

# FOOD SECURITY ACTION PLAN



**Approved 3-14-17**  
**WORKING VERSION**

C4C Food Security CAN  
A PROJECT OF TMHC AND C4C

## Introduction

### The Issues

- Economic insecurity is a primary driver for hunger. Other factors also contribute to this issue.
- Hunger is a critical health issue. Hunger-related issues cost the health care system billions each year.
- People make difficult choices around food, often trading costs for housing, medicines, and other essential items.
- This issue affects people of all ages. Children and older adults are some of the people most at risk for food insecurity.

## Food Insecurity is a Complex Problem



Figure 1. Courtesy of Feeding America: Hunger and Health

### The Solutions

- We are working collectively to help people build financial security and address issues such as housing helps to address the root causes of hunger.
- Our communities have resources that can help people avoid difficult tradeoffs between necessities like food and medicine.
- We can leverage the work of existing organizations, as well as identify innovative solutions to help more people –including children and seniors- with food security.
- Adequate and nutritious foods strengthen health.
- Making intentional connections between systems and partners enhances our ability to affect change.

## Result to Achieve

# People access and eat nutritious food that promotes long-term health

Primary Indicator: Food Security

### Factors that Impact Food Security

- A. Household Income
- B. Knowledge of Resources Available
- C. Access to Community Resources
  - o Eligibility
  - o Ability to Drive or Use Public Transportation
- D. Resources Available “Work” – They Meet the Needs of People they Seek to Assist
- E. Proximity to Affordable and Healthy Food Choices
- F. Kitchen Available to Store and Prepare Food
- G. Working Knowledge of Nutrition
- H. Policies are Prohibitive
- I. Funding is Inadequate to Meet Need
- J. Not Enough Innovative Solutions to Meet Need



## A Place-Based Approach

Through this three-year pilot, Feeding America seeks to better understand the roles of food banks and their community partners in a structured approach to achieve community-based outcomes that improve family stability.

Our work assumes that we can scale projects that work. This project considers information and learning from the national, state, and local levels, and seeks to relevantly apply it one place, improving systems as needed toward the desired result: People access and eat nutritious food that promotes long-term health. To do this, the work started with an area of both high need and many assets represented by the boundaries of 89502 in Reno. From this view, our focus became even narrower, selecting one census tract to begin.

## Alignment to the State Plan

During planning, members noted that many of the strategies identified directly align to the Governor’s Plan to reduce food insecurity. In this way, this project is working to achieve broad goals that have been identified by stakeholders across the state. Appendix C contains a crosswalk of the C4C CAN strategy with the Governor’s Council Strategy.

## Levers for Change

Several levers are being used to affect change. These include:

**Individuals:** People in our communities – including those formally engaged in the CAN, and those that live and work in the neighborhoods are the assets that will meaningfully effect change. Our work includes engaging more people to understand issues and implement solutions.

**Systems:** Working across sectors and systems –recognizing the opportunities to streamline, strengthen, and innovate to improve results.

**Policies:** Policies, including regulatory, local, state, and federal – can have considerable consequences – either positive or negative. Understanding policy issues and supporting changes is critical to large-scale and lasting impact.

## Approach to Planning

The Food Security Collaborative Action Network reviewed data from several sources, including the Washoe County Health Needs Assessment, 89502 Community Profile, American Community Survey, Food Bank Operations Records, School District Information.

The Team aligned with other CANS to focus on a target geography with multiple strategies to affect change. Existing resources were critical to developing the action plan. These included (but are not limited to)

- Published studies and papers on topics of food security, health, etc.
- Nutrition programs at schools made possible through federal and other funding sources
- Federal nutrition programs including WIC and SNAP
- Food Bank of Northern Nevada programs such as Mobile Harvest and school pantries
- The work of organizations such as Children in Schools
- The existing resources, including grocery stores, health care institutions, and transportation within Census Tract 7

