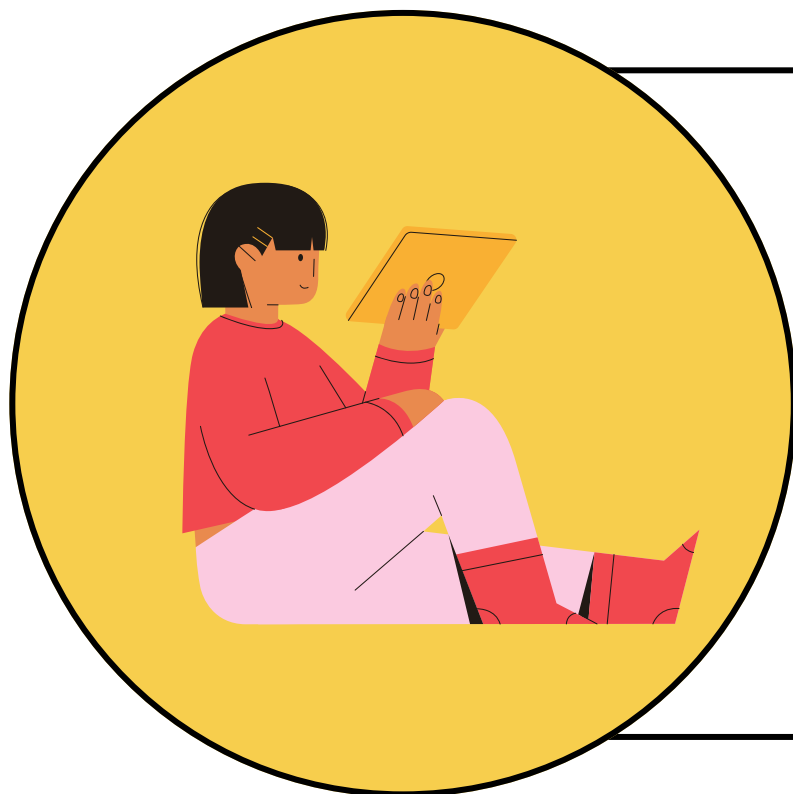


TOOLS AND TIPS FOR ADDRESSING FOOD INSECURITY IN SBHCS



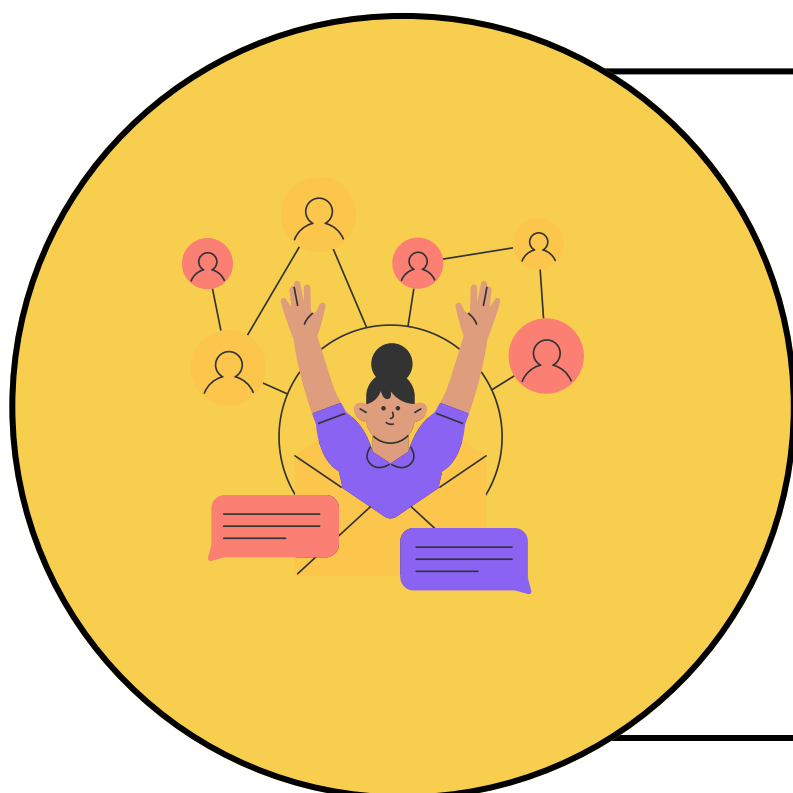
01. ADMINISTER **:just health**[™]

All SBHCs who administer Just Health to their patients are screening for food insecurity. Within Just Health, the NOPREN (Nutrition and Obesity Network Policy Research Evaluation) screening tool will screen patients using these 2 questions:

1. Within the past 12 months, I worried about not having enough to eat.
2. Within the past 12 months, I tried not to eat a lot so that our food would last.

02. DISCUSS RESULTS WITH PATIENT

- Discuss food needs with patient
- Know your local options
- Share resource and referral opportunities
- Make a plan with the patient, when appropriate, involve the parent or guardian.



