



FOOD SECURITY

Working Together for a More Secure, Nutritious Future

An estimated 12% of Americans don't know where their next meal will come from. In some communities, families lack consistent access to enough nutritious food to sustain an active, healthy lifestyle—classifying them as food insecure. The nation's land-grant universities are addressing hunger and nutrition problems through research, Extension education and partnerships.

SUCCESSFUL EXAMPLES INCLUDE:

- **Missouri** Extension experts engaged low-income women with children with Expanded Food and Nutrition Programs and Family Nutrition Education Programs, reaching more than 5,000 in 2017. Eighty-nine percent of participating adults made at least one improvement to their diets to more closely align with federal dietary guidelines.
- Extension Master Gardeners in **Connecticut** taught 32 food-gardening classes to residents of lower-income neighborhoods with scant access to healthy foods. Also, a community garden donated 4,000 pounds of produce to local soup kitchens in 2017.
- Researchers in **Texas** are working to more accurately predict price fluctuations for foods like fruits and vegetables to reduce “sticker shock” for consumers, especially mothers looking for healthy choices for their families.

STATEWIDE PROGRAM ADDRESSES SUPPLY AND DEMAND OF FOOD ACCESS

Access to healthy food can be a struggle for people living in many parts of the country. More than 25% of Missourians—higher than the national average—have this problem. Extension experts in **Missouri** did something about it and have reached more than half a million people. Partnering with the state's health and senior services department, they established a statewide healthy retail program that helps increase access to healthy foods, both from the supply and demand sides of the equation.

The Stock Healthy, Shop Healthy program builds community demand for healthy foods through outreach and nutrition education classes. More than 70 classes and 12 youth cooking competitions have been held. Some classes are offered in both English and Spanish to serve local Hispanic families, and include culturally-relevant recipes. Inside stores, the partners work with store managers to move healthy items to the front, offer more taste tests of healthy foods and increase the amount of healthy foods sold based on customer preferences. More than 115 new food products have been added to store inventories.

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The Land-Grant University System is a uniquely American institution, and has operated successfully for more than a century. The landgrantimpacts.org website documents and demonstrates the collective and individual impacts of the national system of joint teaching, research, and extension institutions.

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