## Data – Key Facts

	Number / Rate
<i>Households in Washoe County</i>	166,435
<i>Households 89502</i>	17,553
<i>Population of Census Tract 7</i>	5,177
<i>Households in Census Tract 7</i>	2,514
<i>Individuals with Income Less than \$20,000 in Tract 7</i>	1,041 individuals / 20.1%
<i>Children under 18 in Tract 7</i>	918
<i>Children under 18 in Poverty in Tract 7</i>	171 / 18.6%
<i>Older Adults/Seniors in Tract 7</i>	720
<i>Older Adults/Seniors in Tract 7 in Poverty</i>	162 / 22.5%
<i>Veterans</i>	388
<i>People with Disabilities</i>	890
<i>Hispanic/Latino</i>	1,349
<i>Documentation Status in Tract 7 (Foreign born, not a US Citizen) in Tract 7</i>	356

## Data Development Agenda

While a great deal of information was available and used to plan, several new pieces of information will be needed to track progress as we move forward:

1. Utilization of WIC/SNAP at local level (tract 7 or similar)
2. Local data on food insecurity (tract or similar)
3. Qualitative information about what works best (and what doesn't work) for families and seniors
4. Information on both supply and demand for healthy food within the census tract so that any new strategies are efficient and effective (tract 7 and adjacent tracts)

## The Action Plan

The action plan detailed on the next pages focuses on three factors driving food insecurity:

- B. Knowledge of Resources Available
- C. Access to Community Resources
  - a. Eligibility
  - b. Ability to Drive or Use Public Transportation
- D. Resources Available "Work" – They Meet the Needs of People they Seek to Assist

It is working document that lists the strategies to pursue along with key action steps, shows anticipated timing, population to be served, targets to achieve, and the factors addressed. Also listed are short, medium and long term objectives, and in some cases ideas for scaling the work further once activities demonstrate positive results.

Action Plan

	Strategies and Key Action Steps	Start / End	Population	Target	Factors Addressed
Learning	<p><b>Strategy 1.</b> Learn from families at Booth and Veterans Elementary School to better understand utilization of existing resources.</p> <ul style="list-style-type: none"> <li>➤ Collect background information from programs on utilization at “Love your Family Events” (see Appendix B)</li> <li>➤ Identify a subset of families interested in participating in a focus group on food issues</li> </ul>	February / April 2017	Families at Booth and Veterans	Data from parents at representing at least 20% of schools’ population (175)	B, C, D
	<p><b>Short Term Outcome:</b> Qualitative information to improve food security through schools  <b>Mid Term Outcome:</b> Increased utilization of existing resources such as pantries and Kids Café  <b>Long Term Outcome:</b> Decreased rate of food insecurity  <u>Scaling Up:</u> Use a similar approach to survey seniors and veterans. Understand what works well and what needs to be improved.</p>				
Community Engagement	<p><b>Strategy 2.</b> Engaging interested families from the selected schools, convene workgroups of families to help improve food security through schools.</p> <ul style="list-style-type: none"> <li>➤ Through focus groups at schools, identify interested families that want to continue to shape and support improvements to food programs at the school.</li> </ul>	May / Ongoing	Families at Booth and Veterans	A minimum one group per school	B, C, D
	<p><b>Short Term Outcome:</b> In-depth qualitative information to improve food security through schools  <b>Mid Term Outcome:</b> Increased utilization of existing resources such as pantries and Kids Café  <b>Long Term Outcome:</b> Decreased rate of food insecurity  <u>Scaling Up:</u> Convene a group of seniors and veterans to help and give advice for more effective programs.</p>				

	Strategies and Key Action Steps	Start / End	Population	Target	Factors Addressed
Access	<p><b>Strategy 3.</b> Increase food pantry, WIC &amp; SNAP utilization at Booth, Veterans and for eligible families.</p> <ul style="list-style-type: none"> <li>➤ Map where outreach and enrollment supports already exist and fill the gaps (WCSD Asset Map)</li> <li>➤ Apply learning from Strategy 1.</li> <li>➤ Bridge gaps and provide follow-up using community health workers (CIS)/others to help people connect to resources, e.g., basic needs benefits (SNAP), and health.</li> <li>➤ Link with/to other health entities to educate and enroll all eligible persons and households in census tract 7 in SNAP, WIC and other Federal nutrition programs.</li> </ul>	February 2017 / Ongoing	Families at Booth and Veterans -- Seniors	A minimum of 10% over baseline	B, C, D
	<p><b>Short Term Outcome:</b> List of resources available within the community  <b>Mid Term Outcome:</b> Increased utilization rates for WIC and SNAP  <b>Long Term Outcome:</b> Decreased rate of food insecurity  <u>Scaling Up:</u> (1) Use a similar approach (including lessons learned) specifically focused on seniors and veterans. (2) Partner to saturate comprehensive outreach and basic needs benefit enrollment to people in CT7. (3) Share information and lessons learned with other Title 1 schools.</p>				

