWAP](http://site.foodshare.org/site/PageServer?pagename=2017_programs_swap) ranking system is used.

**June 25 Nutrition Security Office Hours** with guest speakers Jessica Hager, Feeding America and Megan Lott, Healthy Eating Research (HER) discussing the *HER Guidelines for Charitable Food System*, [RECORDING](https://chronicdisease.zoom.us/rec/share/pUKNh3Q2Sw22faAJt0IjvUrD2VQYJvAhVK0agXPTrQJGx-E7XmQceT4lRiX0yNTK.e6CbWLJE0U0MNfqr?startTime=1624644365000) and [PRESENTATION](https://chronicdisease.org/wp-content/uploads/2021/07/BRIC-re-HER-Guidelines-June-2021-Presentation-JHager.pdf)

**Community Food Security and Nutrition Assessments**

**The University of Vermont** [Food Insecurity: Impact of Covid-19](https://www.uvm.edu/cals/nfs/food-insecurity-impact-covid-19) is a web page that contains links to research briefs, surveys and news.

**Vermont Farm to Plate Strategic Plan**, [Chapter 4, Section 1, Food Security in Vermont](https://www.vtfarmtoplate.com/assets/plan_sections/files/4.1%20Food%20Security%20in%20Vermont_Feb%202015_small%20file.pdf) provides and example of a **state food assessment** and includes sections on current conditions, analysis and objectives and strategies.

**USDA Economic Research Service** [Community Food Security Assessment Toolkit](https://www.ers.usda.gov/publications/pub-details/?pubid=43179) includes standardized measurement tools for assessing community food security.

**CDC Healthy Places** [Community Food Assessment](https://www.cdc.gov/healthyplaces/healthtopics/healthyfood/community_assessment.htm) web page includes resources, white papers and journal articles.

**Delivering community benefit: Healthy food playbook** is a service of Health Food in Health Care at Health Care Without Harm and includes a [Community health needs assessment](https://foodcommunitybenefit.noharm.org/resources/community-health-needs-assessment) component with resources, tools and data sources including [Engaging the community to understand food needs](https://foodcommunitybenefit.noharm.org/resources/community-health-needs-assessment/engaging-community-understand-food-needs) guidance brief.

**The National Association of State Departments of Agriculture (NASDA)** just released a [NASDA Food Security Tool Kit](https://s3.amazonaws.com/nasda2/media/NASDA-Food-Security-Tool-Kit_FINAL.pdf?mtime=20210223132853), a resource for state commissioners, secretaries and directors to partner with communities, designed to share successes of state food security programs and equip state agriculture departments with additional resources to fight hunger across the U.S.

**Food Pantry Assessment Tools**

Two examples of pantry level assessment tools to consider using once relationships and partnerships have been developed.

1. [Healthy Food Pantry Assessment Toolkit](https://extension.wsu.edu/pierce/nutrition/healthy-food-pantry-assessment-toolkit/) developed by Washington State University that measures food pantry environment best practices, observational survey tool
2. [The Nutrition Environment Food Pantry Assessment Tool](https://uofi.app.box.com/s/xxybruwbnscwzm9h4wptlbg4kft4qb2p) (NEFPAT) developed by the University of Illinois to assess PSE changes within food pantries to ensure the healthy choice is the easy choice while promoting dignity and inclusion.

**COVID-19 Impact on Food Pantries**

[**Food Box 2.0 Shines Light on TEFAP**](https://foodbanknews.org/food-box-2-0-shines-light-on-tefap/)(Article in Food Bank News). **NEW** Farmers to Families Food Box Program – produce boxes will now be distributed through USDA’s Emergency Food Assistance Program (TEFAP).

[**Food Bank News**](https://foodbanknews.org/category/covid-19/)**.** A great publication for many topics including COVID-19 responses/pivots.Read other articles of stories from around the country and sign-up for regular news.

[**Considerations for Pantries and Food Distribution Sites during COVID-19**](https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/food-pantries.html#:~:text=Considerations%20for%20Food%20Pantries%20and%20Food%20Distribution%20Sites,had%20close%20contact%20with%20someone%20with%20COVID-19.)**.** A CDC compiled webpage with resources on operational considerations, cleaning and disinfection and tips for encouraging staying home when sick.

**Food Systems Friday - *Food Insecurity and the Charitable Food System: Lessons Learned During COVID-19*** with Katie Martin, Ph.D., Executive Director of the Institute for Hunger Research & Solutions at Connecticut Food Bank-Foodshare. [Episode 24 Recording](https://www.youtube.com/watch?v=xv8zTnl7lUM)

**Coordinated Food Assistance Network** – [example in Connecticut](https://www.carenhv.org/cfan/). Task force members pivoted to address COVID-19 shutdowns and address emergency food needs.

