Blue Shield of California Promise Health Plan in partnership with National Health Foundation presents **Community Conversation on Addressing Food Insecurities**

October 8, 2020







Housekeeping

- All Zoom lines will be muted at the beginning of the call.
- There will be an interpretation feature to select your preferred language.
- We will have time for Q&A at the end.
- Questions and comments can also be added via the Zoom
 Chat feature.



Understanding Food Insecurity

Stephanie Monterroza, MPH, CHES National Health Foundation September 24, 2020

What is Food Insecurity?

- Food insecurity is defined as having limited, uncertain, or inconsistent access to the quality and quantity of food that is necessary to live a healthy life.
- Having sustained access to food is tied to positive social, physical, and mental health outcomes.



Social Determinants of Health & Food Insecurity

- The conditions in the places where people live, learn, work, and play that affect a wide range of health risks and outcomes.
 - Limited access to healthy food can results in **negative** health outcomes:
 - Obesity
 - 2x more likely to develop diabetes
 - 20% increased risk for Hypertension



What does Food Insecurity look like?

- As a household:
 - Limited access to healthy food
 - Not enough money to buy food
- As a community:
 - Grocery stores are too far
 - More liquor stores than Farmer's markets or grocery stores
 - Billboard ads of sugar-sweetened beverages and junk food





Food Insecurity in Southeast Los Angeles

- In Los Angeles County, food insecurity is a significant public health problem particularly among low-income households.
 - Nearly 2 million low-income adults and children face food insecurity in the county.
 - 1 in 5 individuals across LA county faces food insecurity daily.
- In Southeast Los Angeles, 35.1% are food insecurity In Huntington Park, this issue is even bigger:
 - Number of farmers' markets in Huntington Park: 1
 - Grocery Stores: 2
 - Liquor stores: **14**



Food Insecurity & COVID-19

- COVID-19 has drastically increased food insecurity in LA County.
 - 61% of households had loss of job/income or reduced pay/hours
 - Loss of access to school meals
 - Food outlets not fully stocked
- In April/May 2020:
 - 59% Latinx females experienced food insecurity
 - 44% had school-aged children







www.nationalhealthfoundation.org







Los Angeles County Supervisor HILDA L. SOLIS

First District • Chair Pro Tem





Los Angeles County Supervisor

HILDA L. SOLIS First District • Chair Pro Tem

















County of Los Angeles Department of Public Social Services









What is CalFresh?

- § It is the name for California's Food Stamp Program, also federally know as SNAP – Supplemental Nutrition Assistance Program.
- § This program helps to promote and safeguard the health and wellbeing of low-income individuals and households.
- § It increases their food purchasing power and raises the level of nutrition.



Who can get CalFresh benefits?

- § Low-income individuals and families who do not have enough money to buy the food they need to stay healthy.
- § United States citizens or legal non-citizens.
- § All persons in the household do not have to be related or have children in order to be eligible for CalFresh benefits.
- § Effective June 1, 2019, Supplemental Security Income (SSI)/State Supplemental Payment (SSP) recipients are potentially eligible to receive CalFresh benefits.



Application Process

- 1. Submit a CalFresh application:
 - Ø By Phone: Call our Customer Service Center at 1-866-613-3777
 - Ø Online: getcalfresh.org or yourbenefits.laclrs.org/ybn/SignInPage.html
 - Ø By Mail



Application Process (Cont'd)

- Complete a telephone interview: a confidential discussion of the household's circumstances, which directly relate to the determination of CalFresh eligibility and benefits issuance.
- Provide any verification that is requested such as identity, Social Security Number, income verification.
- Receive an approval or denial Notice of Action within 30 days unless you are entitled to Expedited Service (ES) in which case your application will be processed within 3 days. All applications are evaluated for ES.
- Receive your EBT card, which is used like a debit card in the mail, upon your application approval.



Gross Income Limits

If a household has this many members	1	2	3	4	5	6	7	8
And makes less than this each month … (gross income limit)	\$2,082	\$2,820	\$3,556	\$4,292	\$5,030	\$5,766	\$6,502	\$7,240
The household could get up to this much in benefits:	\$194	\$355	\$509	\$646	\$768	\$921	\$1,018	\$1,164

Amounts effective October 1, 2019 through September 30, 2020

Restaurant Meals Program

CalFresh recipients who are over 60 years of age or older, disabled, or homeless, are eligible to use their CalFresh benefits to purchase meals at participating restaurants in the county.

CalFresh EBT cards are now accepted at numerous local restaurants than ever before to pay for hot meals quickly and conveniently.









Farmers' Markets

- Many Farmers' Markets now accept CalFresh.
- Go to <u>www.FMfinder.org</u> to find participating Farmers' Markets near you.



Community Advocacy for Food Access

Fortina Hernandez Health Promoter National Health Foundation







Factors Impacting Food Access

• Fear

• Money

- Lack of Knowledge of Resources
- Transportation
- Housing
- Access to Grocery stores
- Health

Community Participation for a Healthy and Sustainable Food System

2.0

FARMER'S Market

Steps for Community Advocacy

• Stay Informed!

- Using credible sites and references, it's important to understand the change you want to see in your community
- **Participate** community meetings, municipal boards, neighborhood boards, etc.
- Unite—with other members of your community with common goals form a community goal
- Take Action!





AB 826(Santiago)

• AB 826 establishes a temporary fund to provide emergency food assistance for undocumented immigrants adversely affected by COVID -19.

• They will receive \$300 per month to buy food, additionally, each household could get **up to** \$600 a month

Let Your Voice Be Heard!

FOOD JUSTICE IS VERY IMPORTANT!

- In order to make changes to our food system, bring resources and opportunities to our community, we must know that we are close to the people who make the decisions.
- When we speak to decision-makers, we speak on behalf of the community.
- Food justice means that people have access to what they need to feed themselves and their families.

Food insecurity solutions should be guided by the community. This cannot be solved without the community. **¡You are part of this solution!**









covid19.lacounty.gov/food

VOTING CENTERS

locator.lavote.net/locations/vc

1-800-815-2666

GET COUNTED! FILL OUT YOUR

2020 CENSUS

2020census.gov

844-330-2020

2-1-1 or 800-399-6993

My Health LA

- Basic medical care TO QUALIFY YOU MUST:
- Specialty care Live in Los Angeles County

· Put it over your nose and mouth and secure it under your chin

. Try to fit it snugly against the sides of your face Make sore you can breathe easily

Bo not place a mask on a child younger than 2

Medication

- Hospital/ ER visits Meet income requirements
- Meet age requirements Mental health care Not be eligible for health
- Substance use treatment insurance

TO FIND A CLINIC NEAR YOU:

CALL 844-744-6452 OR VISIT DHS.LACOUNTY.GOV/MHLA

OFFICE HOURS

EAST SAN	SAN GABRIEL	DOWNTOWN	EAST	SOUTHEAST	
GABRIEL VALLEY	VALLEY	LOS ANGELES	LOS ANGELES	LOS ANGELES	
2245 N. Garey Ave. Pomona, CA 91767	1441 N. Santa Anita Ave. South El Monte, CA 91733	500 W. Temple St. Los Angeles, CA 90012	4801 East 3rd St. Los Angeles, CA 90022	2677 Zoe Ave. Huntington Park, CA 90255	
8am - 5pm	8:30am - 5:30pm	8am - 6pm	8am - 5pm	8:00am - 5:00pm	
(909) 593 - 3661	(626) 350 - 4500	(213) 974 - 4111	(323) 881 - 4601	(323) 826 - 6370	

