



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

National Challenges & Opportunities: USDA's Actions on Food and Nutrition Security

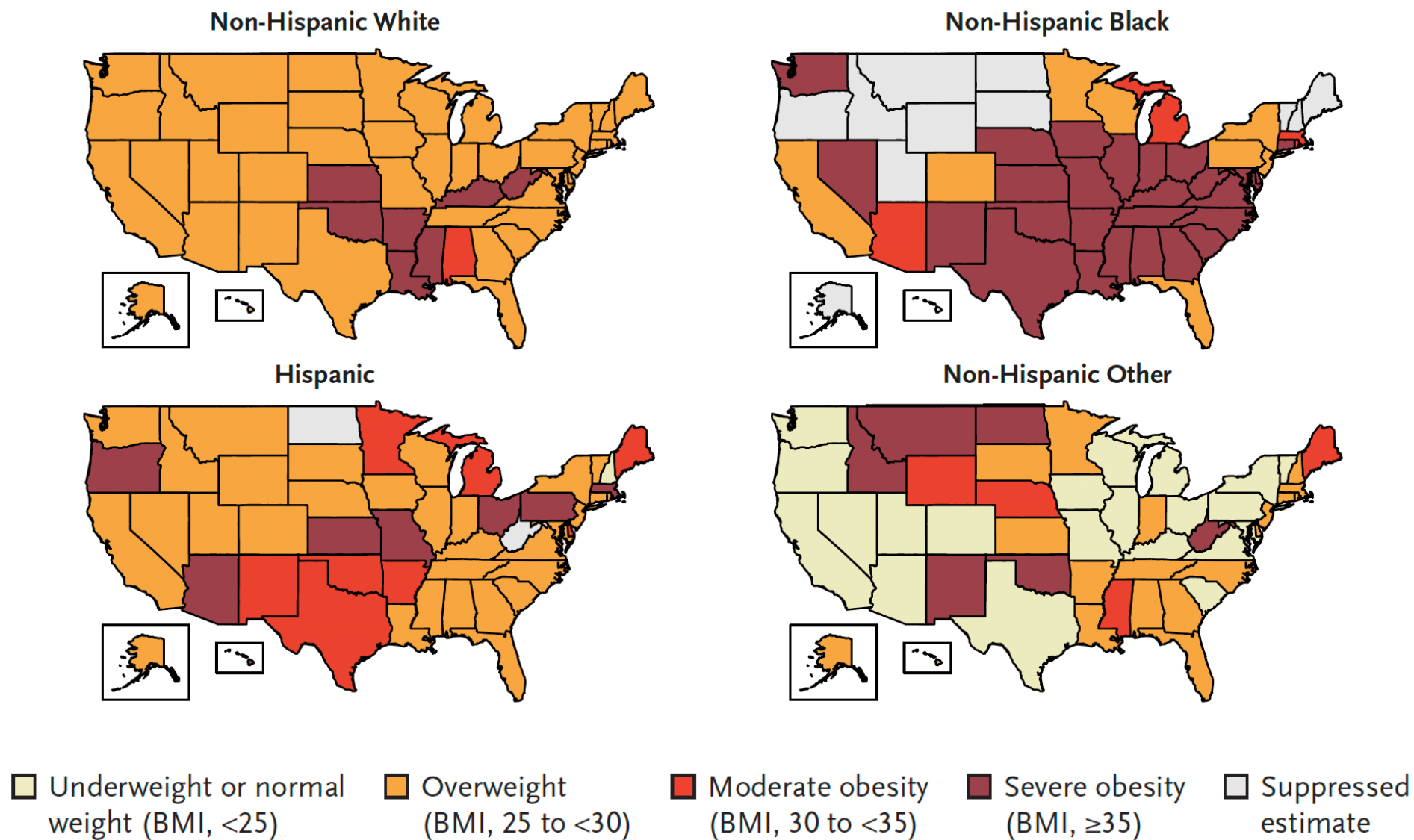
2022 Fall Hunger to Health Collaboratory Convening

Dr. Sara Bleich, Director of Nutrition Security and Health Equity,
USDA Food and Nutrition Service (FNS)