**Food Service Guidelines**

Food Service Guidelines Collaborative Webinar, December 2020. [**Resetting the Foodservice Experience: Challenges & Opportunities in COVID-19**](https://zoom.us/rec/play/eXS2KdswP8OfH_zEWO_Ryi46UThHKu1yvNq-Jb3SknxIEAsJYlgJFUw4nljosH7x3HHHPSqB_0iwcUwV.nbNhO3TEU7rdIOQp)

Food Service Guidelines Collaborative Webinar, January 2021. [**Resetting the Foodservice Experience: Creating Food Pantries in Foodservice Settings**](https://drivecommonality.us19.list-manage.com/track/click?u=9b7d150631f1ff080d86b0119&id=af8d7d55e6&e=230748066b)

[**Food Service Guidelines from Association of State Public Health Nutritionists**](https://asphn.org/food-service-guidelines/) **(ASPHN)**. Summary of food service guidelines developed by states, including food pantries.

**Choice Pantries**

Choice pantries, which are set up like a grocery store, are the best practice for pantries but during COVID-19 may be difficult to implement depending on COVID-19 spread in the community.

[**Converting to a Healthy Client Choice Pantry**](https://www.ittakesmorethanfood.org/getting-started-with-healthy-client-choice). A collection of resources and models.

* **SWAP** ([Supporting Wellness at Pantries](https://www.ittakesmorethanfood.org/getting-started-with-healthy-client-choice))
  + [One pager](https://hungerandhealth.feedingamerica.org/wp-content/uploads/2018/05/SWAP-Info-1-pager_HER.pdf) about SWAP includes background and alignment with new HER nutrition ranking at food banks
  + [Foodshare’s SWAP Toolkit](https://indd.adobe.com/view/0be29257-c5f3-441e-b144-828b7ff00cf9) is an interactive tool that includes materials to help you understand and use the SWAP system

[**SuperShelf**](https://www.supershelfmn.org/) transforms food shelves, creating welcoming environments for communities to access appealing, healthy food and is a project of four Minnesota partners.

**Foodshare Institute for Hunger Research and Solutions** May 20, 2021, Webinar [*Offering Client Choice: Promoting Dignity in Food Pantries*](https://www.youtube.com/watch?v=B1FFgOXnYIk).

* Supporting resource/toolkit: [Ohio Making the Switch - A Guide for Converting to a Client Choice Food Pantry](https://secure3.convio.net/fdshr/site/DocServer/Making_the_Switch_to_Client_Choice.pdf;docID=6081&NONCE_TOKEN=8B395ACD73FB58ABB5DF45AFCA4D03D5)

**Healthy Food Donations**

[**Donating Healthy Foods to Pantries List**](https://hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/mp/files/tool_and_resources/files/healthy-food-donation-list.pdf) is Feeding America’s suggestions for healthful food donations.

[**Healthy Food Donation List**](https://hungerandhealth.feedingamerica.org/resource/feeding-americas-healthy-food-donation-list/)from Feeding America which includes suggestions for healthful food drive donations including a variety of fruits and vegetables, proteins, dairy and dairy substitutes, 100% whole grains and healthy fats.

[**How food banks get their food**](https://www.feedingamerica.org/hunger-blog/how-food-banks-and-food-pantries-get-their-food#:~:text=How%20food%20banks%20and%20food%20pantries%20get%20their,3%20Food%20banks%20receive%20food%20from%20federal%20programs) is a blog article on the Feeding America website from December 2020 that walks the reader through the three steps of how food banks receive food to feed communities.

**Food Bank Policy**

[**Developing a Food Bank Nutrition Policy**](https://canvas.instructure.com/courses/1735518)**.** An online course from the Nutrition Policy Institute for those interested in the link between hunger, health, nutrition and charitable food assistance.

**USDA Foods**

[**USDA Foods Available List for The Commodity Supplemental Food Program (CSFP)**](https://fns-prod.azureedge.net/sites/default/files/resource-files/CSFP%20Foods%20Available%20List-%202021.pdf). A list of USDA foods with description, WBSCM ID and pack size

[**USDA Foods Expected to be Available**](https://www.fns.usda.gov/usda-foods/usda-foods-expected-be-available). A link to USDA Foods that are available or expected to be made available to participants in each of the food distribution programs.