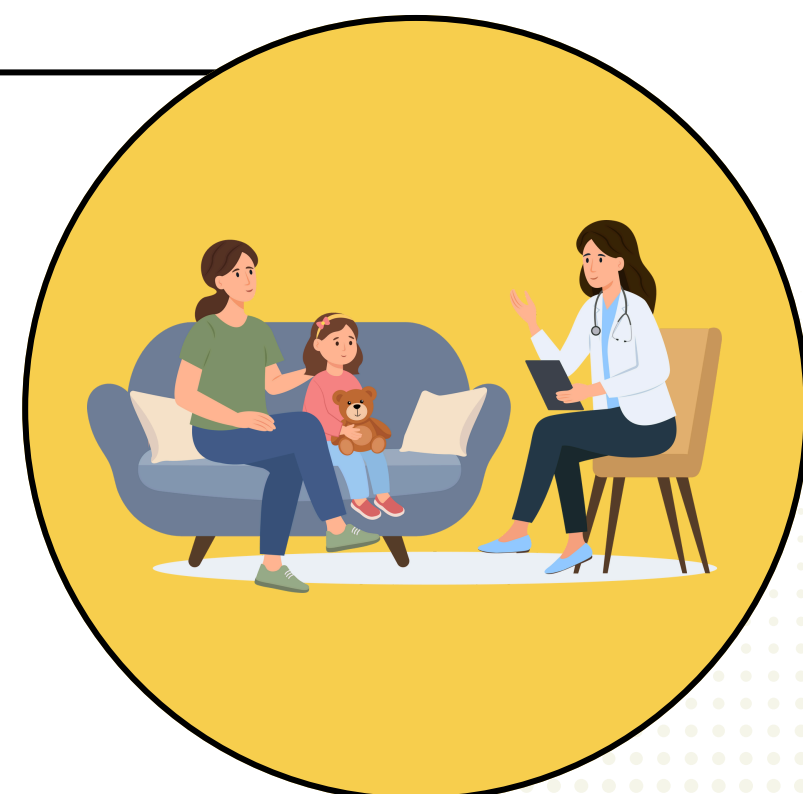
03. CONNECT PATIENT WITH RESOURCES

Connect patients and their families to nutrition programs and other food resources in your community. Not sure where to start? Use these tools to find local foods support and enrollment specialists:

- The Food Depot - <https://thefooddepot.org/find-help/>
- Roadrunner Food Bank - <https://www.rafb.org/find-help/find-food/>

04. NEXT STEPS

- Review plan with patient and/or family - provide internal and external referrals where applicable
- Schedule follow-up appointments for the patient, including appointments with primary care provider, enrollment specialist, CHW, behavioral health, etc
- Document and track interventions
- During follow-up appointment discuss how the plan is going and the challenges and successes with accessing food



SIMPLE IDEAS TO STRENGTHEN STUDENT SUPPORT IN YOUR SBHC



Set up an Amazon or Walmart Wish List featuring food, hygiene products, and other essential items your SBHC needs. This makes it easy for community members to support your center by purchasing items directly and having them shipped straight to your SBHC. Check out our NMASBHC example list to get ideas or to copy our list and edit it to make it your own!



Create a micro pantry in your SBHC. Having a micro pantry in your SBHC ensures students have access to snacks and quick meals that are filling and help them get through the school day. Even a small selection of options can make a meaningful difference for students who might otherwise go without. This simple addition supports both health and learning in your school community.



Go even further and setup a "Take What You Need" station in your SBHC. A "Take What You Need" station offers students easy access to hygiene products, snacks, supplies, and other everyday essentials in a welcoming, judgment-free space. Stocking items like soap, deodorant, and basic self-care supplies helps students feel confident and cared for. This could also increase utilization of your SBHC.

FOOD IDEAS TO STOCK YOUR MICRO PANTRY

Protein (helps kids feel full and focused):

- Individual cups of peanut butter
- Plain nuts (unsalted when possible)
- Meat sticks/jerky
- Tuna or chicken in foil packets w/crackers
- Chunkier soups or stews (chicken-based options are typically lower in sodium and fat)



Whole Grains (long-lasting energy):

- Whole grain cereals such as Cheerios, Total, or Wheaties
- Instant plain oatmeal packets
- Popcorn (lightly salted or plain)
- Whole grain granola or nutrition bars



Dairy or Dairy Alternatives (for bone and muscle health):

- Shelf-stable milk
- Shelf-stable milk substitutes such as soy, almond, or oat milk
- Pudding cups
- Hot chocolate mix or Carnation Breakfast Essentials
- Shelf-stable protein shakes



Fruits (vitamins and fiber):

- Unsweetened applesauce cups
- Diced fruit cups packed in juice (not syrup)
- Fruit pouches
- Dried or freeze dried fruit packages - try and find lower added sugar options
- 100% fruit juice (optional—focus on more filling items if resources are limited)



Vegetables (added nutrients and fiber):

- Single serving vegetable soups
- Dried vegetable snacks like Green Pea Snack Crisps or freeze dried veggies



Easy-to-Prepare Meals (quick, filling options):

- Canned pasta (like ravioli or spaghetti)
- Macaroni and cheese cups
- Instant rice or noodle meals
- Canned chili, stew, or hearty soup
- Look for options that include additional protein, such as meals with beans, chicken, tuna or other added protein.



4 STEPS TO SETUP A TAKE WHAT YOU NEED STATION

1. Find a Space and Decide What to Stock

Identify a visible, welcoming space in the SBHC and choose what items to offer, such as snacks, hygiene products, and/or school supplies. If you need a more private spot (a bathroom or space not easily visible) post a "Take What You Need" sign with the location of your station.

2. Gather and Organize Supplies

Use donations or available funds to stock items. Create an Amazon or Walmart wish list so community members can easily contribute. Keep extra supplies in labeled bins or baskets so volunteers, staff, or student helpers can easily restock. Feel free to copy our sample wish list and edit it to fit your SBHC.

3. Promote with Dignity

Add signage like "Take What You Need - No Questions Asked" and remind students that all are welcome to use the station.

4. Maintain and Restock

Assign staff, volunteers, or students to check inventory, restock regularly, and adjust items based on what's most needed.



Check out our sample Amazon Wish List here!



SBHA Toolkit for Addressing Food Insecurity in SBHCS



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