

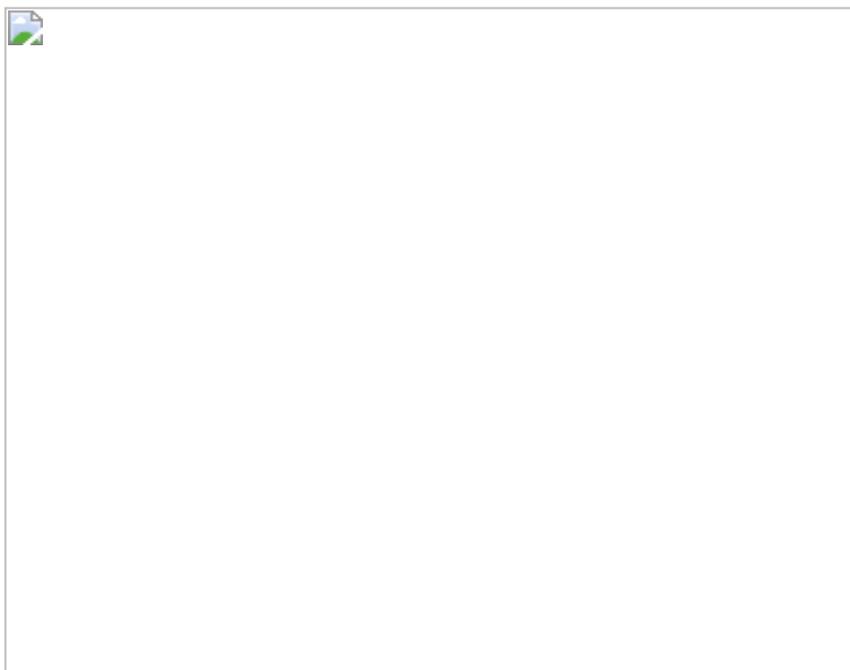
Nutrition Note



TENNESSEE JUSTICE CENTER

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GIVING
TUESDAY

LATEST
EFFORTS TO

CAMPAIGN

TJC is launching a fundraising campaign to support our Nutrition Team this upcoming Giving Tuesday!

The Nutrition Team does essential work in eradicating hunger in Tennessee by advocating for federal nutrition programs, but we can't do it without the support of partners like you. Individual donations are vital to the sustainability of our work, so this December 3rd, please consider doing one of the following:

1. **Donate** to our team [here](#) and make sure to label your donation "Nutrition." **We have secured a matching pledge for up to \$5,000, so every dollar you donate will be doubled!**
2. **Host** a Facebook fundraiser on Giving Tuesday supporting our nutrition work.
3. **Sign Up** to be a Social Media Magnifier! Our work is most effective when we can engage as many Tennesseans as possible, so we often need allies to share and like our posts during critical advocacy windows. Email Kelli at kklein@tnjustice.org if you're interested in being a member of our Magnifier Team.

HARM SNAP

COMMENTS DUE BY DEC 2, 2019

We need your help once again to push back on the Administration's third attack on the Supplemental Nutrition Assistance Program (SNAP) this year. SNAP is the nation's first line of defense against hunger. Learn more and comment here:

<https://frac.salsalabs.org/snap-sua/index.html>

The Latest:

On October 3, 2019, USDA published another [proposed rule that would cut SNAP benefits—this time a net total of \\$4.5 billion over five years](#). The cut results from changes in how states calculate a Standard Utility Allowance (SUA) for determining a household's utility costs. Household utility costs affect the amount of SNAP benefits a household receives.

This would hit larger Tennessee families the hardest and would not just result in greater obstacles for families trying to put food on the table, but also to keep the heat on during winter months.

How SNAP and SUA work:

When a household applies for SNAP, certain expenses are considered when determining the household's SNAP budget (and thus, the amount of SNAP benefits received). Among them are utility costs. However, instead of using a household's actual utility costs, states set a Standard Utility Allowance (SUA) that is used for all households deducting these expenses.

Under current federal SNAP rules, states have the flexibility to set SUA amounts that reflect the typical costs of utilities in their region. States consider every day utility costs— heating, cooling, cooking, electricity for lights and appliances, trash collection, water/sewer, and phone service—when calculating a SUA, and set utility allowances to cover most SNAP household energy expenses during the highest energy usage months.