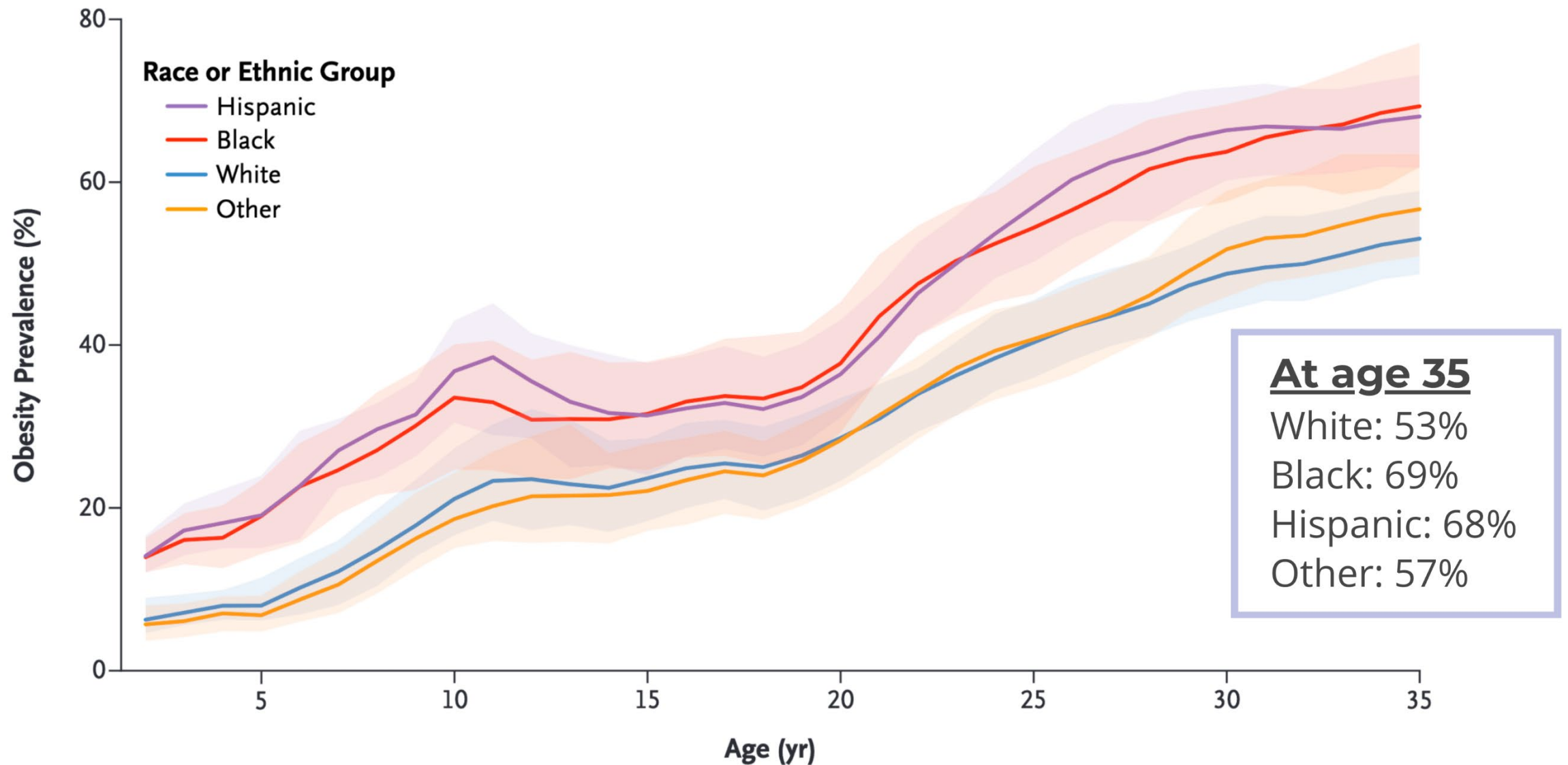
November 17, 2022



Projected prevalence of adult obesity by race



Projected prevalence of childhood obesity by race



Struggles for households with children

More than
60%

of US households with children report serious financial problems during the pandemic



Struggles to afford
medical care



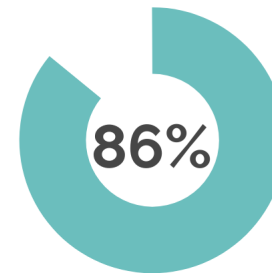
Depletion of household
savings



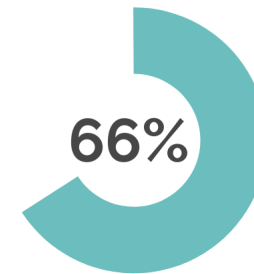
Difficulty paying credit
card and other debts



Black and Latinx households with
children bear the brunt of the
hardships



Latinx
households



Black
households



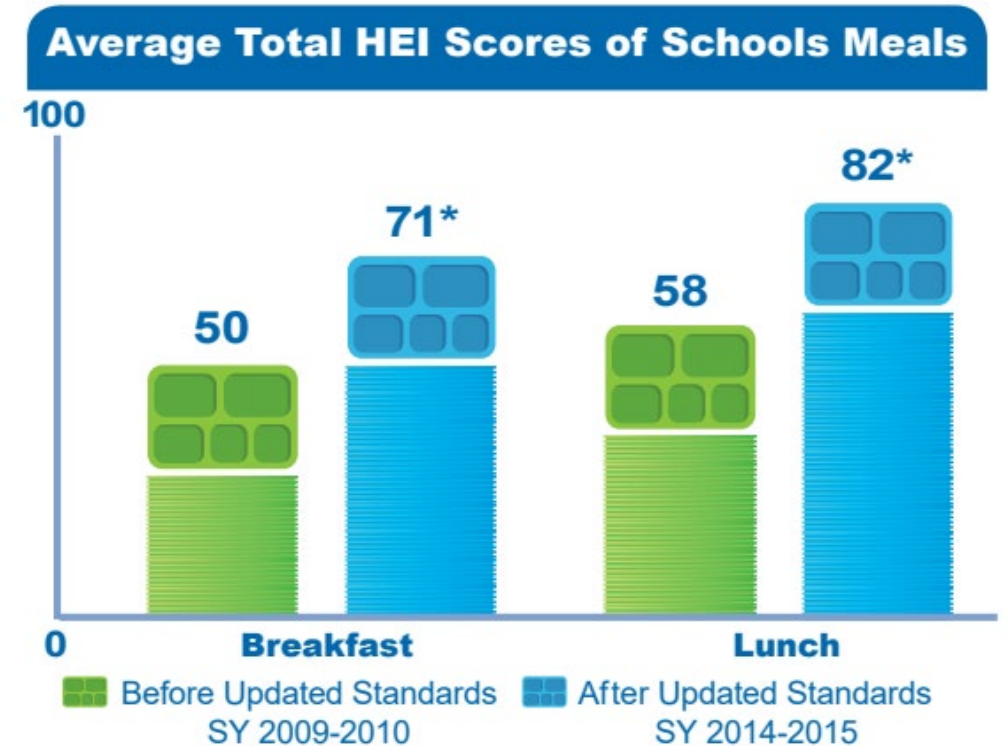
white
households

Why Are School Meals So Important?

