Helping more Head Start and Early Head Start Families Access WIC and SNAP

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Child Nutrition Program Specialist
Introduction

Who are we?

Hunger Solutions New York is a statewide anti-hunger organization.

We increase awareness of, support for, and participation in federal nutrition assistance programs.
Consequences of Food Insecurity

Food insecurity among children is associated with:

- Greater risk of mental health problems
- Difficulty staying focused and engaged
- Increased tardiness or absence from school
- Behavioral challenges

Hunger interferes with children’s ability to learn, grow, and stay healthy.

## Consequences of Food Insecurity

<table>
<thead>
<tr>
<th>Chronic Diseases, Health Conditions, and Health Behaviors Associated With Food Insecurity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Children</strong></td>
</tr>
<tr>
<td>Asthma&lt;sup&gt;14&lt;/sup&gt;</td>
</tr>
<tr>
<td>Behavioral and social-emotional problems (e.g., hyperactivity)&lt;sup&gt;12, 13&lt;/sup&gt;</td>
</tr>
<tr>
<td>Birth defects&lt;sup&gt;17&lt;/sup&gt;</td>
</tr>
<tr>
<td>Developmental risk&lt;sup&gt;20&lt;/sup&gt;</td>
</tr>
<tr>
<td>Iron deficiency anemia&lt;sup&gt;21, 22&lt;/sup&gt;</td>
</tr>
<tr>
<td>Less physical activity&lt;sup&gt;24&lt;/sup&gt;</td>
</tr>
<tr>
<td>Low birth weight&lt;sup&gt;27, 28&lt;/sup&gt;</td>
</tr>
<tr>
<td>Lower bone density (among boys)&lt;sup&gt;31&lt;/sup&gt;</td>
</tr>
<tr>
<td>Lower health status&lt;sup&gt;33&lt;/sup&gt;</td>
</tr>
<tr>
<td>Lower health-related quality of life&lt;sup&gt;36&lt;/sup&gt;</td>
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<tr>
<td>Lower physical functioning&lt;sup&gt;39&lt;/sup&gt;</td>
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<tr>
<td>Mental health problems (e.g., depression, anxiety, suicidal ideation)&lt;sup&gt;42, 43&lt;/sup&gt;</td>
</tr>
<tr>
<td>More frequent colds and stomachaches&lt;sup&gt;46&lt;/sup&gt;</td>
</tr>
<tr>
<td>Poor dietary quality&lt;sup&gt;50&lt;/sup&gt;</td>
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<tr>
<td>Poor educational performance and academic outcomes&lt;sup&gt;53, 54, 55&lt;/sup&gt;</td>
</tr>
<tr>
<td>Untreated dental caries (i.e., tooth decay)&lt;sup&gt;58&lt;/sup&gt;</td>
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<tr>
<td>Mental distress&lt;sup&gt;60&lt;/sup&gt;</td>
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<tr>
<td>Poor dietary intake&lt;sup&gt;62&lt;/sup&gt;</td>
</tr>
<tr>
<td>Pregnancy complications (e.g., gestational diabetes, iron deficiency)&lt;sup&gt;64, 65&lt;/sup&gt;</td>
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<tr>
<td>Stroke&lt;sup&gt;66&lt;/sup&gt;</td>
</tr>
</tbody>
</table>

Source: FRAC, The Impact of Poverty, Food Insecurity, and Poor Nutrition on Health and Well-Being, December, 2017
# Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger Access to healthy options</td>
<td>Social integration</td>
<td></td>
</tr>
<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to healthy options</td>
<td>Support systems</td>
<td></td>
</tr>
<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early childhood education</td>
<td>Health integration</td>
<td>Community engagement</td>
<td></td>
</tr>
<tr>
<td>Debt</td>
<td>Parks</td>
<td>Vocational training</td>
<td>Discrimination</td>
<td>Stress</td>
<td></td>
</tr>
<tr>
<td>Medical bills</td>
<td>Playgrounds</td>
<td>Higher education</td>
<td>Health coverage</td>
<td>Provider availability</td>
<td></td>
</tr>
<tr>
<td>Support</td>
<td>Walkability</td>
<td>Zip code/ geography</td>
<td>Linguistic and cultural competency</td>
<td>Provider availability</td>
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<td></td>
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<td>Quality of care</td>
<td>Quality of care</td>
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</table>

**Health Outcomes**
- Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

*Source: Henry J. Kaiser Family Foundation*
Child nutrition programs decrease food insecurity among children, and improve health and academic outcomes.

However, **all of the federal nutrition programs are underutilized in NY and nationwide.**

COVID-19 underscores the need to maximize these programs and leverage new opportunities to reach more kids.

