MAZON: A Jewish Response to Hunger and PsychArmor Institute are proud to present “Food Insecurity: Bringing Solutions to the Table.” Below are additional resources to accompany this course.

**Federal Programs**
*click resource to be linked to website*

- United States Department of Agriculture (USDA) State SNAP Directory of Resources (direct links to connect with your state SNAP office)
- USDA Hunger and Food Security Resources and background information about assistance programs:
  - Supplemental Nutrition Assistance Program (SNAP)
  - Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
  - Food Distribution Program on Indian Reservations
  - National School Lunch Program
  - Summer Food Service Program
  - Child and Adult Care Food Program
  - Commodity Supplemental Food Program
- USDA National Hunger Hotline
- USDA Resources for Military and Veteran Families
- USDA COVID-19 Resources for Individuals and Families
- Department of Veterans Affairs Nutrition and Food Services
RESOURCES
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Additional Resources
*click resource to be linked to website*

- MAZON’s 50-State Hunger Resource Guide for COVID-19 (ongoing list of COVID-19 resources in each state)
- WHY Hunger Find Food Search Engine (tool for finding food pantries in your area)
- 211.org (search tool for local resources including essential needs like food)
- National Military Family Association
- Blue Star Families
- The National Resource Directory
- Military One Source
- Fresh EBT (app to check food stamp balance, get discounts, and earn income)
- Meals on Wheels
- Food Pantries.org

Healthy and Economical Recipe Ideas
*click resource to be linked to website*

- Cooking Matters
- Healthy, Thrifty Meal book
- Recipes and Tips for Healthy, Thrifty Meals
- Home Cooking Without a Kitchen
- Budget Bytes
Advocacy

click resource to be linked to website

- #FreedomFromHunger video
- Urge Congress to End Veteran Hunger
- This Is Hunger (MAZON’s immersive digital video experience that explores who struggles with hunger in America and why)
- MAZON advocacy about special populations that struggle with food insecurity:
  - Currently-serving military families
  - Rural, Remote, & Native American Communities
  - Older Adults & LGBT Older Adults
  - College Students
- MAZON’s Congressional Testimony from January 2020 House Veterans Affairs Committee, Economic Opportunity Subcommittee hearing on Veteran Hunger
- Securing Basic Needs During COVID-19 Food & Housing, COVID-19 Military Support Initiative webinar
RESOURCES
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Research

click resource to be linked to website

- Food Insecurity Among Veterans: Resources to Screen and Intervene (Federal Practitioner, January 2020)
- SNAP Helps 1.3 Million Low-Income Veterans, Including Thousands in Every State (Center on Budget and Policy Priorities, January 2020)
- The American Veteran Experience and the Post-9/11 Generation (Pew Research Center, September 2019)
- Veterans and Food Insecurity (Impaq International, November 2018)

Conversation Starters (Toolkits and Screening Questions)

click resource to be linked to website

- Hunger Vital Signs from Children’s HealthWatch
- Promoting Food Security for All Children, American Academy of Pediatrics
- Seniors & SNAP: Best Practices Handbook from National Council of Aging

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Course Citations


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