

BUILDING HEALTHY MILITARY COMMUNITIES

These assemblies will provide education and information to single service members and those with families on food insecurity. We will highlight programs that address food insecurity and resources to assist those who find themselves in a food insecure environment. We will also have a demonstration on how to prepare healthy meals on a budget. Please register for one or all of the Assemblies at: <https://go.usa.gov/x7HJj>

December 8, 2020
Total Force Fitness Assembly
2:00pm EST/1:00pm CST

Let's kick things off with a focus on Total Force Fitness! Join Building Healthy Military Communities as they discuss Florida and Mississippi's State Action Plan overview and discuss personal financial readiness as it relates to food insecurity! Personal Financial Counselors are equipped to assist with connecting you to local resources to help better manage food insufficiency and provide education/information to ensure their finances are able to manage their nutrition needs!

December 9, 2020
Food Availability/Nutrition
2:00pm EST/1:00pm CST

Session I

Trouble finding healthy food? United Way - Alabama and University of Florida (UF) Cooperative Extension Program are here to help! United Way continues to be a premier go-to when it comes to identifying and accessing local community resources to include food assistance. And UF Cooperative Extension Program can provide information and educational opportunities to support you!

Session II

This presentation will provide practical information about the eligibility criteria and how to apply for Supplemental Nutrition Assistance Program (SNAP), sometimes called food stamps. It will provide information specific for military families, reservists, veterans, and their advocates.

December 10, 2020
Food Utilization/Preparation
2:00pm EST/1:00pm CST

What's cookin'? Join us for our series finale – a live cooking class! We'll learn about the USO's Healthy Families Initiative, awesome resources through the Mississippi Cooperative Extension, and learn how to prepare a healthy meal from items received from a food bank, or just healthy foods in general!