



Thanks for joining us!



Bill McKelvey
Project Coordinator



POWER UP YOUR PANTRY



Interdisciplinary Center
for Food Security

Power Up Your Pantry

How this webinar works

- We are recording this
- Everyone is muted at the moment
- Please stay muted unless you would like to speak up
- Please type questions into the chat box anytime
- At the end, if you'd like to ask a question, unmute yourself and please ask your question
- For those joining by phone, you can mute/unmute yourself by hitting “*6”

Power Up Your Pantry



Power Up Your Pantry is a University of Missouri program intended for food pantries and other hunger relief groups looking for ways to enhance their current operations and better meet the needs of the people they serve.

Power Up Your Pantry

There are many ways to connect with us!

- Power Up Your Pantry *Lunchbox Learning*
 - Webinars/online sessions
- Power Up Your Pantry *Connection*
 - One-on-one technical assistance
- Power Up Your Pantry *Meet-ups*
 - Regional meetings starting in the spring of 2019
- Power Up Your Pantry *Guide Sheets*

Power Up Your Pantry

- Website at foodsecurity.missouri.edu/power-up/
- Visit our website and complete the short survey at <http://bit.ly/power-up-app> to be added to our mailing list!!!



<https://www.facebook.com/powerupyourpantry/>

Bread for the World's

2015 Offering of Letters | Feed Our Children

ONE IN 20



Food banks and private charities provide only one out of every 20 bags of groceries that feed people who are hungry. The federal government provides the rest.

Write your members of Congress. Urge them to:

- continue strong investments in child-nutrition programs
- improve children's access to feeding programs
- oppose cutting other safety-net programs



breadfortheworld

HAVE FAITH. END HUNGER.

www.bread.org/OL



SNAP/Food Stamps Outreach



Missouri's food banks can't feed
hungry Missourians
without your help.

GET INVOLVED

What is Feeding Missouri?

Feeding Missouri is a coalition of the six Missouri Food Banks working to provide hunger relief to every county (and St. Louis City) in the state.

Collectively, we distribute over 120 million pounds of food each year through a network of more than 1,500 community feeding programs.



What is SNAP?

Supplemental **N**utrition **A**ssistance **P**rogram

The Food Stamp Program.

- Predominantly serving households with children, elderly, and disabled members.
- Benefits phase out as participants get back on their feet.
- Average time on program: less than 1 year





SNAP “Little Known Fact”

According to physicians and medical researchers, SNAP **“is one of America’s best medicines to prevent and treat childhood food insecurity.”**

One study found that after adjusting for data issues, SNAP benefits can **reduce** food insecurity among **high-risk children by 20 percent** and can improve their overall health by 35 percent.

Edward Frongillo et al, “Food Stamp Program Participation is Associated with Better Academic Learning among School Children.”
Children’s Sentinel Nutritional Assessment: Food Stamps as Medicine, February 2007.



