



Federal Nutrition Programs: How They Work and Why You Should Care



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HUNGRY FOR ACTION

OKLAHOMA'S ANTI-HUNGER
CONFERENCE 2023

#HungryForActionOK



Federal Nutrition Programs 101

How They Work &
Why You Should Care

Hello, I'm...

meet your presenters



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Agenda & Objectives

Food Insecurity & Hunger: Define food insecurity and its impacts in Oklahoma.

Federal Nutrition Programs 101: Understand the program basics & the impact.

Increasing Access: Learn about the different ways to connect people to programs.

Advocating for Change: Identify current state and national policies.

A close-up photograph of a blueberry with a small hole in its skin, surrounded by other blueberries. The lighting is soft, highlighting the texture of the fruit's skin and the small opening. The background is blurred, focusing attention on the central blueberry.

Food Insecurity & Hunger

Food Security

Access by all people at all times to enough food for an active, healthy life.

Quantity

[USDA](#)



Nutrition Security

Consistent access, availability, and affordability of foods and beverages that promote well-being and prevent disease.

Quality

[Mozaffarian, Fleischhacker, and Andres, JAMA 2021](#)

Hunger Matters in Oklahoma



Costs Oklahoma over \$1.4 billion each year



Exacerbates chronic illnesses



Low birth-weight, delayed development,
and decreased language acquisition



Lower scores and graduation rates,
greater behavioral and social problems



Weakens labor force

Oklahoma Landscape

14.1% Overall Food Insecurity Rate

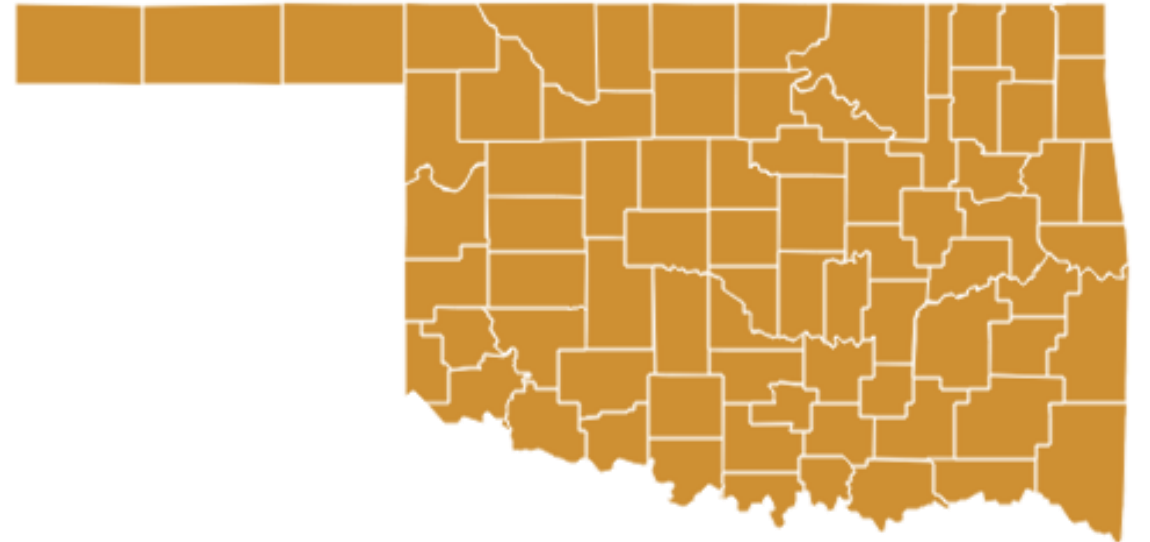
12.1% Rural & 10.3% Urban

1 in 7 Households and
1 in 5 Children face hunger

134,000 Oklahomans

Likely eligible for grocery assistance but not utilizing

Leaving **millions of dollars unclaimed** monthly

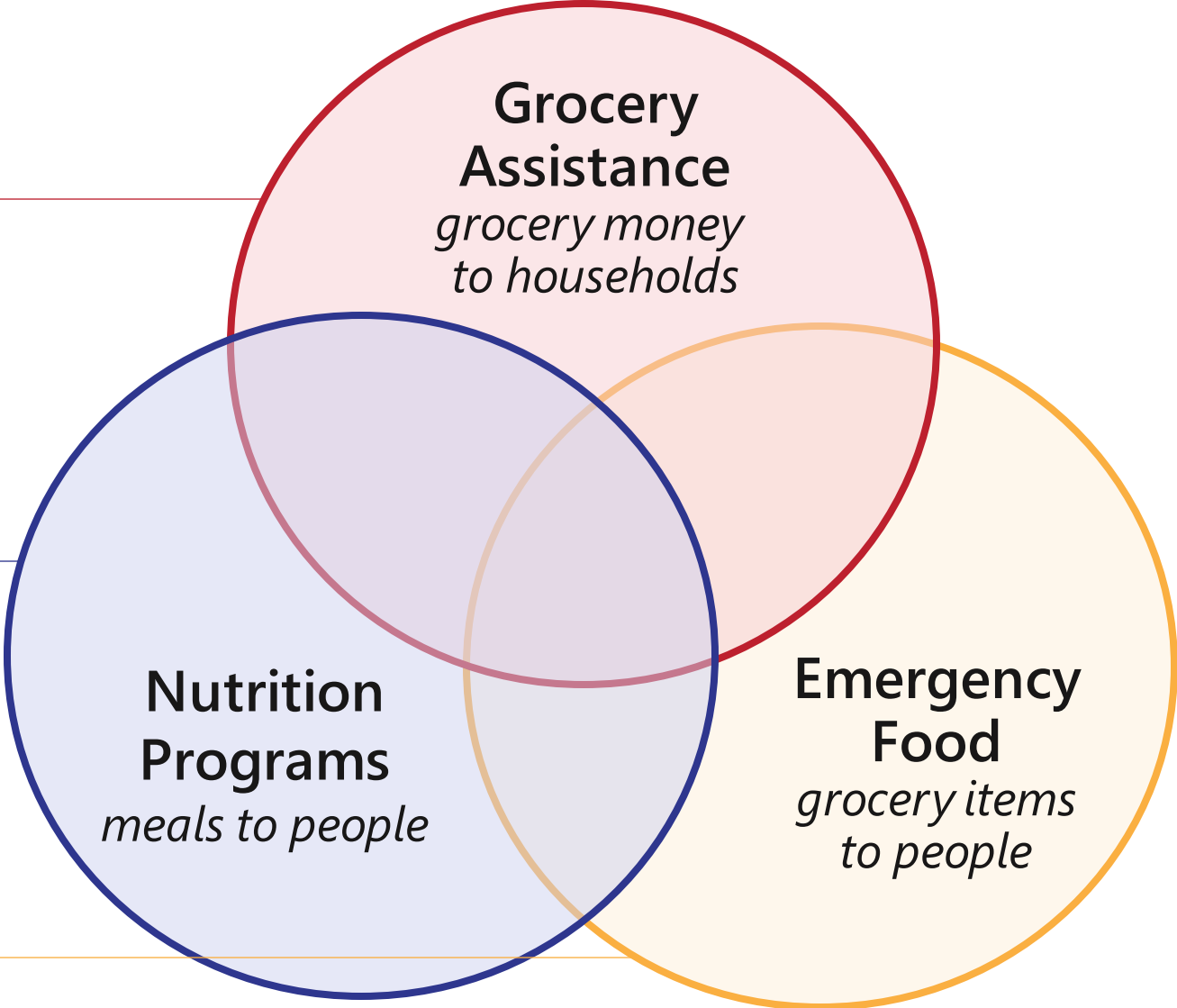


Navigating Food Resources & Programs

SNAP, WIC, DUO, FDPIR

School Breakfast and Lunch,
Afterschool and Summer Meals

Food pantries, backpack programs,
congregate meals, etc.