	Strategies and Key Action Steps	Start / End	Population	Target	Factors Addressed
Policy	<p><b>Strategy 4.</b> Improve Kids Café to allow parents to eat with their children. This could be accomplished through policy changes, additional funding sources, or both.</p> <ul style="list-style-type: none"> <li>➤ Draft white paper that describes issue</li> <li>➤ Provide to local Food Policy Council for consideration</li> <li>➤ Engage USDA directly</li> <li>➤ Identify and advocate for supplemental funding sources</li> </ul>	March 2017 – June	Families at Booth and Veterans	Increase 20% over baseline	B, C, D
	<p><b>Short Term Outcome:</b> Policy recommendation  <b>Mid Term Outcome:</b> Increased use of Kids Café  <b>Long Term Outcome:</b> Decreased rate of food insecurity  <u>Scaling Up:</u> Use the same approach to increase Commodities / TEFAP distribution from every other month to each month. Address policy through brief, utilize local Food Policy Council, and if necessary, work to fill gaps through other funding sources.</p>				
Health	<p><b>Strategy 5.</b> Support health care entities working on screening<sup>1</sup> for Social Determinants of Health (SDOH) including food insecurity.</p> <ul style="list-style-type: none"> <li>➤ Promote information sharing about what is working and models used across sites</li> <li>➤ Support uniform screening and reporting capabilities to help communicate with the community and potential funders about needs</li> </ul>	February 2017 – February 2018  Leads: Renown, HOPES, CHA	Adults and children experiencing food insecurity in Truckee Meadows –focus on 89502	# of people with chronic illness referred to Food Pharmacy  Screening and referral protocols in place	B, C, D