SNAP Helps 1 in 11 Workers in Missouri Put Food on the Table

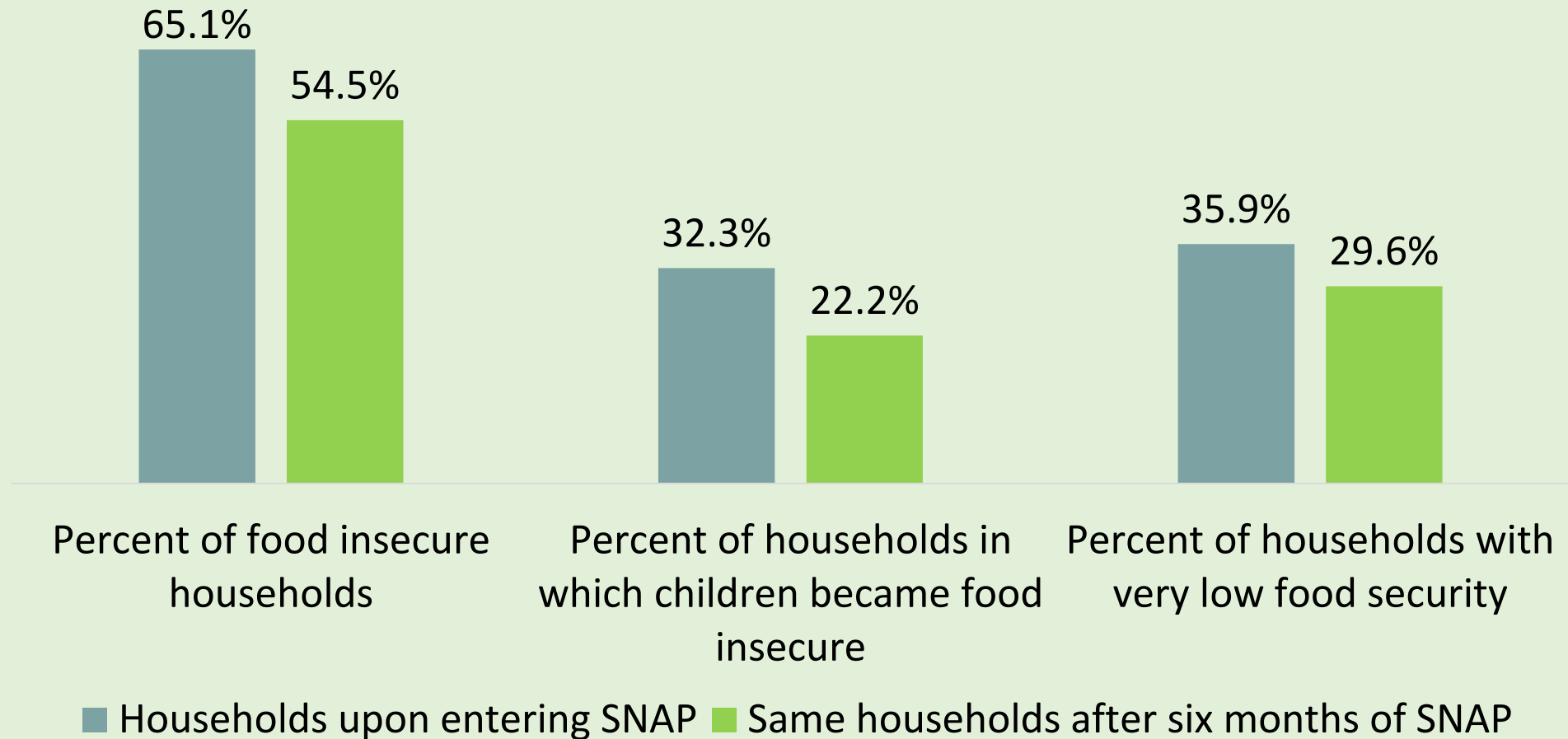
The Food Stamp Program Helps Workers:

- ❖ Who earn low wages.
- ❖ Who have unpredictable schedules.
- ❖ Who are between jobs.

SNAP helps workers in low-paying jobs afford a basic diet in Missouri. 260,500 Missouri workers live in households that participated in SNAP last year.

Millions of Americans work in low-wage jobs. Inconsistent schedules, no paid sick leave – all contribute to high turnover and spells of unemployment. SNAP helps many of these workers put food on the table.

SNAP Helps Families Afford Adequate Food



Helps Families Make Healthier Choices

SNAP-Eligible Food Purchases

Households
CAN use
SNAP
benefits for:

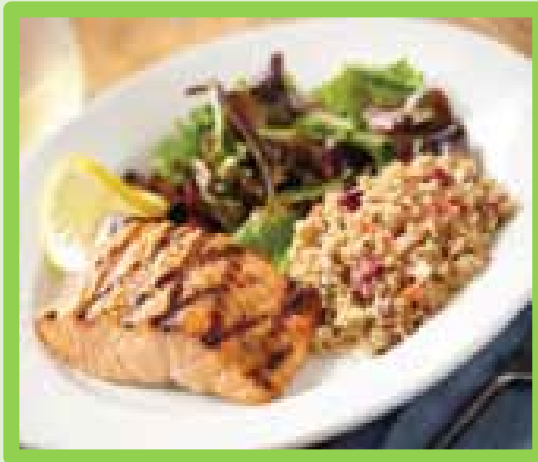
- Breads and cereals
- Fruits and vegetables
- Meats, fish and poultry
- Dairy products



Households
CANNOT use
SNAP
benefits for:

- Beer, wine, liquor, cigarettes or tobacco
- Any nonfood items, such as pet foods, soaps, paper products
- Vitamins and medicines
- Prepared meals that will be eaten offsite

SNAP Nutrition Education



Fight obesity through education. Nutrition educators teach SNAP participants the importance of a quality diet, how to prepare healthy foods, and how to make healthy choices.