Grocery Assistance Programs

Grocery Assistance Programs

- Simple and effective
- Improves food security
- Helps pay for groceries
- Allows for choice
- Discreet
- Reloads monthly
- Puts money into local economy





Supplemental Nutrition Assistance Program



Expands grocery budgets



Spends like a debit card

SNAP



Gives access to more types of food



Helps the economy



SNAP Application Assistance Hotline

(877)-760-0114

- Toll-free call statewide
- Open six days a week
- Assistance in multiple languages
- Help with new and renewal SNAP applications



Double Up Oklahoma

Find locations at doubleupoklahoma.org



\$1 in SNAP

\$1 in DUO Bucks
(Up to \$20/day)

On Qualifying
Produce



In the first year of evaluation:

103% increase in produce purchases with SNAP

270% increase when factoring in DUO

Overall, produce sales increased at a significantly higher rate than just DUO purchases

DUO

WIC

Special Supplemental Nutrition Program for Women, Infants, and Children



For pregnant, postpartum, and
breastfeeding people & children <5



Works concurrently with SNAP, when
eligible



Citizenship status not factored in
determination



WIC offices in every county



Food Distribution Program on Indian Reservations

- May be more accessible than SNAP retailers in rural locations
- Income similar to SNAP but cannot use at the same time

FDPPIR





Ranges for Assistance

Nutrition Assistance can prevent Food Insecurity

$\leq 130\%$
Federal
Poverty Rate

- SNAP
- Free meals at school

$\leq 185\%$
Federal
poverty rate

- WIC
- Reduced-price meals at school



Program qualifications vary.
When in doubt, apply!

A close-up photograph of several artichokes. The leaves are a mix of vibrant green and deep purple, creating a rich, textured background. The artichokes are arranged in a cluster, with some in the foreground and others slightly behind, creating a sense of depth. The lighting is soft, highlighting the natural colors and textures of the vegetable.

Child Nutrition Programs

Child Nutrition Programs



School Meals

School Breakfast Program (SBP)
National School Lunch Program (NSLP)

Out-of-School-Time Meals

Afterschool meals and snacks (CACFP)
Summer meals (SFSP)
Seamless Summer (SSO)

Meals at School

NSLP & SBP

- Improved academic performance
- Better behavioral outcomes
- Fewer referrals to nurse's or principal's office
- Higher attendance and graduation rates

School Meal Forms:



All students encouraged to re-apply through their school each year



Direct certification with SNAP and other programs



Impacts school funding and other programs like afterschool, summer, and universal free meals



Free & Reduced- Price School Meals

Who is Eligible?

Students who fall into **one** of the following categories:

1. Their household participates in SNAP, FDPIR, Medicaid, etc.
2. They meet household income eligibility requirements on the school meal form application
3. They're enrolled at a school that provided free meals to all students, like through CEP

Child Nutrition Programs



School Meals

School Breakfast Program (SBP)
National School Lunch Program (NSLP)



Out-of-School-Time Meals

Afterschool meals and snacks (CACFP)
Summer meals (SFSP)
Seamless Summer (SSO)

Afterschool Meals

Provides no-cost meals and snacks to children and teens ages 18 and under

Boosts participation at afterschool programs

Operates after school, on weekends, and during holiday breaks

Located at schools, parks, libraries, community centers, etc.



CACTFP

Summer Meals



All kids ages 18 and under can participate



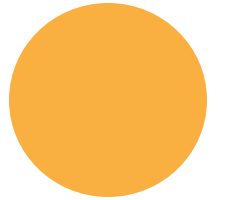
Sites can offer up to two meals a day



Helps prevent summer learning loss



Can be located at schools, parks, libraries, community centers, etc.