<sup>1</sup> -CHA pantry in place

-HOPES is providing referrals

-Renown starting in pediatrics in February



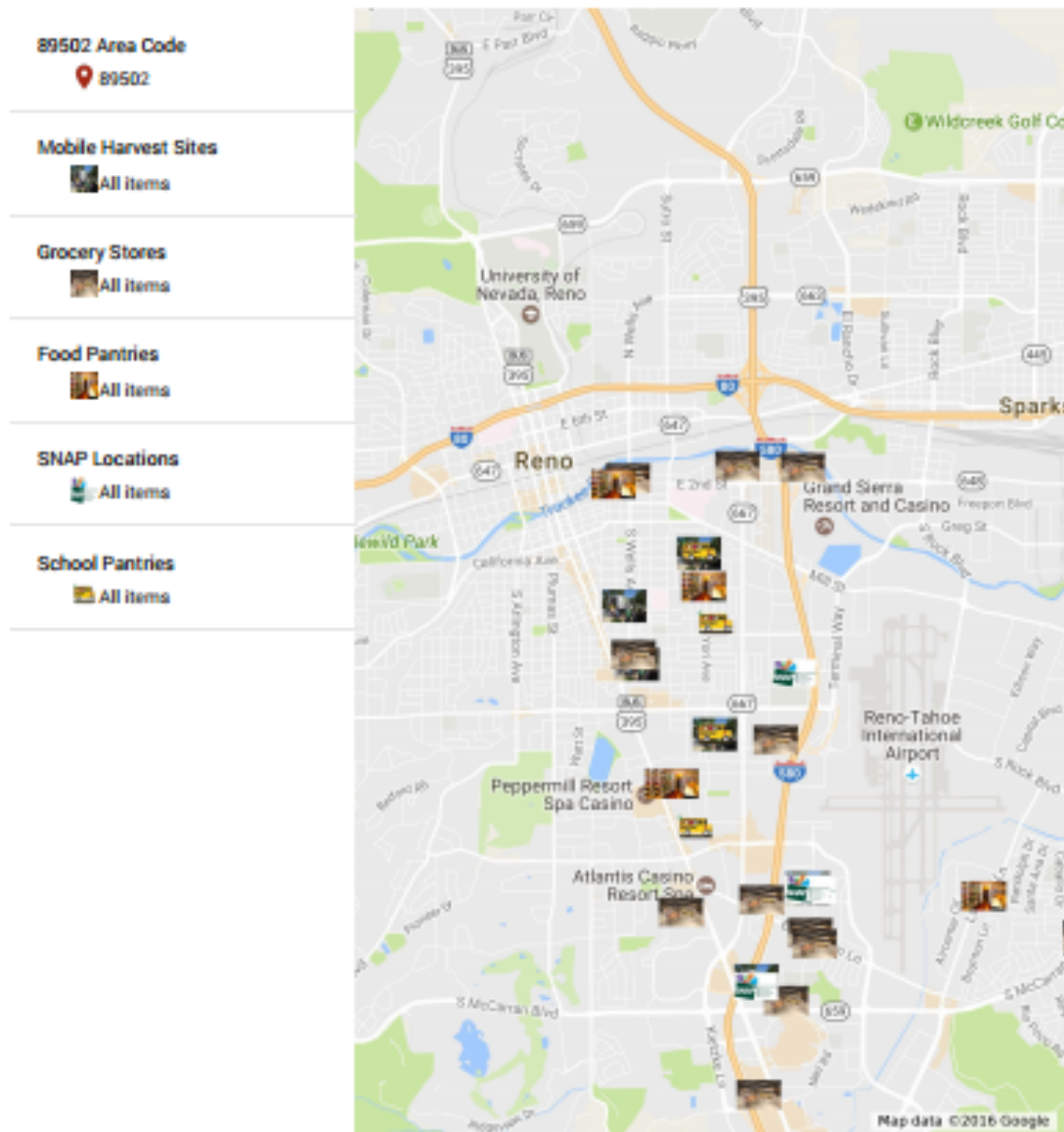
	Strategies and Key Action Steps	Start / End	Population	Target	Factors Addressed
	<p><b>Short Term Outcome:</b> Meeting of partners to share what’s working</p> <p><b>Mid Term Outcomes:</b> Similar data tools in place; Comparable Food Security Data from partners shared across network</p> <p><b>Long Term Outcome:</b> Increased resources to support hunger; Decreased rate of food insecurity; Improved health outcomes</p> <p><u>Scaling Up:</u> TBD in future year(s)</p>				
Access	<p><b>Strategy 6.</b> Support comprehensive Nutrition Education (to include how to budget, use and eat unfamiliar healthy food).</p> <ul style="list-style-type: none"> <li>➤ Understand the services and supports already in place</li> <li>➤ Using information from community members, strengthen existing or identify innovative nutrition education program for pilot</li> </ul>	<p>March – September 2017</p> <p>Leads: Co-op Ext., CHA, WCSD, FBNN, Renown, WCHD</p>	Families at Booth and Veterans	CIS to get school data	B, D
	<p><b>Short Term Outcome:</b> Map or listing of nutrition education available</p> <p><b>Mid Term Outcome:</b> Increased utilization of existing nutrition education (or, innovative strategy developed with community to pilot)</p> <p><b>Long Term Outcome:</b> Decreased rate of food insecurity; Increased consumption of fruit and vegetables; Improved health outcomes among people participating</p> <p><u>Scaling Up:</u> Scaling Up: TBD in future year(s)</p>				

	Strategies and Key Action Steps	Start / End	Population	Target	Factors Addressed
Policy	<p><b>Strategy 7.</b> Promote, educate/raise awareness, partner and support others to encourage multi-family properties, parks and open spaces to allow common gardens, community accessible gardens. <i>(Fruit trees, edible landscape. Note: The 2017 QAP does incorporate the edible landscape for tax points.)</i></p> <ul style="list-style-type: none"> <li>➤ Engage groups to work on this including Public Health Association</li> <li>➤ Consider framing as a ‘health in all policies’ initiative</li> <li>➤ Identify partner to describe what “health in all policies” looks like</li> <li>➤ Partner with Housing CAN to move this forward</li> <li>➤ Partner with cities and the Health District</li> </ul>	March 2017-December 2018	Adults and children that are low to moderate income – focus on 89502	# of policies modified/created and implemented	D
	<p><b>Short Term Outcome:</b> Develop white paper on policies/promising practices  <b>Mid Term Outcome:</b> Housing CAN has information to promote policies  <b>Long Term Outcome:</b> 1 or more developments incorporate suggested practices into new development  <u>Scaling Up:</u> Promote and support zoning and policies addressing the [current] distribution and processing challenges as they relate to food. [This affects a broader population]</p>				

