

Nourishing Futures Convening: *Ensuring Food Security for Families & Caregivers of Young Children*

August 6, 2025
9:30 AM – 2:30 PM



COUNTY OF LOS ANGELES
PREVENTION &
PROMOTION SYSTEMS
GOVERNING COMMITTEE



CHILD CARE
ALLIANCE
LOS ANGELES



Los Angeles County Land Acknowledgement

The County of Los Angeles recognizes that we occupy land originally and still inhabited and cared for by the Tongva, Tataviam, Serrano, Kizh, and Chumash Peoples. We honor and pay respect to their elders and descendants past, present, and emerging as they continue their stewardship of these lands and waters. We acknowledge that settler colonization resulted in land seizure, disease, subjugation, slavery, relocation, broken promises, genocide, and multigenerational trauma. This acknowledgment demonstrates our responsibility and commitment to truth, healing, and reconciliation and to elevating the stories, culture, and community of the original inhabitants of Los Angeles County. We are grateful to have the opportunity to live and work on these ancestral lands. We are dedicated to growing and sustaining relationships with Native peoples and local tribal governments, including (in no particular order) the:

- Fernandeano Tataviam Band of Mission Indians
- Gabrielino Tongva Indians of California Tribal Council
- Gabrieleno/Tongva San Gabriel Band of Mission Indians
- Gabrieleño Band of Mission Indians - Kizh Nation
- San Manuel Band of Mission Indians
- San Fernando Band of Mission Indians

To learn more about the First Peoples of Los Angeles County, please visit the Los Angeles City/County Native American Indian Commission website www.lanaic.lacounty.gov

Housekeeping

- ✓ Convening is being recorded
- ✓ Meeting materials are available via QR code
- ✓ Wi-Fi code is at your table
- ✓ Lunch is @ approximately 12:30
- ✓ Please take care of your needs



Convening Agenda

- I. Understanding the Problem (Part I): *Food Insecurity Among Families with Young Children*
- II. Understanding the Problem (Part II): *Food Insecurity Among Home-Based Child Care Providers*
- III. Panel Discussion: The Experiences of Home-Based Child Care Providers – *The Stories Behind the Data*
- IV. Updates on the Current State of the Food Safety Net: *CalFresh and Head Start*
- V. Systems-Leaders Panel: *Working Towards Systems Change*
- VI. Lunch
- VII. Tabletop Strategy Session
- VIII. Reflections, Next Steps, and Adjournment



Understanding the Problem: Food Insecurity Among Families with Young Children

Kayla de la Haye, PhD, FSBM Director,
USC Food Systems Institute

Shannon E. Whaley, PhD, Director of
Research and Evaluation, PHFE WIC



Food & Nutrition Security in LA County



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School of Engineering

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Medicine of **USC**



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Wellbeing



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Sciences Institute



Graciela Corona

Dornsife Center for
Economic and Social
Research



Ali Frazzini

LA County Chief
Sustainability Office



Alba Velasquez

LA Food Policy Council



Kelly Warner

LA County Department of
Public Health



THE CHALLENGE

Food insecurity, a major public health challenge, was exacerbated by the COVID-19 pandemic

There have been **major, ongoing disruptions to the food system**:

- increase in food prices
- increase in cost of living
- lost jobs and incomes
- food outlet closures
- changes in government food benefits

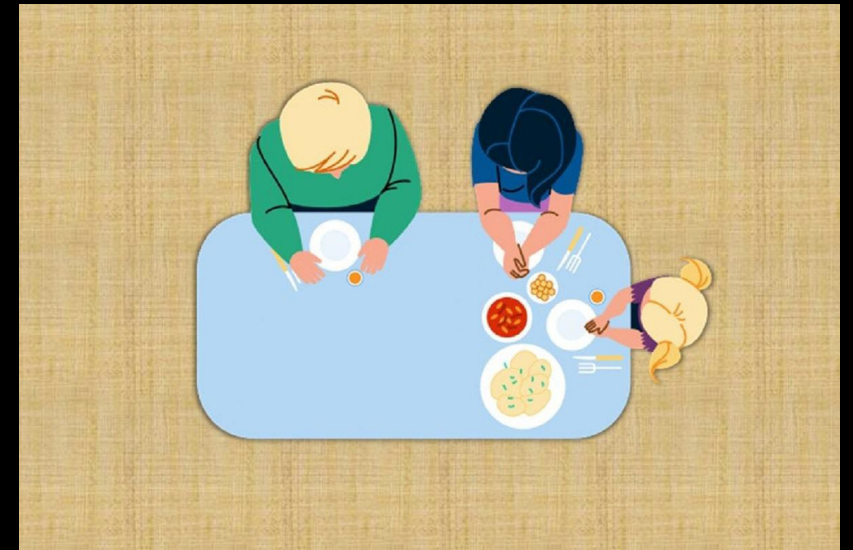
Food Insecurity

Disruptions in food access and regular eating because of limited money or other resources.