SSO &
SFSP

Summer EBT

(Electronic Benefits Transfer)



Money for
groceries



On EBT card



For eligible children



During summer break
from school

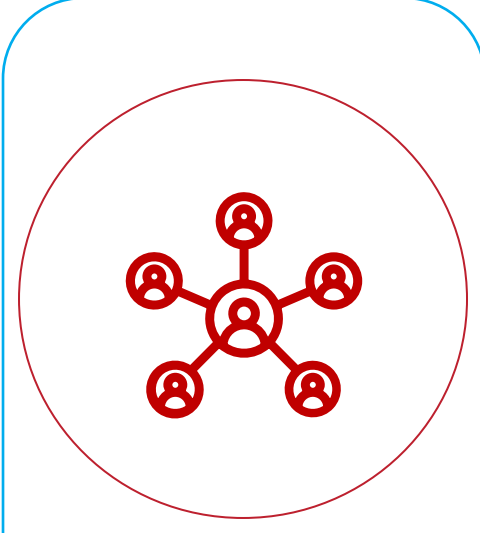
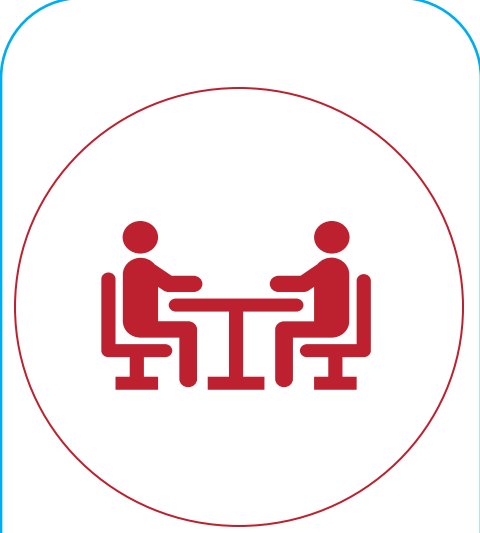




Increasing Access

Connecting Households to SNAP

Easy Options - Pick What Fits!



**OUTREACH
RESOURCES**

**DIRECT
REFERRALS**

**CLIENT CALL
REQUESTS**

**ONSITE
HELP**

**EVENT
OUTREACH**

Become a Community Partner



Join trusted organizations for peer learning, up-to-date SNAP information, and access to resources, all free!

Network Members:

- [Participation Form](#)
- Tracked Call Request Forms
- Data reports on # of leads

Program Members:

- [Letter of Agreement](#)
- Everything in Network plus...
- **SNAP application training**
- Data reports on # of applications

Combo

DUO

OKLAHOMA FOOD RESOURCES

NEED URGENT FOOD HELP? CALL 2-1-1



SNAP | Supplemental Nutrition Assistance Program

- Available to all ages
- Ages 18 years & up can apply by calling toll-free 1 (877) 760-0114
- Learn more: www.hungerfreeok.org/groceries

WIC | Special Supplemental Nutrition Program for Women, Infants, & Children

- Available to pregnant, postpartum, & breastfeeding women, & to children under age 5 years
- Citizenship status is not required
- Learn more: www.hungerfreeok.org/wic

DUO | Double Up Oklahoma

- Available to SNAP participants (only at select farmers markets & grocery stores)
- Match SNAP dollars for up to \$20 in free produce daily
- To find a site or learn more: www.doubleupoklahoma.org

Summer Meals

- Free meals available to all children & teens, 18 years & under
- No registration or ID required
- To find a site or learn more: www.meals4kidsok.org

Free and Reduced-Price School Meals

- All students can apply throughout the school year
- Meal applications determine eligibility for free or reduced-price school meals & other benefits like P-EBT
- Apply through your child's school

P-EBT | Pandemic Electronic Benefits Transfer

- P-EBT helps families buy groceries due to pandemic-related school closures or reduced hours
- May be available to families with students who receive free or reduced-price meals
- Learn more: www.hungerfreeok.org/pebt

For mobile access to this information, use your smartphone camera to scan the QR code on the grocery sack, or visit: bit.ly/FoodResourcesCPP

HUNGER • FREE OKLAHOMA @HungerFreeOK | www.HungerFreeOK.org

HAVE A SNAP CARD?
Get **FREE** fruits & veggies with **DOUBLE UP OKLAHOMA**

BUY \$1 SNAP-EBT ▶ **GET \$1 DUO BUCKS**

Visit a participating grocery store. Buy any SNAP-EBT card. Buy any Duo Bucks, up to \$20. & veggies.