The National School Lunch Program (NSLP) and School Breakfast Program (SBP):

1. Provide nutritious meals to 30 million children each day
2. Support children's growth, learning, and ***overall health***
3. Contribute to student academic success in the classroom

Research has found that **school meals are the healthiest meals kids receive each day.**



The updated nutrition standards went into effect in school year (SY) 2012-2013.

*Difference between SY 2009-2010 and SY 2014-2015 is statistically significant.

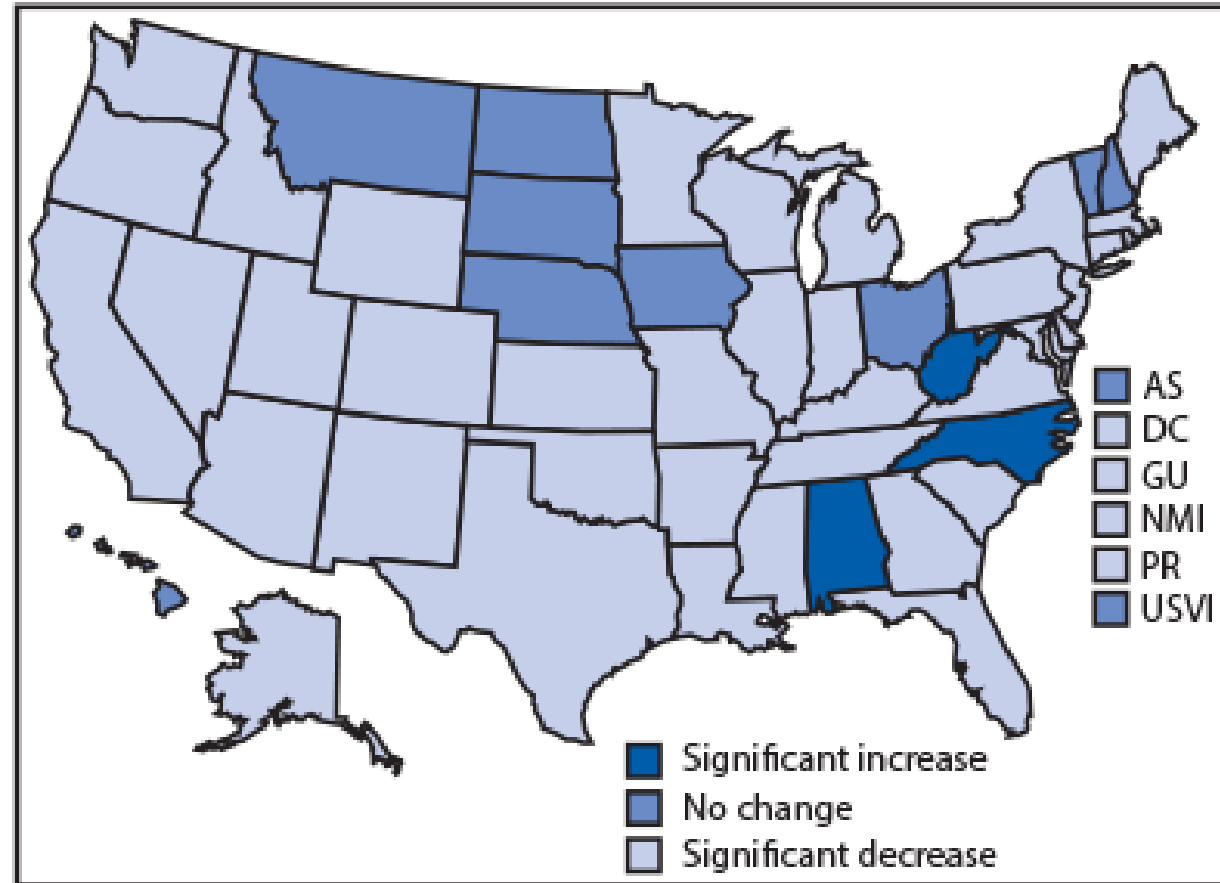
A large collection of various food items, including cereals (Oat Cereal, Shredded Wheat, Barley, Oats), milk (1% Low Fat Milk), eggs (Grade A Large Eggs), fruits (bananas, apples, grapes, pears), vegetables (broccoli, carrots, cucumbers, tomatoes), and canned goods (canned tomatoes, beans, soups). There are also boxes of rice, peanut butter, and tortillas. The items are arranged in a dense, overlapping manner, showcasing a wide variety of grocery products.