VETERANS' DAY

 A person that is standing in the grass Description automatically generated

In honor of Veterans' Day, we would like to thank our Veterans, current service members and military families! TJC is thankful for Tennessee Veterans who have served and given us so much. **SNAP helps 1.4 million low-income Veterans, including 40,000 Tennessee Veterans put food on their tables.** The Center on Budget has collected stories [here](#) of Veteran SNAP participants who have lost benefits. We don't want this to continue happening for Tennessee Veterans, so we will continue to serve and fight for our Tennessee Veterans to have access to healthy food. If you or anyone you know is a Veteran or in the military and seeking to be on SNAP or has had difficulties staying on SNAP/receiving the correct benefit amount, please contact Sarah Henson at shenson@tnjustice.org or (615) 846-4724.

WIC

WIC & Healthcare Providers Webinar in December

WIC & Healthcare Providers
Webinar

Thursday, December 12
2:00 pm CDT/3:00 EDT

[REGISTER HERE](#)

On December 12, 2019 at 2:00pm CDT/3:00pm EDT the Nutrition Team will host a webinar about the important role that healthcare providers can play in supporting the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Food security is critical to good health, especially during the early stages of life, so anyone working to improve the health of Tennesseans is encouraged to join us to learn more about this vital nutrition program for women, infants, and children.

This webinar covers the basics of the WIC program, common misconceptions, and how food insecurity intersects with healthcare. This training also offers an opportunity to troubleshoot problems that an organization might have regarding WIC referrals.

Register to reserve your spot in the webinar [here](#).

WIC Champions Group

We are seeking motivated, passionate individuals committed to improving the lives of Tennessee women, infants, and children to join our statewide WIC working group. This group comprises leaders from across the state and will address issues regarding WIC education, recruitment, and retention.

If you are interested in joining the state's leading WIC advocacy group, please email Kelli at kklein@tnjustice.org.

HUNGER AND HOMELESSNESS WEEK

 Image result for hunger and homelessness awareness week

November 16-24 is National Hunger and Homelessness Awareness Week. Hunger and homelessness are pretty intertwined. Americans living in poverty or teetering on the edge have to make choices that no one should have to make. No one should be forced to decide between a healthy meal, rent, utilities, or seeing a doctor. This week is designed to raise awareness about the overlap of these issues. Tag: #HHWeek

Event Alert: College Hunger Conference

Sarah, our Nutrition Advocate, will be speaking about hunger and homelessness for college students at an event put on by the University of Tennessee-Knoxville. Come join if you're in the area! More information can be [found here](#). To join in the national conversation, use #HHWeek or tag us on social media.

SNAP

SNAP Access Call

Do you work with people on SNAP? Are you interested in learning more about SNAP access in Tennessee? Do you have a story to share about trying to access SNAP? Join our monthly call! Register here or email Sarah at shenson@tnjustice.org to join us for our monthly update.

Event alert! SNAP CHALLENGE!

What is the SNAP Challenge? The SNAP Challenge is an event to raise awareness about hunger and food insecurity in America. Participants are challenged to eat on no more than \$4 per day, per person (the average allowance for food assistance programs), log their experiences, and reflect on the challenges and difficulties. Check out [Missouri's SNAP Challenge](#) from September.

Who should join? Anyone can join in who is hoping to raise awareness. We also hope to have mayors and legislators from both parties to join in. Be on the lookout for a way to invite your legislators to participate with you in this!

When is it? Join us in a SNAP Challenge Dec 1-14. We are encouraging SNAP Challengers to join in anywhere from 2 days to 2 weeks.

What do I do?

1. Follow our social media and be on the lookout for postings as the date gets closer. We will have easy posts to share on Twitter, Instagram, and Facebook.
2. Invite friends, family, coworkers to join with you.
3. Invite legislators to participate in our challenge.
4. Reach out to Sarah Henson at shenson@tnjustice.org for more information in the meantime.

Legislation Tracker

Wondering what bills have been introduced related to hunger and nutrition? [Here's](#) a great resource for a list of bills you can follow along with us.

CHILD NUTRITION

LAST CHANCE TO SIGN UP FOR OUR CHILD NUTRITION REAUTHORIZATION WEBINAR!

