

EPIC®: Food Insecurity

Tools & Resources

Academy of Nutrition and Dietetics: An organization that represents nutrition and dietetics professionals and provides science-based food and nutrition information. Click “Find an Expert” to find a Registered Dietitian.
<https://www.eatright.org>

Aunt Bertha: An online database for finding local social service programs. <https://www.auntbertha.com/>

Children’s HealthWatch: A pediatric research network focusing on the impact of economic conditions and policies on child health.

English/Spanish translation of the Hunger Vital Sign™: <https://childrenshealthwatch.org/wp-content/uploads/The-Hunger-Vital-Sign-english-to-spanish-translation.pdf>

Multiple language translations of the Hunger Vital Sign™: https://childrenshealthwatch.org/wp-content/uploads/Hunger-Vital-Sign_translations.pdf

The Hunger Vital Sign™ policy action brief: How to use the Hunger Vital Sign™ to identify food-insecure individuals and households. <http://www.childrenshealthwatch.org/wp-content/uploads/FINAL-Hunger-Vital-Sign-2-pager1.pdf>

Cultivating Healthy Communities policy action brief: How to effectively screen for food insecurity and connect patients with available resources. <https://childrenshealthwatch.org/wp-content/uploads/FINAL-healthy-communities-pages.pdf>

Food Insecurity Coding in Health Care Settings: <https://childrenshealthwatch.org/foodinsecuritycoding/>

Implementing Food Rx Partnerships in Rural Settings: Case examples and materials.
<https://childrenshealthwatch.org/wp-content/uploads/Implementing-Food-Rx-Partnerships.pdf>

Cooking Matters: Teaches families how to cook healthy, affordable meals. <https://cookingmatters.org/>

#EATUP Recipe Booklet: A 20-page recipe book created by a group of Registered Dietitians that highlights shelf-stable food distributed by the Feeding America network. <https://clancyharrison.com/recipes/>

Feeding America: A national hunger relief organization made up of more than 200 member food banks and food rescue organizations across the U.S.

Map the Meal Gap: An interactive map showing state- and county-level food insecurity statistics.

<https://map.feedingamerica.org/county/2017/overall/pennsylvania/>

Food Insecurity Screening Tool Kit: A toolkit for physicians and health care organizations.

<https://hungerandhealth.feedingamerica.org/resource/food-insecurity-screening-toolkit/>

The Impact of the Coronavirus on Food Insecurity: An interactive map that illustrates the projected impact of the pandemic on local food insecurity in 2020.

<https://www.feedingamericaaction.org/the-impact-of-coronavirus-on-food-insecurity/>

Food Research & Action Center (FRAC): A national non-profit organization working to improve public policies and public-private partnerships to end hunger and undernutrition in the U.S.

Addressing Food Insecurity Toolkit: How to identify and address childhood food insecurity.

<https://frac.org/aaptoolkit>

Obesity & Health: Find research and resources on hunger, health, and obesity. <http://frac.org/obesity-health/relationship-hunger-obesity>

“Screen and Intervene: Addressing Food Insecurity Among Older Adults”: Free online CME course containing information on reducing stigma in the senior population. <https://frac.org/news/free-online-course-help-health-care-providers-address-senior-hunger>

The Role of SNAP in Improving Health and Well-Being: Information on SNAP's impact on poverty, food security, health, and well-being. <https://frac.org/research/resource-library/snap-public-health-role-supplemental-nutrition-assistance-program-improving-health-well%E2%80%90being-americans>

No Kid Hungry: A national campaign to end hunger and poverty by connecting children to programs like school breakfast, after-school meals, and summer meals.

Hunger Facts: <https://www.nokidhungry.org/who-we-are/hunger-facts>

No Kid Hungry PA: <https://state.nokidhungry.org/pennsylvania/about/>

SIREN - Community Resource Referral Platforms: A guide on new technologies for health care organizations to document patients' social and economic needs and facilitate referrals. <https://sirenetwork.ucsf.edu/tools-resources/resources/community-resource-referral-platforms-guide-health-care-organizations>

USDA: Manages various programs related to food, agriculture, natural resources, rural development, and nutrition.

ChooseMyPlate: Find reliable nutrition resources and interactive tools based on the Dietary Guidelines for Americans. <https://www.choosemyplate.gov/>

Food and Nutrition Service (FNS) Response to COVID-19: Information about actions taken to ease nutrition program operations and protect participant health. <https://www.fns.usda.gov/disaster/pandemic/covid-19>

Pennsylvania Resources

Children's Advocacy Project (Cap4Kids): Provides up-to-date resources for children and families living in Philadelphia area. <http://www.cap4kids.org/Philadelphia>

Farmer's Market Nutrition Program (FMNP): Provides fresh produce from approved farmers' in Pennsylvania.

Find participating farmer's markets- www.pameals.pa.gov/MealsPublic/FarmMarkets/MarketSearch.aspx

Feeding Pennsylvania: A partnership formed among eight of Pennsylvania's Feeding America member food banks to advocate for hunger relief across the state.

Find a local food pantry - <http://www.feedingpa.org/find-assistance/>

Geisinger Fresh Food Pharmacy: A food-as-medicine program that aims to improve health outcomes for food insecure patients with Type II diabetes by prescribing and providing fresh, healthy food for free each week. <https://www.geisinger.org/freshfoodpharmacy>

Greater Philadelphia Hunger Coalition: Provides maps of local food pantries with information about hours, requirements, and more. <http://www.hungercoalition.org>

LiveHealthyPA: Connects communities, schools, organizations and health teams to share what's happening to improve health outcomes for Pennsylvanians. <http://www.livehealthypa.com/>

Penn State Extension: Find your county office. <https://extension.psu.edu/county-offices/>

Pennsylvania Department of Agriculture - How to Access Emergency Food Assistance During COVID-19 Mitigation: Provides guidance on how to access emergency food assistance during the COVID-19 pandemic. <https://www.agriculture.pa.gov/FoodForThought/Pages/Article.aspx?post=71>

Pennsylvania Department of Education - COVID-19 Food Distribution Information for School Communities: Offers information on schools and districts distributing free meals to children. <https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Meals4Kids/Pages/default.aspx>

Pennsylvania's Department of Human Services - Ending Hunger: An online resource for food insecurity in Pennsylvania. <http://dhs.pa.gov/ending-hunger/index.htm>

Find a local food pantry: <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>

Pennsylvania Nutrition Education Network (PA NEN): Provides a forum for groups working with low-income Pennsylvanians to share information about current nutrition education efforts. <http://www.panen.org/>

Special Supplemental Nutrition Program for Women, Infants and Children (WIC): Provides supplemental foods, nutrition education, breastfeeding support, referrals, and access to health and social services to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five at nutritional risk.

Local WIC office information: <https://pawic.com/FindWICClinics.aspx> or (800) WIC WINS

Information for health care providers: www.pawic.com

Summer Food Service Program (SFSP): A USDA federally-funded, state-administered program that ensures low-income children continue to receive nutritious meals during the summer months when school is not in session. <https://www.fns.usda.gov/summerfoodrocks> or text 877-877

Supplemental Nutrition Assistance Program (SNAP): A federally funded program that provides nutrition assistance to low-income individuals and families. Refer patients and families to the COMPASS website to register.

<https://www.compass.state.pa.us>

The Food Trust - Philly Food Bucks Program: A healthy food incentive program that encourages SNAP recipients to use their benefits for fresh produce at participating farmers markets. <http://thefoodtrust.org/what-we-do/foodbucks>

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