- Supplemental foods
- Nutrition education
- Breastfeeding promotion and support
- Referrals to health and social services

- Whole wheat bread
- Milk
- Eggs
- Cheese
- Breakfast cereal
- Peanut butter
- Fruits and vegetables
- Yogurt
- Dried and canned beans/peas
- Canned fish
- Baby food
- Infant cereal
- Juice
- Infant formula
- Soy-based beverage
- Tofu

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Changes in obesity prevalence among children aged 2–4 years enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), by WIC state or territory agency — United States, 2010–2016



Pan L, Blanck HM, Park S, et al. State-Specific Prevalence of Obesity Among Children Aged 2–4 Years Enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children — United States, 2010–2016. *MMWR Morb Mortal Wkly Rep* 2019;68:1057–1061.

DOI: <http://dx.doi.org/10.15585/mmwr.mm6846a3>

How does the Thrifty translate to SNAP?

- Maximum allotments increased by 21%,
relative to what they otherwise would have been
 - \$43 increase per month for 1 person HH
 - \$80 increase per month for 2 person HH
- 70+% of SNAP HHs**
- The SNAP **minimum benefit** increased \$3 per month—to \$20/month
 - On average, most SNAP participants will receive **40 cents more per meal**



White House Conference on Hunger, Nutrition, and Health



**Lived
experience**





**1 in 4
Americans is
served by one
of USDA's 15
nutrition
assistance
programs**

Uniquely positioned to impact nutrition security

- Nutrition assistance programs
- Dietary Guidelines and MyPlate
- Nutrition education and promotion
- Other USDA equities



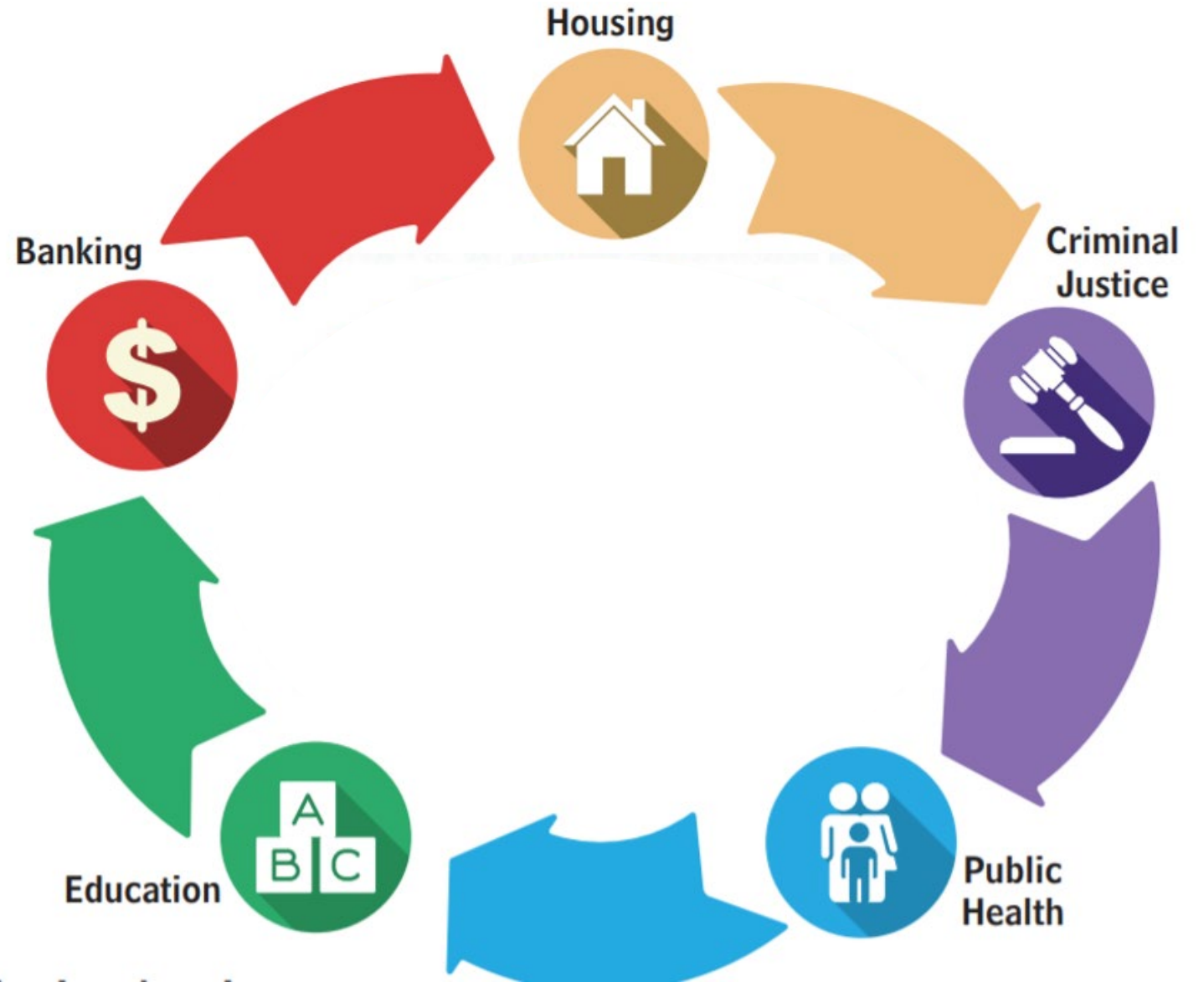
Nutrition security:

Ensuring all Americans have consistent and equitable access to healthy, safe, and affordable foods essential for optimal health and well-being