Put food on the table for their children. SNAP benefits are an investment in our future. Just under fifty percent of participants are children.



SNAP Program Myths and Facts

MYTH: I can't receive SNAP benefits if I have assets, like a car.

FACT: The value of all vehicles are excluded as resources. If the asset produces income, that income is counted.

MYTH: If I receive SNAP benefits someone else will not be able to get them.

FACT: The Food Stamp Program is an entitlement. Anyone who applies and is eligible will get SNAP benefits.

MYTH: I can't get SNAP if I am working or receiving unemployment benefits.

FACT: Many people who work at jobs with low wages, or receive unemployment benefits, are eligible for SNAP.



SNAP Program Myths and Facts

MYTH: Applying for food assistance is not worth the trouble because most people are only eligible for less than \$20.

FACT: The amount of Food Assistance benefits depends on family size, income and certain expenses.

MYTH: Older American's do not receive credit for medical and prescription drug bills.

FACT: Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them. Only the amount over \$35 can be deducted.

MYTH: You have to go to the food stamp office every few months to keep getting benefits.

FACT: People over age 60 and/or have a disability can get benefits for up to two years at a time. Interviews are conducted over the phone and changes to your case are reported via phone or online.

Why do clients not apply for SNAP?



Don't know if they are eligible because of income



Don't know how to apply for benefits



Have had a difficult experience with a local DSS office



Stigma associated with receiving food stamps

EBT (Electronic Benefit Transfer) Card

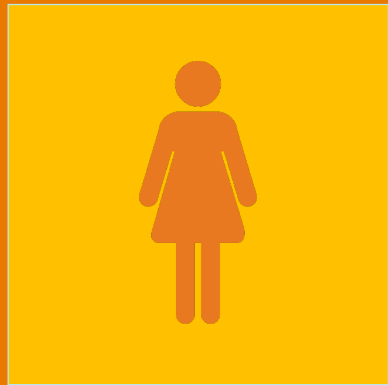


EBT Card

Average Monthly SNAP Amounts

AVERAGE MONTHLY BENEFIT

\$126 per person



\$278 per household



What can clients buy with average monthly SNAP benefits?



SNAP Money Left of the Table Report: Missouri

141,000 Potentially Eligible Non-Participants

If all of these individuals were enrolled in SNAP, it would mean:

Additional
Benefits

\$62,998,200

Additional
Meals

26,469,830

Additional Local
Economic Activity

\$113,396,770

Who is Eligible for SNAP?

October 2018 – September 2019

Household Size	Gross Monthly Income Limits (130 percent of poverty)	Net Monthly Income (100 percent of poverty)
1	\$1,316	\$1,012
2	1,784	1,372
3	2,252	1,732
4	2,270	2,092
5	3,188	2,452

For more info see <https://www.fns.usda.gov/snap/eligibility>.



Why do agencies get involved?

SNAP Outreach aligns directly with our mission to end hunger:

- ❖ Reduce stigma & misconceptions among participants
- ❖ Aware eligible individuals about SNAP benefits
- ❖ Help prepare clients for their interviews & paperwork
- ❖ Reduce DSS caseworkers' caseloads screening time



Longer Term Benefits

A bag of food from a church pantry may only last three days.....BUT

- ❖ SNAP benefits can be saved up to one year.
- ❖ Certification can range from 3 to 24 months.



