

# CalFresh Healthy Living Newsletter

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## The Impact of COVID-19 on Food Insecurity in Los Angeles County: April to July 2020

The COVID-19 pandemic continues to unfold, leaving in its wake major economic, social, and health crises. As the last report published on July 27, 2020 in coordination with the Los Angeles County Emergency Food Security Branch and the USC Dornsife Public Exchange documented, almost one million households in Los Angeles County experienced food insecurity between early April and early May 2020. Food insecurity can have negative impacts on children and adults mental and physical health. It is a state that people can transition in and out of, and is often triggered by changes in employment, income, health, and mental health. These are all risk factors that have been heightened by the pandemic and factors that pose serious risks to the food security, health, and well-being of Angelenos.

Under a strategic partnership with Los Angeles County’s Emergency Food Security Branch, the USC Dornsife Public Exchange research team has continued to track the impact of the COVID-19 pandemic on food insecurity in Los Angeles County. They’ve sought to understand the factors that continue to put people at risk for food insecurity as well as the factors that may have helped people become food secure over the past four months.

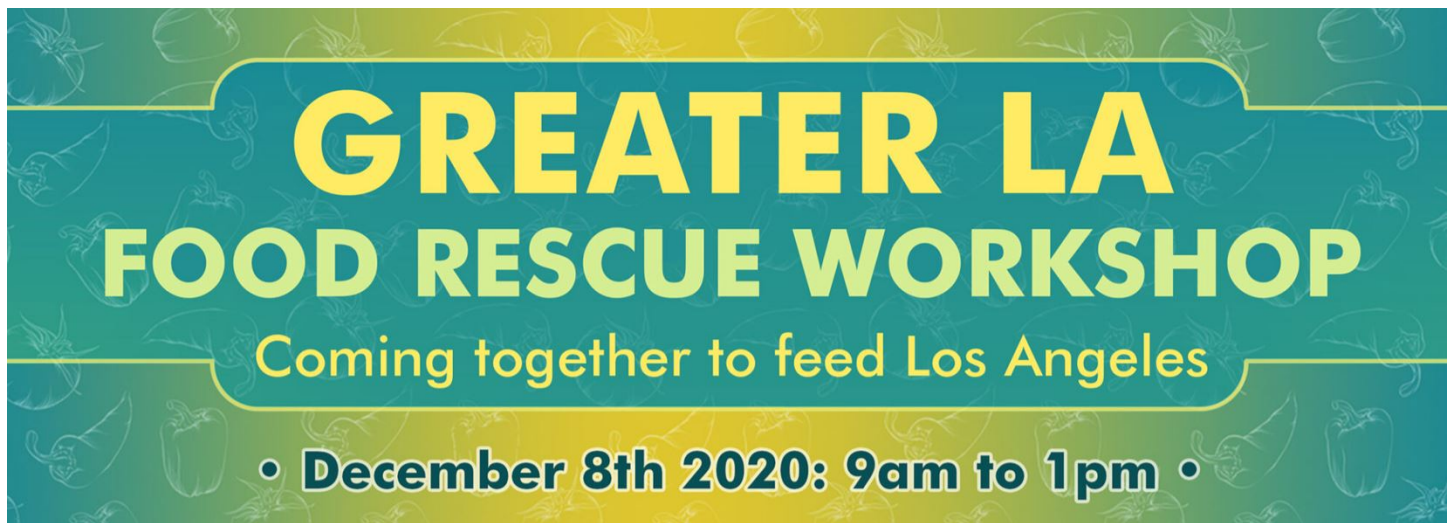
Outlined in the report are the following six key findings:

- ❖ Between April and July 2020, 1 in 4 L.A. County households experienced food insecurity.
- ❖ The major risk factors for food insecurity during the pandemic include (i) having a low household income, (ii) being unemployed, (iii) being 18-50 years old, and (iv) being a single parent.
- ❖ These unprecedented rates of food insecurity are improving but remain significantly higher than pre-pandemic levels.
- ❖ Food and financial assistance programs appear to help adults transition from food insecurity to food security.
- ❖ Higher-income households rarely experience food insecurity, but the coronavirus crisis has changed this. Nearly 1-in-5 households that experienced food insecurity during the pandemic weren’t low-income.
- ❖ Lastly, we found that people who experienced food insecurity during the pandemic had unhealthy changes to their diet. In particular, diet quality declined the most for people who have remained food insecure through July.