**Structural racism is not
simply the result of
individual preferences**

Structural racism in practice



USDA Actions *on* Nutrition Security



Join U.S. Department of Agriculture Secretary Vilsack at Teachers College, Columbia University where he will deliver an address about USDA Actions on Nutrition Security



Thursday, March 17 • 2:15 pm ET • www.usda.gov/live



<https://www.usda.gov/sites/default/files/documents/usda-actions-nutrition-security.pdf>



Meaningful Support

Providing Nutrition Support from Pregnancy to Birth and Beyond



Collaborative Action

Developing, Translating, and Enacting Nutrition Science Through Partnership



Healthy Food

Connecting All Americans with Healthy, Safe, Affordable Food



Equitable Systems

Prioritizing Equity Every Step of the Way

Meaningful Support

Providing nutrition support
throughout all stages of life



Updating child nutrition
program nutrition standards
to reflect the latest nutrition
science



Ensure benefits are adequate
to support healthy eating
patterns



Providing high quality
nutrition education

Providing breastfeeding
promotion and support

**SNAP
benefits
increased
by 21%**



Healthy Food

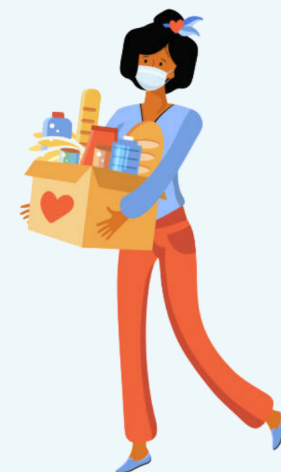
Connecting all Americans
with healthy, safe, affordable
food sources



Promoting and
supporting fruit and
vegetable consumption

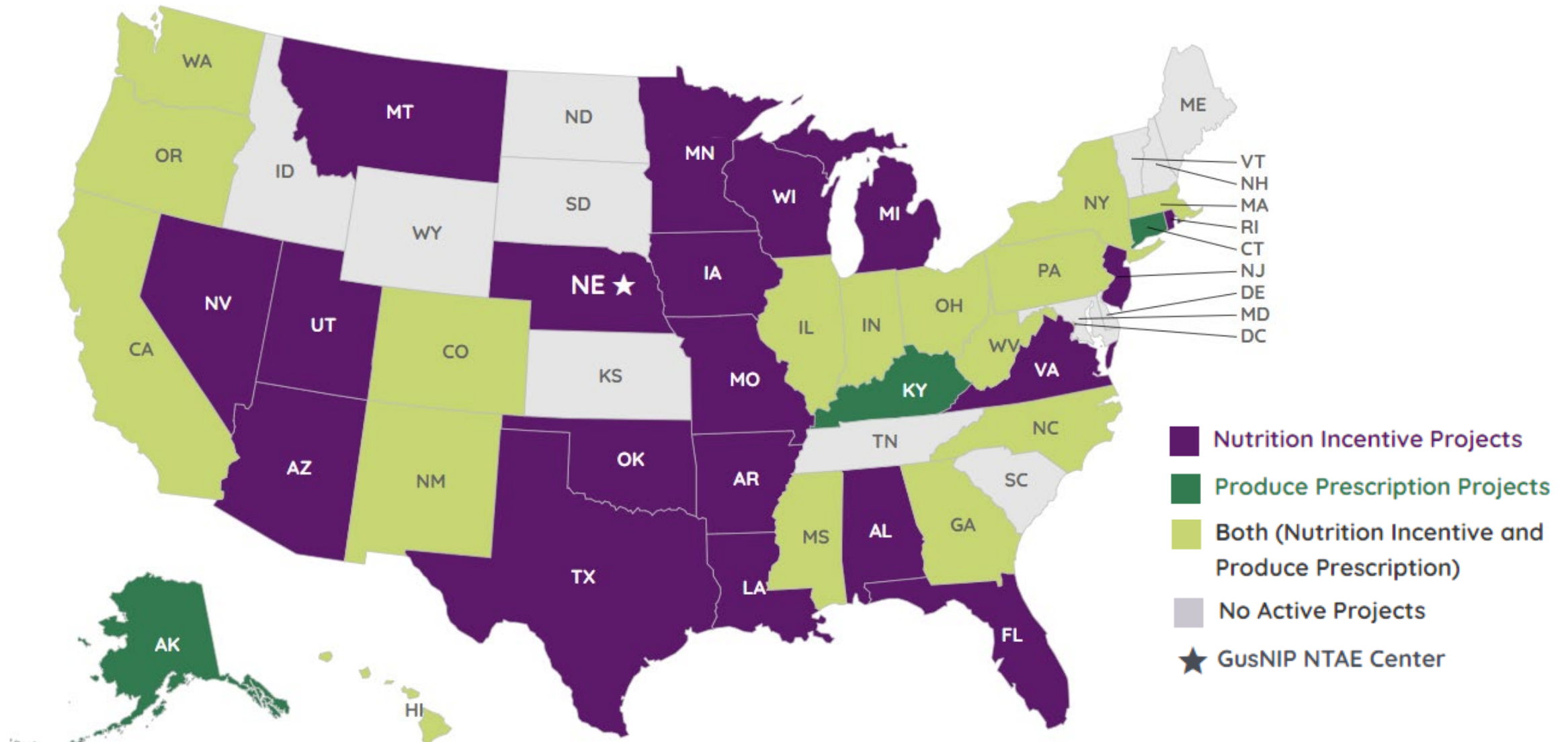


Using incentive programs
to promote access to
healthy eating



Providing USDA Foods
directly to people in need

GusNIP Grantees



<https://www.nutritionincentivehub.org/grantee-projects>



**Nutrition
Incentive
Hub**

CREATED BY GUSNIP NTAE CENTER

- Increased fruit and vegetable intake
- Purchased more than \$20M in fruits and vegetables from local retailers
- Incentive spending generated an economic impact of approximately \$41M