Hunger Solutions New York focuses on the following federal nutrition assistance programs:

- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP)
- Summer Food Service Program (SFSP)
- School Breakfast Program (SBP)
- National School Lunch Program (NSLP)
- Child and Adult Care Food Program (CACFP), including childcare & afterschool meals programs
Why focus on WIC?

• When women are pregnant, they need vitamins and minerals more than ever.
• Good nutrition during pregnancy and in the first years of a child’s life is very important.
• Research shows that women who use WIC have healthier births and children who use WIC do better in school.
Many families are eligible for WIC but not participating.

WIC is available to help!
WIC Participation over time

New York State WIC Coverage Rates for All Participant Categories by County, 2014

Coverage Rate: All
- Less Than 30% (2)
- 31% - 40% (10)
- 41% - 50% (29)
- 51% - 60% (16)
- Greater Than 60% (5)

NYS Coverage Rate: 57.9%

2014

Eligible estimates based on 2010-14 American Community Survey and 2010 Census Data. Caseload derived from CT005Q April, 2014
ERSU - Aug 2018
WIC Participation over time

New York State
WIC Coverage Rates for All Participant Categories by County, 2015

Coverage Rate: All
- Less Than 30% (5)
- 31% - 40% (22)
- 41% - 50% (26)
- 51% - 60% (6)
- Greater Than 60% (3)

NYS Coverage Rate: 53.2%

Eligible estimates based on 2011-15 American Community Survey and 2010 Census Data. Caseload derived from CT005Q April, 2015.
WIC Participation over time

New York State
WIC Coverage Rates for All Participant Categories by County, 2016

Coverage Rate: All
- Less Than 30% (7)
- 31% - 40% (25)
- 41% - 50% (24)
- 51% - 60% (4)
- Greater Than 60% (2)

NYS Coverage Rate: 51.1%

Eligible estimates based on 2012-16 American Community Survey and 2010 Census Data. Caseload derived from CT005Q April, 2016
ERSU - Aug 2018
New York State
WIC Coverage Rates for All Participant Categories by County, 2017

Coverage Rate: All
- Less Than 30% (9)
- 31% - 40% (32)
- 41% - 50% (13)
- 51% - 60% (7)
- Greater Than 60% (1)

NYS Coverage Rate: 48.6%

New York City Area

Eligible estimates based on 2013-17 American Community Survey and 2010 Census Data. Caseload derived from CT005Q April, 2017.
ERSU - Mar 2019
WIC Participation over time

New York State
Preliminary WIC Coverage Rates for All Participant Categories by County, 2018*

Coverage Rate: All
- Less Than 30% (13)
- 31% - 40% (34)
- 41% - 50% (9)
- 51% - 60% (5)
- Greater Than 60% (1)

NYS Coverage Rate: 46.8%

New York City Area

* 2018 NYS Eligibles Not Yet Available
Eligible estimates based on 2013-17 American Community Survey and 2010 Census Data. Caseload derived from CT005Q April, 2018
ERSU - Mar 2019
WIC Participation over time

New York State
Preliminary WIC Coverage Rates for All Participant Categories by County, 2019*

Coverage Rate: All
- Less Than 30% (11)
- 31% - 40% (30)
- 41% - 50% (18)
- 51% - 60% (3)
- Greater Than 60% (0)

NYS Coverage Rate:
43.5%

* 2019 NYS Eligibles
Not Yet Available

Eligible estimates based on 2014-18 American Community Survey and 2010 Census Data. Caseload blended from WICSIS and NYWIC April, 2019
ERSU
Jul 2020
The Benefits of WIC

WIC provides pregnant women, new and breastfeeding moms, and children under the age of 5 with:

• Healthy food
• Breastfeeding support
• Nutrition advice
• Referrals to other services
Who is Eligible for WIC?

Someone may be eligible for WIC if they are:

• Pregnant

• A mom of a baby that is up to 6 months old

• A mom of a breastfeeding baby up to 12 months old

• A child under the age of five
To get WIC the participant must:

- Live in New York State
- Have an income below a certain amount or get benefits from SNAP, Medicaid or TANF.
- Meet age and other eligibility rules
Others Can Apply for Children in Their Care

• Dads
• Grandparents

• Foster parents
• Caregivers
eWIC is here!

- Paper WIC checks are a thing of the past. eWIC is a new way to shop with WIC.

- The eWIC card acts just like a debit card.

- Families can buy food when it works best for them.

- Participants must use all of their benefits by the end of a thirty day cycle.
How does WIC work?: WIC2Go app

- Benefit balance
- Approved foods
- UPC scanner
- Clinic locator
- Store locator
- WIC appointments
Connect with WICHelpNY.org Resource Center

WIC Help NY Resource Center
Use these materials to connect pregnant women, new moms, infants and children under age 5 with WIC and the community.