**Impact of COVID-19 on Food Insecurity and Health Status – Journal Articles, Reports and Webinars**

[*Supplemental Nutrition Assistance Program (SNAP) Waivers and Adaptations During the COVID-19 Pandemic: A Survey of State Agency Perspectives in 2020*](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbit.ly%2F3wFWPkC&data=04%7C01%7Capalmer6%40jhu.edu%7C5f8a310528b94ce71d7708d9251b1917%7C9fa4f438b1e6473b803f86f8aedf0dec%7C0%7C0%7C637581620584555951%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ueSTfqWcZjzisiZKw%2Fe15xAwktjhyTMgkx9mp9bXfQg%3D&reserved=0), from The Institute for Health and Social Policy at the Johns Hopkins Bloomberg School of Public Health, synthesized results from a nationwide survey of state SNAP administrators to better understand the challenges of implementing federal waivers during the pandemic and opportunities for strengthening SNAP. [FULL REPORT](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbit.ly%2F3wFWPkC&data=04%7C01%7Capalmer6%40jhu.edu%7C5f8a310528b94ce71d7708d9251b1917%7C9fa4f438b1e6473b803f86f8aedf0dec%7C0%7C0%7C637581620584565948%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=F4Pc858bqjQjTHW4SkXuRuOEQ%2BnyUp0HBHP6n4k1lBY%3D&reserved=0) and the [EXECUTIVE SUMMARY](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffiles.constantcontact.com%2F391325ca001%2F2929c1e0-5449-46f0-a739-a6e5c288ac26.pdf&data=04%7C01%7Capalmer6%40jhu.edu%7C5f8a310528b94ce71d7708d9251b1917%7C9fa4f438b1e6473b803f86f8aedf0dec%7C0%7C0%7C637581620584575939%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=MOXstxAvB8yAGiid7LHCXj80TAtZz9cy08fPob8Z2kM%3D&reserved=0)

[*Lessons Learned: Examining WIC During COVID-19 for Policy and Program Recommendations Going Forward*](https://urldefense.com/v3/__https:/ucanr.edu/sites/NewNutritionPolicyInstitute/files/352391.pdf__;!!OToaGQ!-zYKnRt9ZECdOUOfz3P6UeypxrYRYoQj0JBnprHFgdA8HbzSjCUdV6P-PEIMZgfnXqIQgpiTmHqTlw$)from UC ANR Nutrition Policy Institute and Public Health Foundation Enterprises WIC.

*The Kansas City Star* news article, [Food insecurity linked to gun violence. In St. Louis, Black farmers work on a solution](https://www.kansascity.com/article251960513.html).

[Increases in Food Needs in King County, WA, Spring-Summer 2020](https://kingcounty.gov/depts/health/covid-19/data/impacts/~/media/depts/health/communicable-diseases/documents/C19/food-insecurity-brief-report-august-2020.ashx). Report date August 2020. Abigail Schachter, Lin Song, Scott Neal, Fel Pajimula, Kris Johnson, Amy Laurent, Elizabeth Kimball, Eva Wong. Public Health Seattle & King County; Assessment Policy Development and Evaluation Unit.

[Fleischhacker, S et al. Strengthening national nutrition research: rationale and options for a new coordinated federal research effort and authority.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7454258/pdf/nqaa179.pdf) *Am J Clin Nutr* 2020;112:721–769.

[Leddy et al. A conceptual model for understanding the rapid COVID-19–related increase in food insecurity and its impact on health and healthcare](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7454255/pdf/nqaa226.pdf), *Am J Clin Nutr* 2020;112:1162–1169

The Impact of Coronavirus on Food Insecurity in 2020. A Feeding America report that provides an analysis of how food insecurity may increase in 2020 due to COVID-19.

WEBINAR Recording - [Key Drivers to Improve Food Security and Health Outcomes](https://www.youtube.com/watch?v=aB09Y-5qEHA) – hosted by the Institute for Hunger Research & Solutions

* [Webinar slides](https://chronicdisease.org/wp-content/uploads/2021/06/June-2021-Health-Care-Partnerships.pdf)
* [Evaluation of Partnership](https://chronicdisease.org/wp-content/uploads/2021/06/Evaluation-Final-Novermber-2019.pdf) document
* [Suitability for Partnership](https://chronicdisease.org/wp-content/uploads/2021/06/Suitability-Review-Final_September-2019.pdf) document
* Resource, [Key Drivers to Improve Food Security and Health Outcomes: An Evidence Review of Food Bank – Health Care Partnerships and Related Interventions](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fhungerandhealth.feedingamerica.org%2fresource%2ffood-bank-health-care-partnerships-evidence-review%2f&c=E,1,nOjwln2t_YQhe5JGhpSmwMEhvZo8eWpRuS5fO-FqaoKYpOUlYOypeMTV7f6-GyxboiuJYIYCdHOOQm6TWA7_zzIvt02iM6NBJwhb62iLoC8PO_zzXo-q&typo=0)