HUNGER FREE OKLAHOMA IS AN EQUAL OPPORTUNITY PROVIDER.

Help stretch your grocery budget.
APPLYING IS FAST AND EASY!



If your household size or income has changed, you might be eligible for SNAP.

| | | | |
|---|---------------------------------------|--|---|
| STEP 1: Complete an application | STEP 2: Talk to a counselor | STEP 3: Send support documents | STEP 4: If eligible, receive EBT & shop |
|---|---------------------------------------|--|---|

CALL TOLL-FREE TO APPLY
1 (877) 760-0114

To learn more visit:
www.hungerfreeok.org/groceries

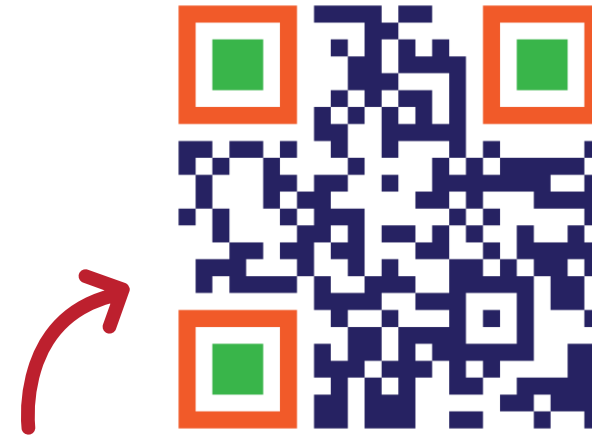
HUNGER • FREE OKLAHOMA **USDA** **SNAP**

www.HungerFreeOK.org @HungerFreeOK

This institution is an equal opportunity provider.

SNAP

Free Material



Scan the QR to request free promotional material.



Advocating for Change



Advocacy and the Federal Nutrition Programs

Informed by Partners

Assessing Impact of Policies

Collaborate & Problem Solve

Federal & State Legislation

Agency Level Policy

Share Stories

Coalitions & Convenings

Enhancing Food Assistance through Advocacy

- ✓ Assessing the impact of the end of pandemic flexibilities on nutrition program recipients.
- ✓ Elevating voices of lived experts in advocacy.
- ✓ Ensuring benefit adequacy that reflects the cost of a nutritious diet.
- ✓ Surveys, polling, and data collection on the impact of nutrition programs on Oklahoman's well-being.
- ✓ Expanding access and breaking down barriers.
- ✓ Emphasizing the importance of these programs to state and federal representatives.

**Contact your
Representatives:**
Advocate for change!



Upcoming Opportunities to Improve Food Assistance in Oklahoma



Oklahoma Legislative Session



Farm Bill



Administrative Advocacy



Improving Data and Program Participation in Oklahoma

Food Assistance in Other States

- Universal school meals
- Hot meals waiver for SNAP
- Advocating for permanent Summer EBT
- Centralized benefits application



A background image showing three call center agents in profile, wearing headsets and smiling. The image is slightly blurred and has a white overlay on the left side where the text is placed.

Call to Action

Unite for a Cause. Join HFO's Community Partner Network. Together, we're stronger.

Knowledge is Power. Stay informed about nutrition programs and share with others.

Spread the Word. Share resources widely & normalize conversations about food resources

Raise Your Voice. Hunger is a community issue, speak up and advocate.

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Collaborative Learning in ACTION!

Don't forget to visit the
debrief boards between sessions!

Share what you learned and
resources that might help others.



Scan to Give Session Feedback

...and find lots of other resources!



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