

Screen for Food Insecurity

For each statement, please tell me whether the statement was “often true, sometimes true, or never true” for your household:

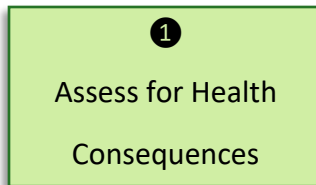
- A. “Within the past 12 months we worried whether our food would run out before we got money to buy more.” often true sometimes true never true don’t know, or refused
- B. “Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.” often true sometimes true never true don’t know, or refused

An “often true” or “sometimes true” response to either question is a positive screen.

Screen Negative

- Do not offer food
- Offer other resources as appropriate

Screen Positive (complete steps 1-3)



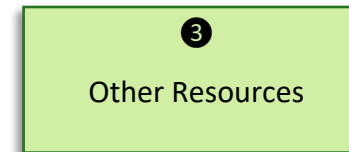
Risk factors for food insecurity:

- Low intake of nutrient-rich foods
- Vitamin and/or mineral deficiencies
- Skipping or splitting medication dosages
- Not taking medication with food as directed
- Altered effect of drugs
- Poor wound healing or immune dysfunction
- Depression; apathy; anxiety



Offer food box

Offer referral to
Disease self-management
classes



Resources:

- 211
- SNAP
- WIC
- Meal Programs (school, after-school, and summer)
- Emergency Food Resources (food pantries)

(See back for resources)



FOOD RESOURCES

1. Provide all patients with information on 2-1-1:

2-1-1 provides free confidential information and referral, 24 hours a day and 7 days a week, on services and resources in each region, including food pantries, housing and utility assistance.

For information and referral, dial 2-1-1. Information can also be accessed at <http://www.211texas.org/>.

2. Supplemental Nutrition Assistance Program (SNAP)

SNAP, formerly known as Food Stamps, helps people buy the food they need for good health. People also can buy garden seeds with SNAP benefits.

For questions, and to apply, call the Benefits Assistance Coordinator at (979) 779-3663 ext. 105.

3. WIC: Special Supplemental Nutrition Program for Women, Infants and Children

WIC provides weekly food packages, cash benefit for fruits and vegetables, nutrition education, health screenings and referrals for pregnant women, and children under 5.

For questions, contact the local WIC office: Bryan Clinic 3400 S. Texas Ave., Suite 1, Bryan, TX 77802 (979) 260-2942

4. School Meals and Summer Meals

Children in families that earn up to 185% of the federal poverty level or who receive SNAP are eligible for free/reduced price school meals and can apply anytime in the school year. Applications are available at schools.

For summer meal sites for children, visit <http://www.fns.usda.gov/summerfoodrocks>

5. Food Pantries

Food pantries offer free groceries for families to take home to prepare meals. In Brazos County, there are food pantries open each day Monday through Saturday.

To find food pantries' hours and locations, go to www.bvfb.org and click on Get Food, or call 211.

6. Senior Centers and Resources

The Brazos Valley Area Agency on Aging offers multiple programs to help seniors, and referrals to other organizations providing services for seniors.

For information on local senior centers and services, call 979-595-2800, or visit <http://www.bvcog.org/programs/area-agency-on-aging/>