Child Nutrition Reauthorization Webinar

Thursday, November 14
10:00 am CDT/11 am EDT

[REGISTER HERE](#)

Join us TOMORROW at 10:00AM CDT on the upcoming Child Nutrition Reauthorization process.

CNR provides an opportunity to update and make changes to all federal child nutrition programs in the U.S. including the School Breakfast Program, the National School Lunch Program, the Summer Food Service Program, and the WIC program, among others. In this webinar, TJC will discuss the basics of the process, historical proceedings and context, political dynamics involved, what this means for Tennesseans, and how to get involved.

Who should join: Any program provider, child advocate, organization, or individual interested in learning more about this important process and what it might mean for their work or their community. Please share this webinar information with others they think may be interested.

Date and time: November 14, 2019 at 10am CDT/11am EDT. Expected to last one hour.

How to join: Register here: https://zoom.us/webinar/register/WN_zjV-DqmbQJaEePVJcG6ZEq

You will receive a confirmation email upon registration.

If you have any questions about this webinar, please email Kelli Klein at kklein@tnjustice.org

Summer Food Service Program (SFSP) 2020 Waivers

The USDA announced they will allow states to apply for waivers again for the upcoming 2020 Summer Meal Program. The waivers allow the state to streamline certain administrative program requirements and make it easier for SFSP providers to serve meals to children who face summer hunger. This is in response to the memo that was released in winter 2018 that walks back several program simplification options that USDA issued for SFSP sponsors to serve hungry kids. The updated memo about the waivers was issued earlier this year and states and individual providers can apply for Summer 2020 waivers.

Learn more about the original memo rescissions here: <https://www.fns.usda.gov/sfsp/summer-food-service-program-memoranda-rescission>

TJC will follow up on this process throughout the winter and will keep partners up to date.

Legislative Endorsements

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The Tennessee Justice Center has officially endorsed the following federal legislation:

- Stop Child Summer Hunger Act
- Summer Meals Act of 2019
- No Shame at School Act
- Access to Healthy Food for Young Children Act
- Enhanced Access to SNAP (EATS) Act

If you are interested in endorsing this legislation or learning more about it, please email Signe at sanderson@tnjustice.org

FRAC's Afterschool Suppers Report

FRAC released its annual report in October measuring participation in the afterschool nutrition programs. Tennessee served 16% more afterschool suppers through the CACFP program in October 2018 as compared to October 2019. However, we are only reaching 1 in 16 children who need suppers and the state would receive more than \$2.7 million more in federal dollars if just 15 children out of every 100 received a free school lunch. These are dollars that would go to support schools, program providers and local communities.

To learn more about the report, visit FRAC's webpage [here](#).

SOCIAL MEDIA SPOTLIGHT

On Friday, November 8 we joined in on a #FoodFri Tweetstorm with the Food Research and Action Center, Moms Rising, Zero to Three, the National WIC Association, March of Dimes Health, and others to talk about boosting the nutrition for young children.

We shared stats on hunger and health among babies in Tennessee and learned about data from these organizations. Check out the tag #FoodFri to learn more. Our [top tweet](#) was about growing WIC in Tennessee.

Data highlights included the #ThinkBabies campaign fact sheets. Find the Tennessee fact sheet [here](#) for great info about baby vols facing food insecurity.

Partner Twitter handles: @FracTweets @MomsRising @ZeroToThree @MODHealthTalk @NatWICAssoc

Interested in an easy way to be a Tennessee Anti-Hunger and Nutrition Advocate yourself? **Join the club** and be one of our **Social Media Amplifiers!** Sarah is putting together a group to stay in the know about upcoming events and important posts. To join, email Sarah at shenson@tnjustice.org.

Don't miss:

1. Check out our twitter account @TNJusticeCenter tomorrow, Nov 14th at 3:00 Eastern/2:00 Central for a twitterstorm on SNAP and join in the conversation with us!
2. More social media spotlights on anti-hunger and nutrition work – email shenson@tnjustice.org
3. #HHweek Nov 14-22 for National Hunger and Homelessness Awareness Week
4. Giving Tuesday – share our fundraiser to match a \$5,000 donation for nutrition work!
5. #TNSNAPChallenge Dec 1-14

DONATE

Stay connected:



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