COVID-19 Outreach: Service providers to provide COVID-19 updates to current and potential WIC participants. These can be used to encourage more partners to engage in WIC outreach.

eWIC: a new way to shop!
eWIC is a new way to shop with WIC benefits. eWIC includes an electronic card that works just like a debit card. No more paper checks! The eWIC card makes shopping with WIC easier than ever.

You can count on WIC.

WIC helps caregivers, too.

No matter where you are in New York State, there is a need to promote the benefits of WIC! Find outreach materials here.

VIEW WIC OUTREACH RESOURCES
Partner with your local WIC Agencies

Find local WIC Clinics:
https://www.health.ny.gov/prevention/nutrition/wic/local_agencies.htm
Why Focus on SNAP?

Our nation’s primary nutrition assistance program, providing monthly benefits to purchase food for all who meet program guidelines

- SNAP participants receive an EBT Card
- Ratio of SNAP meals to Feeding America meals: 9:1
- Expands/contracts with economy:
  - Served 2.8 million New Yorkers in 1.6M HH in June 2020 ($210/p)
  - Served 2.56 million New Yorkers in 1.47M HH in February 2020 ($139/p)

In FY2019:

Sources: Feeding America, April 2020; NYS OTDA caseload statistics, February and June 2020; Center on Budget and Policy Priorities analysis of USDA data
SNAPshot of NYS

What Benefits Do SNAP Recipients Receive?

SNAP targets benefits according to need. Very poor households receive more SNAP benefits than households closer to the poverty line since they need more help affording an adequate diet. SNAP recipients in New York received $4.34 billion in benefits in 2019.

Average monthly SNAP benefit for each household member: $136

Average SNAP benefit per person per meal: $1.49

Average Monthly SNAP Benefit By Demographic Group, FY 2018, New York

- All Households: $233
- Households with children: $382
- Working households: $301
- Households with seniors: $168
- Households with non-elderly disabled individuals: $213

SNAP Works. NOEP Helps.

The Nutrition Outreach and Education Program (NOEP) offers free and confidential services to connect hungry New Yorkers with the Supplemental Nutrition Assistance Program (SNAP). SNAP is our nation’s first line of defense against hunger, stretching the monthly food budgets of all who meet program guidelines. NOEP also provides referrals to other nutrition assistance programs.

To find a local NOEP Coordinator, visit FoodHelpNY.org
• Help people understand what SNAP is, who may be eligible, and how to apply
• Conduct outreach campaigns in their counties/service areas aimed at specific populations
• Help applicants determine if they may be eligible (pre-screen)
• Help applicants gather documents necessary for, fill out and submit a SNAP application
• Offer translation services, home visits, and in-person or over-the-phone assistance
• Work with local DSS/HRA offices to ensure each application is processed correctly
• If necessary, help resolve barriers to SNAP participation
• Provide education about other nutrition assistance programs that households may be eligible for

All services are free and confidential. FoodHelpNY.org
SNAP Help Long Island

hungersolutionsny.org/find-food-help/snap/snap-eligibility-tool/

- User-friendly online prescreening tool
- Families learn if they may be eligible for SNAP
- Remote assistance with completing a SNAP application - no need to visit a Social Services office in person.

Kara Williams, LMSW
SNAP Prescreening System Manager
Kara.Williams@hungersolutionsny.org
## SNAP Income Tests

### All Effective 10/1/20 through 9/30/21

#### A. Federal Poverty Limit (FPL) Monthly Gross Income Test by Family Size

<table>
<thead>
<tr>
<th>Family Size</th>
<th>200% FPL</th>
<th>150% FPL</th>
<th>130% FPL</th>
<th>165% FPL</th>
<th>100% FPL Net Income Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$2,126</td>
<td>$1,595</td>
<td>$1,383</td>
<td>$1,755</td>
<td>$1,064</td>
</tr>
<tr>
<td>2</td>
<td>$2,873</td>
<td>$2,155</td>
<td>$1,868</td>
<td>$2,371</td>
<td>$1,437</td>
</tr>
<tr>
<td>3</td>
<td>$3,620</td>
<td>$2,715</td>
<td>$2,353</td>
<td>$2,987</td>
<td>$1,810</td>
</tr>
<tr>
<td>4</td>
<td>$4,366</td>
<td>$3,275</td>
<td>$2,839</td>
<td>$3,603</td>
<td>$2,184</td>
</tr>
<tr>
<td>5</td>
<td>$5,113</td>
<td>$3,835</td>
<td>$3,324</td>
<td>$4,219</td>
<td>$2,557</td>
</tr>
<tr>
<td>6</td>
<td>$5,860</td>
<td>$4,395</td>
<td>$3,809</td>
<td>$4,835</td>
<td>$2,930</td>
</tr>
<tr>
<td>7</td>
<td>$6,606</td>
<td>$4,955</td>
<td>$4,295</td>
<td>$5,451</td>
<td>$3,304</td>
</tr>
<tr>
<td>8</td>
<td>$7,353</td>
<td>$5,515</td>
<td>$4,780</td>
<td>$6,067</td>
<td>$3,677</td>
</tr>
<tr>
<td>Each Additional Person</td>
<td>+$746</td>
<td>$560</td>
<td>+$486</td>
<td>+$616</td>
<td>+$374</td>
</tr>
</tbody>
</table>

