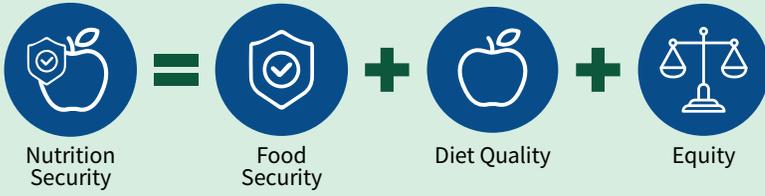




USDA ACTIONS ON NUTRITION SECURITY

WHAT IS NUTRITION SECURITY?

Consistent access to nutritious foods that promote optimal health and well-being for all Americans, throughout all stages of life.



HOW DOES NUTRITION SECURITY BUILD ON FOOD SECURITY?

Food security is having **enough** calories. Nutrition security is having the **right** calories.

WHY DOES NUTRITION SECURITY MATTER?



Poor nutrition is a leading cause of illness in the United States.

600,000 Americans die each year due to diet-related diseases



Diet-related diseases hit hardest in communities with high food insecurity.

— 3x —

Black households experience food insecurity at more than triple the rate of white households.



Beyond health, this has negative impacts on other things.

— 85% —
of health care spending is related to diet-related chronic disease



HOW WILL WE ACHIEVE NUTRITION SECURITY?



Providing nutrition support throughout all stages of life



Connecting all Americans to healthy, safe, affordable food sources



Developing, translating, and enacting nutrition science through partnership



Prioritizing equity every step of the way

WHAT IS USDA DOING TO PROMOTE NUTRITION SECURITY?

USDA is using all its programs to ensure Americans have access to the nutrition they need. Some of our key initiatives underway include:

ADJUSTING SNAP BENEFITS

USDA re-evaluated the [Thrifty Food Plan](#), the basis for calculating SNAP benefit amounts, to make sure SNAP participants can afford a healthy diet, practical diet.

UPDATING SCHOOL NUTRITION STANDARDS

Working closely with school meal stakeholders, USDA is developing practical, long-term [school nutrition standards](#) that build on the success of the school meal programs.

REVISING THE WIC FOOD PACKAGES

USDA is updating the WIC food packages to align with recommendations from the National Academies of Sciences, Engineering, and Medicine and the latest Dietary Guidelines for Americans (DGA).

PROMOTING NUTRITION EDUCATION

USDA supports a variety of nutrition education efforts such as [SNAP-Ed](#), [MyPlate](#), and [WIC breastfeeding support](#). The department will continue to invest in data-driven strategies that acknowledge diversity and help people put the DGA into action.