Food insecurity is a state that people can transition in and out of.

It leads to poor nutrition, and is linked to poor physical and mental health.

For children, it's linked to obesity, chronic disease, anxiety, depression, hyperactivity, developmental delays, and poor academic outcomes.



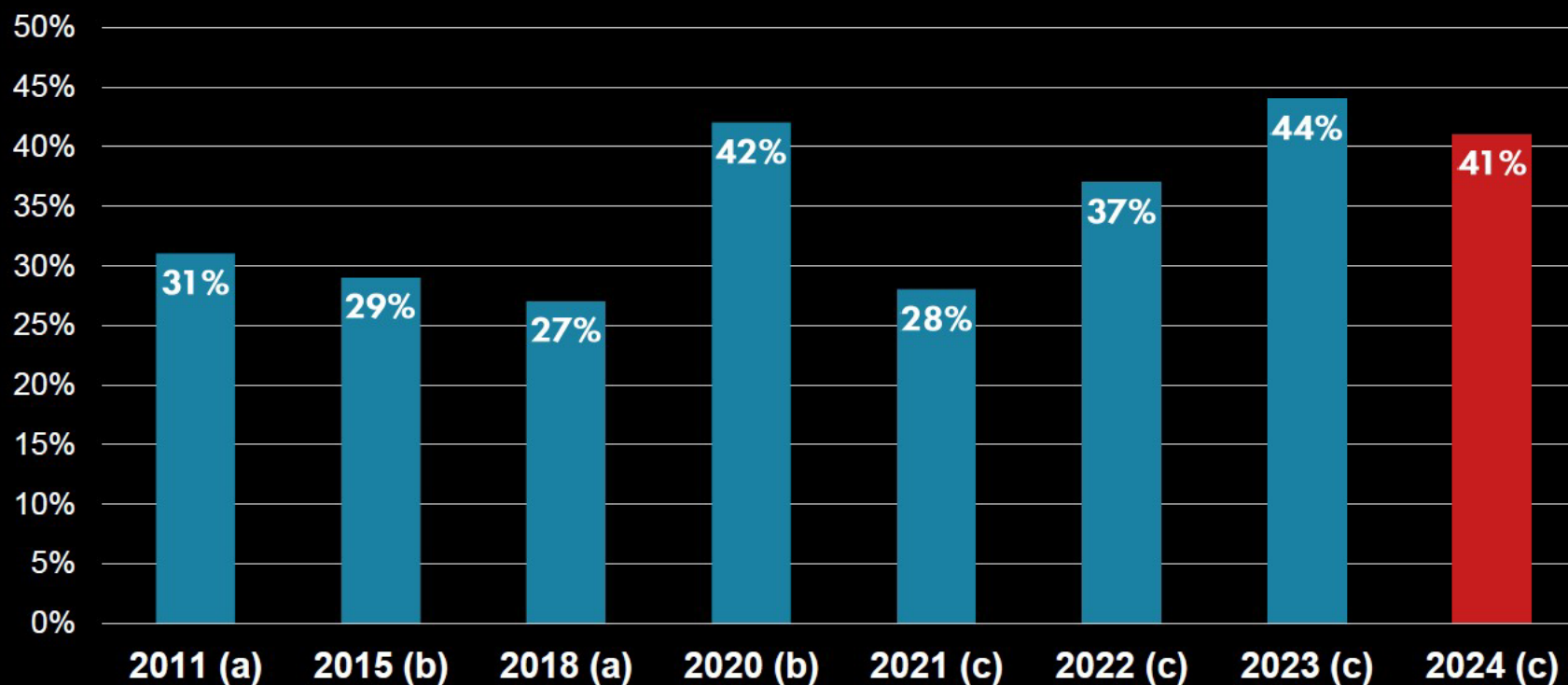
In 2024, **1 in 4 (25%)** households experienced food insecurity.

This is approximately **830,00 households**.