*Adults who experienced regular food insecurity during the pandemic were more likely to report eating less food (63.0%) and less healthy food (44.2%) compared to people who were food secure.*

Read the full report [here](#).

## Greater LA Food Rescue Workshop 2020



recycleLA, Athens Services, and elePlate are hosting the Greater LA Food Rescue Workshop. This free online workshop will explore resources in order to assist in the growth of new and developed food rescue and emergency food assistance organizations of all types and sizes.

The workshop will cover the following topics:

- ❖ Navigating public/private partnerships
- ❖ How to find, woo, and win foundation funding
- ❖ Food rescue through the pandemic and beyond
- ❖ Preparing for SB 1383 Food Recovery Policy

RSVP to share and network with local food recovery nonprofits, partner organizations, and government agencies. Click [here](#) for more information and to register.

## Food Banks and the Child Nutrition Programs During COVID-19



In this joint piece by FRAC and Feeding America, learn how food banks play an important role in connecting people to the child nutrition programs, which is especially important during the pandemic. With vast networks and programmatic expertise, food banks are natural leaders in promoting and providing summer and afterschool meals and working with program providers and partners to serve meals at sites across the country. There are also best practices and a spotlight on three food banks including Feeding San Diego, Lowcountry Food Bank, and Feeding the Gulf Coast. Read more [here](#).

 **Webinars****New Additions in Purple****Food and the Aging Brain: Updates on Nutrition and Cognitive Health in Older Adults**  
**Thursday, November 19, 7:00 am**

Join NASEM Health and Medicine's Food Forum for a webinar to explore the relationship between nutrition and dietary patterns and the aging brain. Speakers will discuss an overview of the dimensions of cognitive health, nutrition and specific nutrients for cognitive function, and the relationship between nutrition and mental health in older adults. Register [here](#).

**State of Obesity 2020: Better Policies for a Healthier America**  
**Thursday, November 19, 9:30 am**

Join Trust for America's Health on November 19 for a 90-minute virtual congressional briefing that will explore the findings of the report *The State of Obesity 2020: Better Policies for a Healthier America*. Briefing speakers will cover the latest national obesity rates and trends, highlight promising approaches states and localities have undertaken to ensure healthy communities, and offer policy recommendations that incorporate innovative approaches that help all Americans lead healthier lives. Register [here](#).

**Virtual Store Tour**  
**Wednesday, November 24, 12:00 pm**

The grocery store can be intimidating, but it doesn't have to be! Join UC Davis Staff and Faculty Health and Well-Being for a virtual grocery store tour, where we will teach you how to navigate the aisles and make healthful decisions as you go. They will go section by section and highlight some nourishing food choices from each department. Confused about which cereal to choose for breakfast or how to spot real whole wheat bread? They will also walk you through how to read a food label, so you can make informed choices. Register [here](#).

**A Culture of Health Program Listening Workshop: Community Perspectives**  
**December 8-10, 1:00 pm**

On December 8-10, 2020, the National Academy of Medicine Culture of Health Program will host a public meeting to discuss barriers, models, and opportunities to using community knowledge and strength to drive health equity policy and research. Register [here](#).

**Park Equity, Life Expectancy, and Power Building: Part 2**  
**Thursday, December 10, 11:30 am**

Join Prevention Institute to learn more about policy, advocacy, and power building for park equity. This webinar will feature speakers from the LA County community-based organizations that served on the community advisory board for this project. Register [here](#).



## Funding Opportunities

### New Additions in Purple

#### Safe Routes to Parks

**Close Date: December 18, 2020**

Safe Routes to Parks is a movement to make great parks safer and easier for people to access by walking, bicycling, and taking public transportation, especially in low-income communities and communities of color. Seven nonprofit organizations will receive funding and technical assistance to develop and initiate action plans to increase safe and equitable access to parks and green space in their communities. Click [here](#) to apply.

#### State and Local Policy Campaign Grant

**Close Date: December 31, 2020**

The Center for Science in the Public Interest (CSPI) has announced a new funding opportunity for state and local advocates working to advance innovative policies to measurably improve the food environments in schools, restaurants, grocery stores, and in federal, state, and local programs to support public health, especially for low-income families and communities of color. Applications will be accepted on a rolling basis through December 31, 2020. Click [here](#) to learn more and apply.