Application for Additional Benefits

Applicant can use one application for multiple programs:

- ❖ Medicaid
- ❖ Temporary Assistance for Needy Families
- ❖ Emergency cell phones
- ❖ Free or Reduced School Lunches

FINANCIAL
STABILITY

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Allows Feeding Programs to Feed More

Food Pantry



Food Bank and SNAP Outreach



Shorten the line at local hunger programs



Fewer visits from the same client



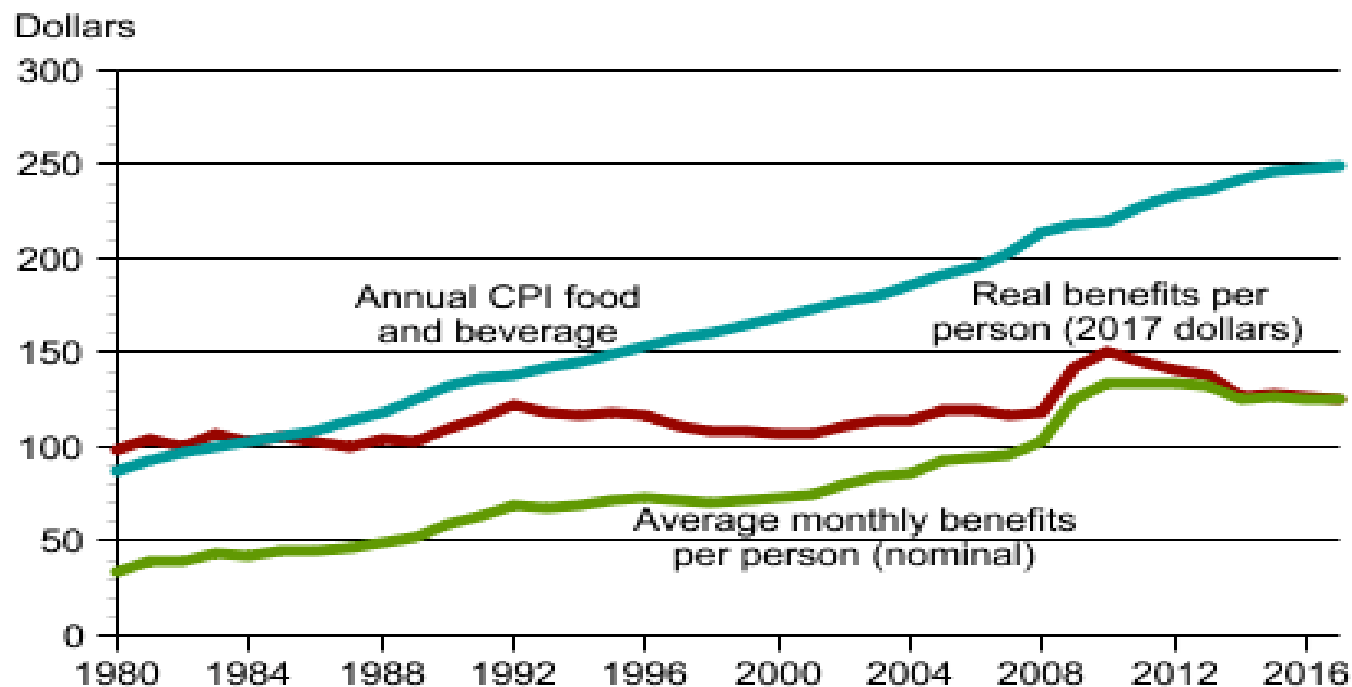
Serve more clients

Economic Impact

Monthly SNAP benefits

Average monthly SNAP/FSP benefits per person, fiscal 1980-2017

The 2009 stimulus legislation temporarily increased monthly benefits



The average monthly benefits per person was \$125.99 in 2017

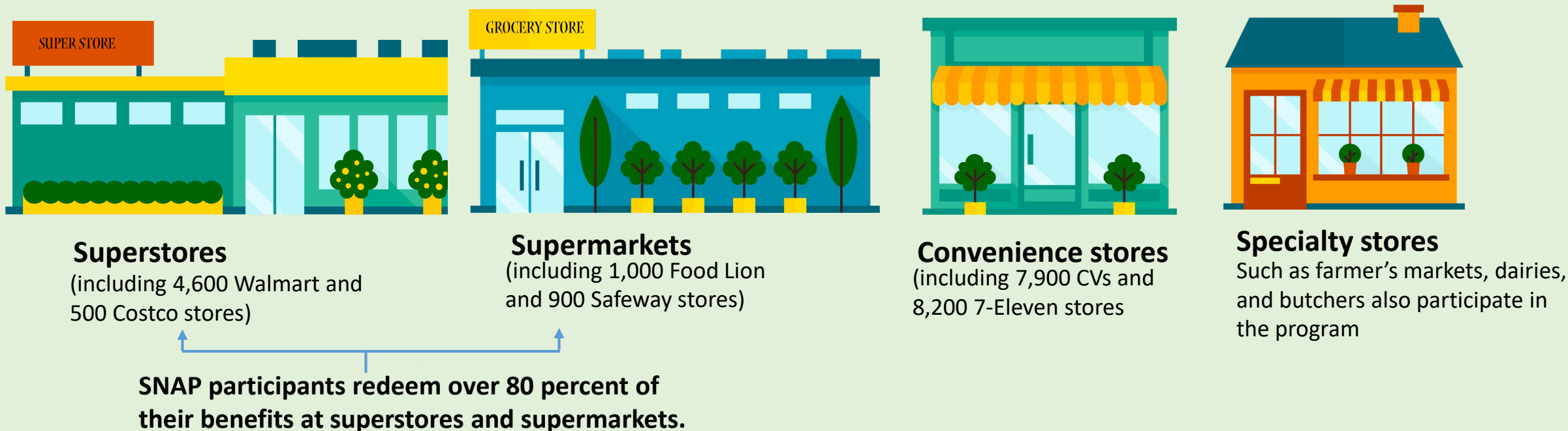
Source: USDA, Economic Research Service

In Missouri, 4,996 authorized retailers participate in SNAP. They redeemed about \$1.1 billion in SNAP benefits in 2017.

For a complete list of retailers in the state see <https://www.chop.org/snap-retailers-diabetes/#Missouri>

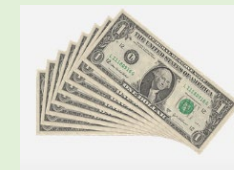
Many Types of Stores Participate in SNAP

Local small businesses to large national corporations participate in SNAP. Store types range from:



SNAP boosts local economies. Because most households redeem their monthly SNAP benefits quickly, SNAP is one of the most effective forms of economic stimulus during a downturn.

