

# Expanded Food Security Screener

## Home-Delivered Meals Prioritization Tool

Developed by the College of Agriculture & Natural Resources Department of Nutrition and Food Science at the **University of Maryland**.

### WHO should use this tool?

**Home-delivered meal program administrators that:**

- A** Have a waiting list or limited resources to serve all applicants;
- B** Want to demonstrate to funders and policy-makers the level of need in their community; **and/or**
- C** Want to understand if they are reaching those with the greatest need, or if more outreach is needed to identify the most food insecure.

### HOW should it be used?

As a screening tool as early as possible at application or referral

### HOW are the results useful?

The results show risk factors the applicant is experiencing, and the level of priority for home-delivered meal services, and may inform alternative or additional support services that could benefit clients.



**Screening Questionnaire and Point Calculator provided on reverse.**

### The Researchers Behind this Tool

The research design and the assessment model was developed by **Nadine Sahyoun**, professor of nutrition epidemiology, and **Anna Vaudin**, graduate student in the college's Department of Nutrition and Food Science. Their work focuses on assessing the nutritional status of the older adult population and studying the relationship between nutrition risk factors and health outcomes.

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### The Procedure

1. As early as possible after client application/referral and determination of eligibility for home delivered meals, the screening should be conducted via telephone or in person.

2. Priority Level is calculated and recorded for each client:

**Level A:** Highest priority for service and follow-up assessments.

**Levels B, C, D, and E:** See below for recommendations of support service.

### Priority Levels and Recommended Nutrition Service(s)

LEVEL	CRITERIA	PRIORITY LEVEL REASONING	SERVICE
<b>A</b>	<b>Unable to cook and no reliable help</b>	Even if food is affordable and in the home, it cannot be prepared, therefore, it is unlikely there are consistent healthy meals.	<b>Home-Delivered Meals PRIORITIZED on wait list if resources are limited.</b>
<b>B</b>	<b>Can cook or has help. Economically food insecure. Cannot obtain groceries.</b>	Affordability and access to groceries are both issues. With financial support and grocery delivery, healthy meals could be prepared at home.	<b>Home-Delivered Meals ALL clients should receive home-delivered meals if resources are available.</b>  If there is a wait list for home-delivered meals clients should be prioritized B - E.
<b>C</b>	<b>Can cook or has help. Economically food insecure. Can obtain groceries.</b>	Affordability is the only issue, can obtain groceries and prepare healthy meals at home.	Regardless of wait list status, all clients may benefit from additional nutrition services:
<b>D</b>	<b>Can cook or has help. Economically food secure. Cannot obtain groceries.</b>	Groceries and food delivery are affordable, not physically limited from food preparation (or help is available) therefore healthy meals can be prepared at home.	<b>USDA Supplemental Nutrition Assistance Program (SNAP)</b>  <b>Grocery Delivery Services</b>
<b>E</b>	<b>Can cook or has help. Economically food secure. Can obtain groceries.</b>	These individuals fulfill the basic eligibility requirements for the home delivered meal program; however, they are able to afford and obtain groceries, and are not physically limited from food preparation (or help is available), therefore healthy meals can be prepared at home.	<b>Additional State or Local Services as Needed</b>



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DEPARTMENT OF NUTRITION  
 AND FOOD SCIENCE

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Client Name \_\_\_\_\_

The following questions ask about your ability to get food and prepare meals. You are eligible for the service regardless of your income.

Proceed to Question 1a

**1 a** If you had groceries available, would you be able to use them to prepare hot meals?

**YES**

Proceed to Question 2

**NO**

Proceed to Question 1b

**b** Do you have reliable help with meal preparation?

**YES**

Proceed to Question 2

**NO > STOP**

Applicant is a Level A Priority

**2** During the last month...

**a** ...how often was this statement true? The food that we bought just didn't last, and we didn't have money to get more.

**Often** (1 point)

**Sometimes** (1 point)

**Never** (0 point)

**b** ...how often was this statement true? We couldn't afford to eat balanced meals.

**Often** (1 point)

**Sometimes** (1 point)

**Never** (0 point)

**c** ...did you or other adults in your household ever cut the size of your meals because there wasn't enough money for food?

**YES** (1 point)

**NO** (0 point)

**d** ...did you or other adults in your household ever skip meals because there wasn't enough money for food?

**YES** (1 point)

**NO** (0 point)

**e** ...did you ever eat less than you felt you should because there wasn't enough money for food?

**YES** (1 point)

**NO** (0 point)

**f** ...were you ever hungry but didn't eat because you couldn't afford enough food?

**YES** (1 point)

**NO** (0 point)

Add the points from questions 2a - f and enter it here:

**3** Are you able to get groceries into your home when you need them?

**YES** - Select the point range below:

**0 - 1 Points Level E Priority**

**2 - 6 Points Level C Priority**

**NO** - Select the point range below:

**0 - 1 Points Level D Priority**

**2 - 6 Points Level B Priority**

See chart on page one for explanation of Priority Levels and recommended service(s).

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