	Strategies and Key Action Steps	Start / End	Population	Target	Factors Addressed
Health	<p><b>Strategy 8.</b> Support access to healthy food options.</p> <ul style="list-style-type: none"> <li>➤ Increase neighborhood access to affordable healthy foods</li> <li>➤ Track and share emerging trends in the community that may affect food security</li> <li>➤ Engage partners from the community that help to provide food including representatives from the Department of Ag, Catholic Charities, Boys and Girls Club, etc. Purpose is to understand both supply and demand for healthy food options toward increasing access</li> <li>➤ Support efforts of additional retail partners who are trying to provide healthy food options in neighborhoods</li> </ul>	February 2017 – Ongoing	Adults and children that are low to moderate income – focus on 89502	Increased utilization/ consumption of healthy food options	B, C, D
	<p><b>Short Term Outcomes:</b> List of projects that are emerging in the area along with contacts for each; Members of the CAN are working with new partners to achieve plan outcomes</p> <p><b>Mid Term Outcome:</b> 1 or more new projects in 89502 that supports access to healthy, affordable food</p> <p><b>Long Term Outcome:</b> Decreased rate of food insecurity</p> <p><u>Scaling Up:</u> TBD in future year(s)</p>				

# Appendix A: 89502 Grocery/Food Stores, SNAP Locations, Mobile and other Food Pantries

## 89502 Mobile Pantry, Pantries, SNAP, Grocery Stores



[https://www.google.com/maps/d/u/0/viewer?mid=1CdOrlyWnqqhIhBgcdB1cTW\\_cSk&hl=en&ll=39.518925076887854%2C-119.79282538828124&z=14](https://www.google.com/maps/d/u/0/viewer?mid=1CdOrlyWnqqhIhBgcdB1cTW_cSk&hl=en&ll=39.518925076887854%2C-119.79282538828124&z=14)<sup>2</sup>

<sup>2</sup> For next version, group would like to add overlay of transit route(s) within CT 7 if possible.

## Appendix B: Community Engagement Questions

### **Key Questions (Strategy 1)**

- Why aren't more people using the Booth School Pantry?
- If changes were made to Kids Café, would this program work better for families?
- What works well when it comes to serving families through schools?
- What could be changed to support food security?

## Appendix C: Crosswalk of C4C CAN Strategy with the Governor’s Council Strategy

C4C CAN Strategy	Governor’s Council Strategy
<b>Strategy 1</b> Leverage existing data collection opportunities to understand the burden of food security for Booth and Veterans families.	
<b>Strategy 2</b> Hold focus groups with families in select schools to identify risks, barriers and needs for food security	
<b>Strategy 3</b> Increase food pantry and WIC & SNAP utilization at Booth, Veterans and for eligible families	<p><b>2.1.1</b> Feed more children through increased participation in in-school meal programs and establish accountability measures</p> <p><b>2.2.4</b> Create a strategic partnership between WIC and SNAP to maximize caseloads</p>
<b>Strategy 4</b> Improve Kids Café to allow parents to eat with their children	<b>1.2.3</b> Research and develop a menu of model policies/regulations options to promote food security in Nevada
<b>Strategy 5</b> Develop best practice screening and referral protocols for food security	<b>1.2.3</b> Research and develop a menu of model policies/regulations options to promote food security in Nevada
<b>Strategy 6</b> Support comprehensive Nutrition Education	<b>2.1.1</b> Feed more children through increased participation in in-school meal programs and establish accountability measures
<b>Strategy 7</b> Promote, educate/raise awareness, partner and support others to encourage multi-family properties, parks and open spaces to allow common gardens, community accessible gardens.	<b>1.2.3</b> Research and develop a menu of model policies/regulations options to promote food security in Nevada
<b>Strategy 8</b> Supporting access to healthy food options	<b>1.2.3</b> Research and develop a menu of model policies/regulations options to promote food security in Nevada