In 2009, the peak year of the recession: \$50 billion in benefits = \$85 billion in local economic activity





SNAP Outreach is Simple!

- Provide fliers for clients during pantry or meal distribution
- Provide on-site application assistance at no cost
- Refer clients to the SNAP department at the food bank for application assistance

What is SNAP Outreach?

Distribute Information

- Flyers and brochures
- Refer clients SNAP Helpline in MO

Be a host site

- Outreach worker comes to agency site
- Agency advertises outreach sessions and helps clients prepare for outreach visit

Direct Application assistance

- Agency training in SNAP information and assistance
- Help clients directly during food distributions



Questions?

Questions or to arrange a SNAP outreach visit to your agency?

Melanie Hickcox

SNAP Project Manager

melanie@feedingmissouri.org



Upcoming webinars

- Meeting Broader Needs through Partnerships on Nov. 13, Noon – 1pm
- 5-part Fundraising series starting in January 2019
- Find information at <http://foodsecurity.missouri.edu/power-up-lunchbox-learning/>



GET INVOLVED



LIKE “POWER UP YOUR PANTRY” ON FACEBOOK.



DOWNLOAD “POWER UP YOUR PANTRY” GUIDE SHEETS FOR FREE AT: [FOODSECURITY.MISSOURI.EDU/POWER-UP/](https://foodsecurity.missouri.edu/power-up/)



CONTACT US FOR QUESTIONS OR INPUT. WE APPRECIATE THE FEEDBACK!

BILL MCKELVEY
COORDINATOR

MCKELVEYWA@MISSOURI.EDU



Interdisciplinary Center
for Food Security