

NUTRITION SECURITY

In Tennessee

When communities have consistent access to affordable foods and beverages that are nutritionally balanced, culturally appropriate, and fit into their daily lives, they can decrease their risk for chronic disease, improve school and work performance, and prevent ongoing stress.

WHAT IS NUTRITION SECURITY?



Food Availability

Have supply chain issues or crop production interfered with my ability to get food?



Food Utilization

Do I have education about nutrition and time to prepare meals?

Can I exercise my cultural food preferences?



Access to Food

Can I afford groceries?

Can I easily travel to purchase food?

Is fresh food available in my community?



Nutritional Quality of Food

Is the food available to me both energy-dense and nutritionally balanced?

Is my food safe?



Stability

Even if I can access and afford nutritionally balanced food today, can I count on it tomorrow?

Over 809,000 Tennesseans deal with limited or uncertain access to food and of them **233,000** are children ¹



Kids who are hungry are at higher risk of behavioral and academic problems ²



Adults who experience nutrition insecurity are **2-3 x** more likely to have diabetes than those who are nutrition secure ³

POLICIES & PROGRAMS

- **Nutrition assistance programs like SNAP and WIC** help qualifying households buy groceries
- **Seamless Summer Feeding Options** allow certain schools to provide free meals to low-income areas during summer vacation
- **Farmers Market Nutrition Programs** provide low-income families with fresh, locally grown produce

PLANNING FOR COLLABORATIVE ACTION

- **Connect individuals to direct support** through social workers, health workers, and community organizations
- **Partner with a school or neighborhood organization to host a community cooking club** with a focus on meals that are quick and easy for working families, or **build a community garden**
- **Connect community members to nutrition assistance programs like SNAP and WIC**, and provide technical assistance with applications

BARRIERS TO CHANGE

Stigma against receiving support from food assistance programs

Weight-related stigma

Communities lacking affordable fresh foods

Lack of time for working individuals to plan and prepare balanced meals



Read More Here

¹Feeding America

²Healthy People 2030

³Centers for Disease Control and Prevention