<https://www.nutritionincentivehub.org/media/fjohmr2n/gusnip-ntae-impact-findings-year-2.pdf>



Food Systems Transformation



Tune in for an announcement by Secretary of Agriculture Tom Vilsack on USDA's framework for shoring up the food supply chain and transforming the food system to be fairer, more competitive, and more resilient.

Wednesday, June 1 • 11:30 am ET
www.usda.gov/live



A background network diagram consisting of numerous light beige circles of varying sizes connected by thin, light beige lines, creating a complex web-like structure across the entire slide.

Collaborative **Action**

Developing, translating, and enacting nutrition science through partnership

- Updating and building the evidence base for dietary guidance
- Translating the latest DGAs into information consumers can use
- Equipping child nutrition program operators
- Working with industry to help tailor products to our programs



Make Every
Bite Count With
the *Dietary
Guidelines*



Dietary
Guidelines
for Americans

2020 - 2025



Critical recent changes to SNAP-Ed



- Creating a new Nutrition Education Branch in SNAP to support SNAP-Ed
- Improving data collection
- Establishing a National license for the Program Evaluation and Reporting Systems or N-PEARS for short
- Encouraging maximum flexibility in the use of policy, systems, and environmental change approaches



SNAP-Ed Works

Evidence shows positive impact of SNAP-Ed



SNAP-Ed Is Evidenced-Based

According to the **Fiscal Year 2019 Impacts Survey**, 56 land-grant universities across the country implement SNAP-Ed. Results show that:



40%

of participants ate more fruits and vegetables and drank fewer sugar-sweetened beverages



35%

of participants moved more and sat less

Research Shows:



SNAP-Ed efforts in schools are associated with greater cardiovascular fitness.



Adults participating in SNAP-Ed ate more fruits and vegetables and engaged in more vigorous physical activity.



SNAP-Ed policy, systems, and environmental strategies resulted in caregivers of children in SNAP-eligible households decreasing their intake of sugar-sweetened beverages and added sugars and increasing their **Healthy Eating Index-2015** scores.

Equitable Systems

Prioritizing equity every
step of the way

- Strengthening support to Native American/Tribal School food programs
- Reaching underserved populations
- Expanding online shopping options for SNAP and WIC participants
- Bringing together diverse partners to foster healthy food options
- Bridging language barriers to nutrition education resources and recipes





Our Commitment to Enhancing Food and Nutrition Security

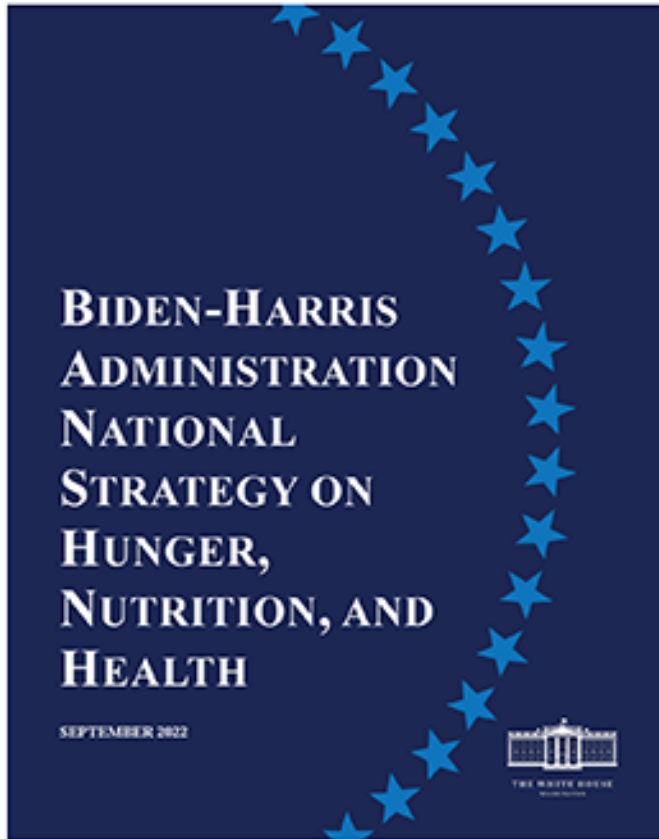
*At USDA, we are leveraging all our resources
to ensure access to healthy foods that promote
well-being in an equitable way.*



<https://www.usda.gov/nutrition-security>



National Strategy Five Pillars



- Improve food access and affordability
- Integrate nutrition and health
- Empower all consumers to make and have access to healthy choices
- Support physical activity for all
- Enhance nutrition and food research



National Strategy Pillar 1: Improve Food Access & Affordability



National Strategy Pillar 2: Integrate Nutrition & Health

USDA



Come to the Table:

