

Nutrition Note



TENNESSEE JUSTICE CENTER

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Veterans Day

We want to take time to thank and honor veterans, service members and military families. We must support our veterans and military families and ensure that all service members are food secure. Here are some resources to about how hunger impacts military families:

- [Dealing with Food Insecurity in A Pandemic? What Military Families Need to Know](#)
- [Help Our HEROS](#) - MAZON

P-EBT PROGRAM UPDATE



Pandemic-Electronic Benefit Transfer (P-EBT) Program was created in response to COVID-19, P-EBT provides support to families with children who have lost access to free or reduced price school meals due to school closures or remote learning caused by the pandemic. P-EBT provides qualified families with an EBT card with funds loaded onto it that can be spent at grocery stores to purchase food.

There are two rounds of P-EBT funds being distributed now – If you know families who might be eligible for P-EBT or work with clients with school age children please share this information. [Read more details about the current distribution of P-EBT here.](#)

Round 1 P-EBT for 244,000 children missed by the March, April, May application - This does not apply to families who already received P-EBT for March-May. These cards have been

sent to schools to distribute to families. Families should call the school before visiting. Some schools are mailing these cards to families or have designated a specific pick-up location.

Round 2 P-EBT for school meals missed in August and September for 363,000 children - P-EBT cards for August and September are being sent directly to families. All eligible families will receive new cards, including families who participate in SNAP. The cards will arrive in a non-descript envelope so be careful not to mistake for junk mail!

Do you have questions about Pandemic EBT? Call DHS at 1-833-496-0661 or [click here](#).

Contact us if you have problems connecting with someone or need help with P-EBT: nutrition@tnjustice.org

TJC will send updates on any breaking news regarding P-EBT as we learn about them. [Sign-up here to be the first to know](#).

SNAP

USDA approved SNAP emergency allotments in Tennessee for November.

DHS has issued the full benefit amount to households since April. This means if you normally receive \$16 every month, you will receive \$204 for a household of one.

Please Share! If you work with individuals who participate in SNAP, be sure to check for the total allotment – it is automatically added to EBT cards, but DHS is sending notices to indicate a SNAP household's estimated benefit amount based on non-pandemic times. You may have extra money on your card. You can check your benefit amount by calling this number: 888-997-9444; or you can check your balance on-line: <https://www.connectebt.com/tnebtclient/>



Online SNAP options expand in Tennessee. USDA is bringing new smaller, independent grocery stores on board the SNAP Online Purchasing Pilot. This includes Superlo Foods in Tennessee. [Read more here](#). SNAP participants can currently participate in online ordering through Amazon, Walmart and Kroger. Amazon and Walmart will deliver, but delivery fees cannot be paid for with SNAP dollars. Kroger offers online ordering for curbside pick-up.

SNAP Access Call November 19 If you are interested in joining these calls please email Emily Sherwood at esherwood@tnjustice.org to receive more information.

The monthly call offers updates on the SNAP program, policy, and federal legislation for SNAP Access Partners across the state. Partners share questions and barriers to continue fighting hunger in Tennessee.

Advocacy Action Please join us as we continue to urge Congress to support SNAP in the next stimulus package. Congress is back in session after the election and one priority includes determining support for Americans as the pandemic continues to negatively impact jobs, health and food security. [Read more here.](#)

TELL YOUR SENATORS: Strengthen SNAP in the next COVID-19 legislative response package

1. *Increase the max SNAP benefit by 15%*
2. *Increase the min SNAP benefit from \$16 to \$30 per month*
3. *Suspend all SNAP administrative rules that would weaken or terminate benefits*

#FEEDTN

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The WIC Program

Know someone who is pregnant, or has a child under 5 in the home? Encourage them to sign up for WIC. Call 1-800-DIAL-WIC or go to TN.gov/WIC to apply. [Learn more about WIC here.](#)

Waivers extended to allow WIC to serve clients during the pandemic

[USDA granted an extension of WIC flexibilities](#) until thirty days after the end of the nationally declared public health emergency.

Learn more about [WIC Waivers here.](#)

What We're Reading

- [Hunger Crisis: 1 in 5 Americans Turning to Food Banks](#)
- [Research: Food Insecurity is Worse for Rural Residents During the Pandemic](#)

Meet the New Nutrition Staff

TJC welcomes Emily Sherwood, Nutrition Advocate and Colleen Ryan Nutrition Intern!



Emily grew up in Traverse City, MI where she took full advantage of Lake Michigan and the abundant National Park land in the area. Her passion for nutrition and food security was first cultivated at the small family farm where she grew up. She eventually translated that interest into a degree concentrated on Environmental Sustainability and Food Security at Sewanee: The University of the South in Tennessee. [Read Emily's full bio here.](#)



Colleen grew up outside of Cookeville, TN and attended the University of Tennessee, Knoxville, where she received her BA in Sociology and Global Studies. While at UT, she was active in sexual violence prevention work, anti-mass incarceration organizing, and diversity, equity, and inclusion efforts. After college, Colleen received a Fulbright award to study politics and post-war development in the United Kingdom, earning an MA at the University of York. She then spent a year living in Beijing, China where she was a Schwarzman Scholar at Tsinghua University. Through these experiences, Colleen has had the opportunity to work on, research, and study issues of access, inequality, and injustice in the Balkans, East Africa, and rural China. Currently, Colleen is a 2L at Belmont University College of Law and serves as a nutrition advocacy volunteer at TJC. During her free time, Colleen enjoys sewing, traveling, and spending time with her dog at the dog park.

Social Media

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[Important Updates on P-EBT](#) – Please Retweet!

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[The economic crisis created by COVID-19 makes afterschool meals more essential than ever.](#) Like, Share, Comment.

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