

## Pennsylvania Chapter

INCORPORATED IN PENNSYLVANIA

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



# 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](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/foodinsecutirycoding/>

**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%280%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](http://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 Farmacy:** 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/freshfoodfarmacy>

**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](http://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>

Questions? Contact Program Director Amy Wishner, MSN, RN, APHN-BC

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