USDA's

*National Nutrition Security and
Healthcare Summit*

**Tuesday, October 25
9:30 am to 3:30 pm ET**

**Goal:
Encourage action
and engagement**



Outcomes:

- Raise awareness of USDA equities
- Strengthen and build connections
- Increase exposure to successful models



Support a diverse WIC workforce



National Strategy Pillar 3: Empower All Consumers to Make & Have Access to Healthy Choices



**National
Strategy Pillar 4:
Support Physical
Activity for All**



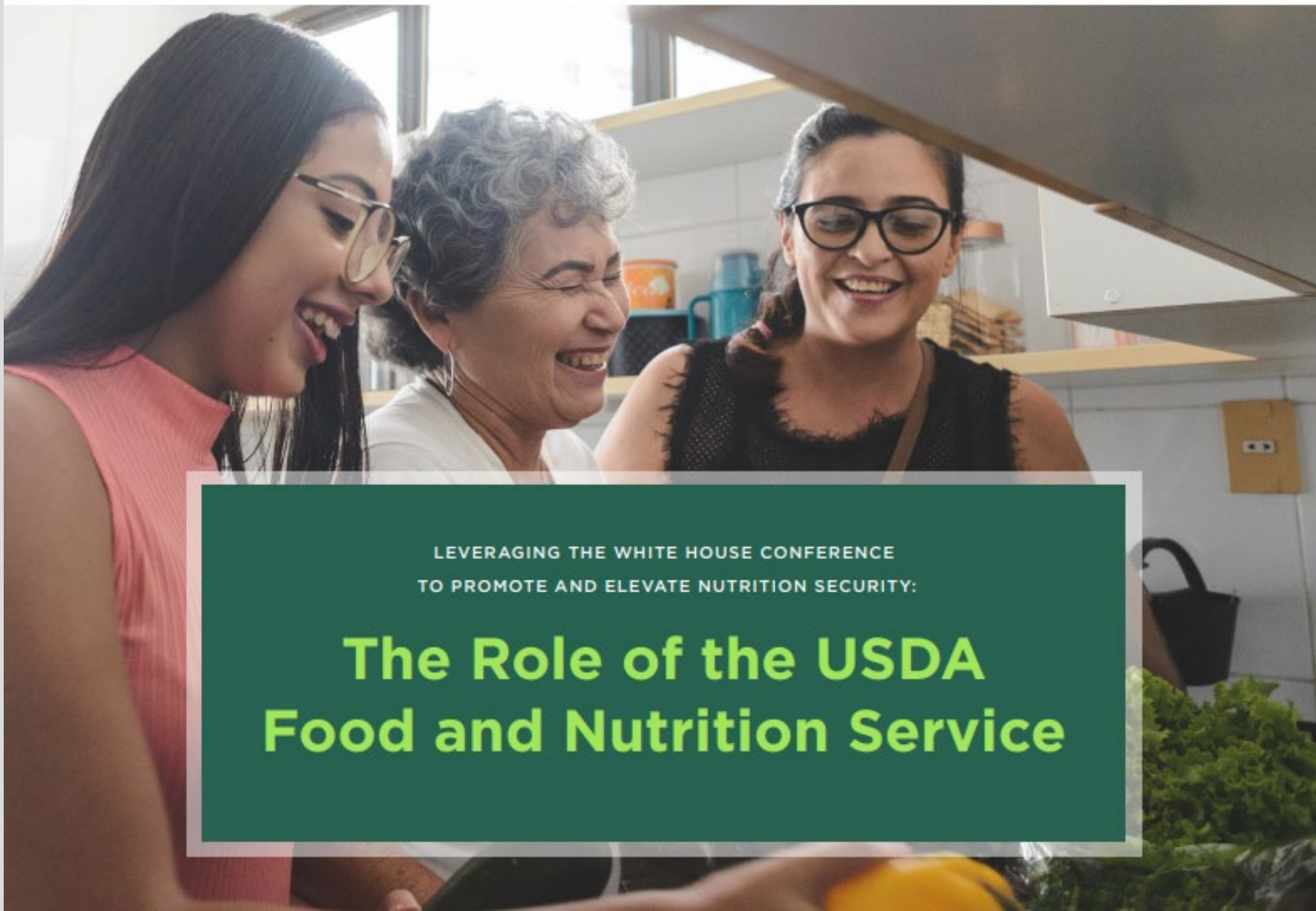
National Strategy Pillar 5: Enhance Nutrition & Food Security Research



National Institute of Food and Agriculture (NIFA)



Food and Nutrition Service
Office of Policy Support



LEVERAGING THE WHITE HOUSE CONFERENCE
TO PROMOTE AND ELEVATE NUTRITION SECURITY:

The Role of the USDA Food and Nutrition Service

Recent FNS Food & Nutrition Security Investments



Increasing
SNAP Benefits
to Support
Healthy Eating



Bringing SNAP
and WIC
Shopping
Online



Modernizing
WIC to
Improve
Reach



Strengthening
Evidence to
Inform FNS
Policy and
Nutrition
Services



Supporting a
Diverse WIC
Workforce



Restructuring
SNAP-Ed





Food and Nutrition Service
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Key takeaways