#### FY 2021 Farm to School Grants

**Close Date: January 08, 2021**

The Food and Nutrition Service, Office of Community Food Systems (OCFS) has announced the request for applications (RFA) for the 2021 Farm to School Grant Program. OCFS encourages those seeking grant funding to review the materials available on this website, including prior grant awards, requests for applications, and technical assistance documents, as resources when planning grant applications for 2021 and beyond. Click [here](#) to apply.

#### Smart & Final Charitable Foundation

**Close Date: Proposals accepted throughout the year**

The Smart & Final Charitable Foundation supports nonprofit organizations that work to improve the quality of life in the communities the company serves in Arizona, California, and Nevada. The Foundation's areas of interest include health and wellness, education, hunger relief, disaster relief, and team sports and youth development. Counties interested in applying must partner with a 501 (c)3 organization to qualify. Click [here](#) to apply.

#### Emergency Meal Distribution Equipment Grants

**Close Date: Rolling deadline until all funds are awarded**

School nutrition professionals across the county have stepped up to get food to kids during school closures. Districts and schools have shared the need for additional equipment to create grab-and-go curbside meal pickups at schools and other locations within the community, additional hot and cold food storage containers, grab-and-go packaging materials, and mobile distribution to families in outlying or rural communities. Working with the equipment vendor, [Hubert](#), Action for Healthy Kids will provide selected school districts with equipment credits for \$1,000-\$2,000 per site to purchase equipment. Click [here](#) to apply.

## **Pioneering Ideas: Exploring the Future to Build a Culture of Health**

**Close Date: Proposals accepted on a rolling admission**

Pioneering Ideas: Exploring the Future to Build a Culture of Health seeks proposals that are primed to influence health equity in the future. RWJ Foundation is interested in ideas that address any of these four areas of focus: Future of Evidence; Future of Social Interaction; Future of Food; Future of Work. Additionally, RWJ welcomes ideas that might fall outside of these four focus areas, but which offer unique approaches to advancing health equity and our progress toward a Culture of Health. Click [here](#) to apply.



## **Reading Opportunities**

### **Hunger Crisis: 1 in 5 Americans Turning to Food Banks**

A new nationally representative survey of more than 2,000 U.S. adults by Consumer Reports finds that about 1 in 5 American grocery shoppers (19 percent) have used a food pantry, food bank, or community food distribution at some point since the pandemic began. What's more, about half of them said they didn't use these food programs in the year leading up to the COVID-19 outbreak in the U.S. Read more [here](#).

### **College Food Pantries Have Grown Exponentially in Recent Years**

As the number of food-insecure college students balloons, some see the pandemic as a chance for more ambitious solutions to campus hunger. Read more [here](#).

### **Healthcare Systems Back Grocery Stores in Food Deserts**

More than half of all low-income ZIP codes are in areas that don't have easy access to good-quality, affordable fresh food. Crosswalk's latest essay highlights how healthcare systems and community developers are investing in grocery stores as more than just providers of healthy foods but as holistic health strategies to improve community wellbeing. Read more [here](#).

# Training Resources

Title	Date / Time	Format	Info	Registration
Nutrition Pantry Program for Implementers <i>(Participants need to attend both days, on 11/17 &amp; 11/19)</i>	Thurs, 11/19 9:00 am	Webinar	----	<a href="#">Register here</a>
Nutrition Security with Compassion and Connection <i>(9:00 a.m. - 11:00 a.m. and 1:00 p.m. - 2:00 p.m. Must attend both)</i>	Wed, 12/9 9:00 am	Webinar	----	<a href="#">Register here</a>
Around the Table Curriculum Training <i>(9:00 a.m. - 10:00 a.m. and 1:00 p.m. - 3:00 p.m. Must attend both)</i>	Thurs, 12/10 9:00 am	Webinar and E-Module	----	<a href="#">Register here</a>

Visit the CDPH Trainings and Resources page for the latest training related information and [calendar](#) of all scheduled trainings and events. Please seek approval from Project Officer and Contract Manager prior to travel.

**If you would like to submit content or have any questions or comments about the CalFresh Healthy Living newsletter, please contact Tania Marquez at [tmarquez@ph.lacounty.gov](mailto:tmarquez@ph.lacounty.gov)**