- **200% FPL**: households containing elderly and/or disabled members or that have out-of-pocket dependent care costs (Line 8)
- **150% FPL**: households that do not meet 200% criteria, but have earned income on Line 1
- **130% FPL**: households not meeting criteria for 200% or 150%
- **165% FPL**: only for severely disabled and elderly people with disabilities who live with others and are unable to purchase and prepare their own food
- **100% FPL**: households that are not categorically eligible must meet a net income test

Source: [SNAP in NYS; An Eligibility Prescreening Guide](https://www.snapinnewyork.org), October, 2020
SNAP Outreach Toolkit

HungerSolutionsNY.org/SNAP-Outreach-for-Schools/

Apply for SNAP at myBenefits.NY.gov
Current SNAP recipients who have lost food purchased with SNAP benefits due to power outages may be eligible for replacement SNAP benefits.

Households have 10 days from the date of the incident to report a loss.

Click here to access the toolkit, which includes:

- Outreach flyer for families
- Form to request benefits
- More information
SNAP supports over 605,000 NYS older adults in maintaining good health and nutrition, yet hundreds of thousands of potentially eligible seniors are not participating.

Source: USDA, Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2018, November 2019
Why Focus on Older Adults?

• Make up a large part of the state population and is growing
• Face hardship
• Are responsible for children or Age alone

• Many need or will need help
• SNAP reduces healthcare spending, and allows low-income seniors to age in place with dignity.

Source: Benefits Data Trust
SNAP at Farmers’ Markets

- SNAP accepted at many farmers’ markets
- Swipe card for $1 tokens
- SnapToMarket.com
- Fresh Connect Checks
- Senior Farmer’s Market Nutrition Program

Source: NYS Dept of Ag & Markets; NYS Health Foundation, Nutrition Incentives for New Yorkers in Need
In 2019, **380 sponsors** were approved to serve healthy meals & snacks at **2,961 sites** across NYS.

Source: Hunger Solutions New York, Summer Food Service Program Status Report, August 2020
Still, only 1 in 4 of NY’s low-income children ate summer lunch, including approximately:

- 1 in 3 in NYC
- 1 in 6 outside of NYC

There were even larger gaps in access to summer breakfast, and in August.

Source: Hunger Solutions New York, Summer Food Service Program Status Report, August 2020
Grow Summer Meals

It’s never too early to plan for next summer!
Visit SummerMealsNY.org:

**Under-tapped sites include:**
- summer enrichment programs
- housing communities
- libraries
- farmers’ markets
- health clinics and medical centers
- YMCAs
- Boys and Girls Clubs
- museums

**Tried-and-true sites include:**
- schools
- faith-based organizations
- public parks, playgrounds, and pools
- low-cost summer camps

- USDA Capacity Builder Map
- Summer Meals Sponsor Directory
- Outreach Materials
What is Pandemic-EBT?

- Pandemic-EBT (P-EBT): a new crisis response nutrition program authorized by the Families First Coronavirus Response Act

- Provides **$420 in food benefits** for every child who would have received free or reduced-price school meals if not for school closures.

- Reaching approximately **2.1 million NY students**
Key Messages about P-EBT

All families who received P-EBT should use it.

- P-EBT benefits families and the local economy.
- Benefits remain available for one year from the date the benefits were issued.
- Families who wish to donate their benefit can buy food and donate it to a food pantry. Please check with local food pantries to see what is needed.
- Note: *EBT cards and benefits are non-transferrable.*

NYS P-EBT Food Benefits Helpline: **1-833-452-0096**
Access resources: [HungerSolutionsNY.org/PEBT](http://HungerSolutionsNY.org/PEBT)
Trusted Messenger Actions

Cross Program Promotion

**SNAP:** FoodHelpNY.org

**WIC:** WICHelpNY.org

**School Meals:** SchoolMealsHubNY.org

**Summer Meals:** SummerMealsNY.org

**CACFP:** AfterschoolMealsNY.org

**Pandemic-EBT:** HungerSolutionsNY.org/PEBT

**COVID-19 Updates:** HungerSolutionsNY.org/COVID-19
Thank you!

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