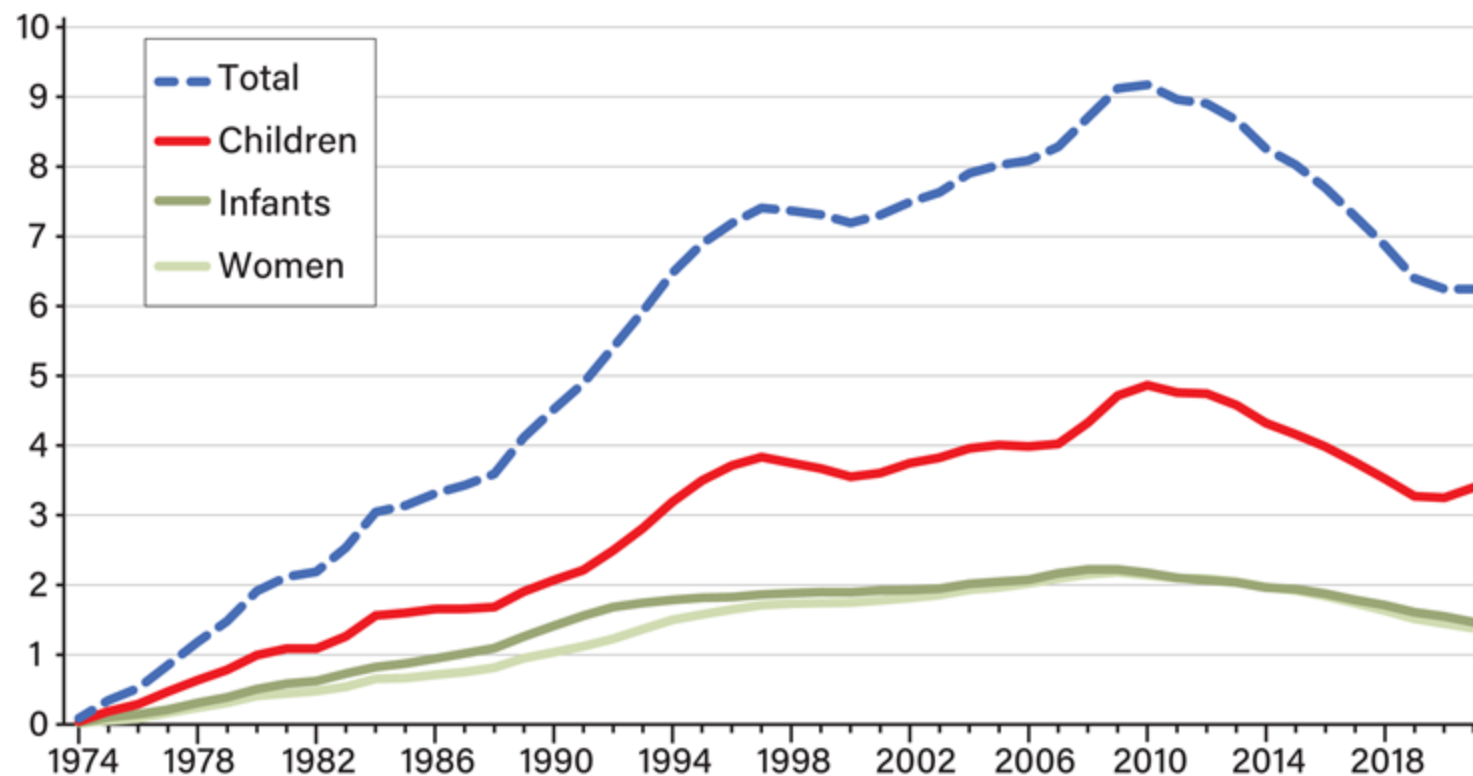
- Food insecurity and diet-related diseases are rising
- Mobilize key USDA assets
- Collaborate with partners—like you

Average monthly WIC participation by group, fiscal years 1974–2021



Economic Research Service
U.S. DEPARTMENT OF AGRICULTURE

Millions of people



Notes: Children refers to children ages 1 through 4 years. WIC = Special Supplemental Nutrition Program for Women, Infants, and Children. Figure based on preliminary data from the January 2022 Program Information Report (Keydata) released by USDA, Food and Nutrition Service (FNS) in April 2022 and September 2021 Keydata released by FNS in December 2021.

Source: USDA, Economic Research Service using data from FNS.



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

HEY PARENTS AND GUARDIANS!
APPLY FOR FREE AND REDUCED PRICE SCHOOL MEALS TODAY

USDA's school meal programs are important to millions of children every school day. These meals give children the healthy food they need to learn, grow, and thrive. For the 2022-2023 school year, many families will need to fill out an application to find out if they can get free or reduced price meals.

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HOW TO APPLY
Contact your local school district at any time to see if your children are eligible.

Your child is eligible for **FREE SCHOOLS MEALS** if:

- Your annual income is \$36,075 or less with a household of four.
- Your household receives benefits like EBT and cash assistance.
- Your child is in foster care, is a child of migrant workers, or is experiencing homelessness.
- Your child participates in the Head Start program.

Your child is eligible for **REDUCED PRICE MEALS** if:

- Your annual income is \$51,338 or less with a household of four.

*Income limits are for the 48 contiguous states, D.C., Guam, and the territories. Income limits are higher in Alaska and Hawaii.



USDA is an equal opportunity provider, employer, and lender.

<http://www.fns.usda.gov/nslp/back-to-school-media-toolkit>



THANK YOU & STAY CONNECTED

www.usda.gov/nutrition-security



@USDANutrition