Since 2020, food insecurity spiked, recovered, then spiked again in LA County

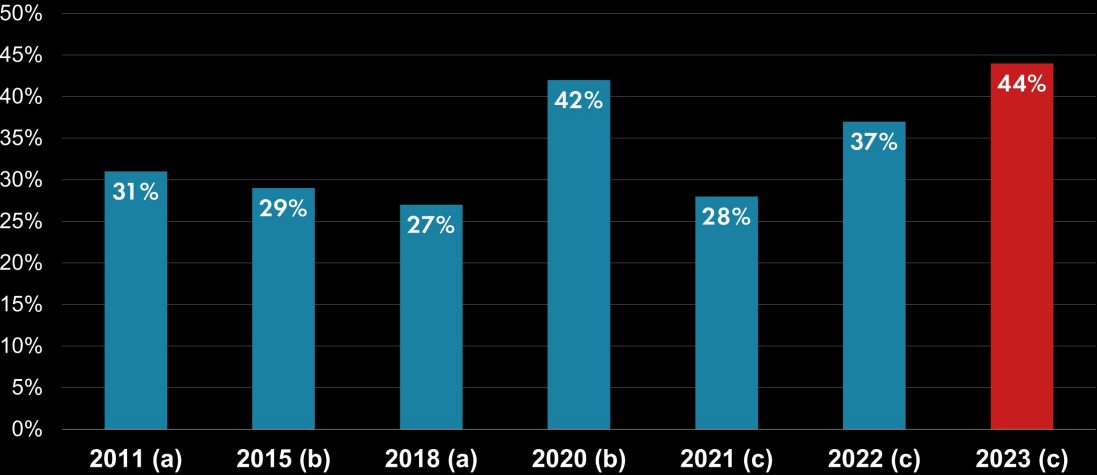
Food insecurity trends among low-income households (<300% FPL)
in Los Angeles County over time



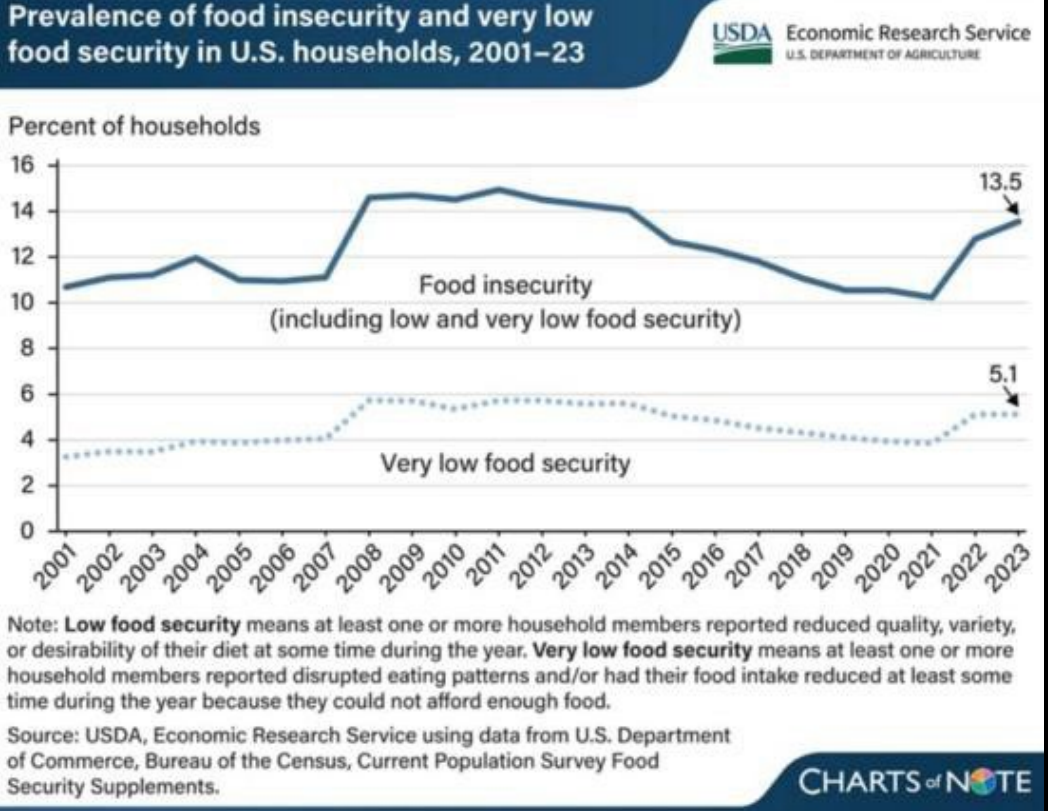
Source of data: ^a Los Angeles County Health Survey, USDA Short Form Household Food Security Module (LAC DPH, 2021); ^b USC Understanding America Study, Food Insecurity Experience Scale; ^c USC Understanding America Study, USDA Short Form Household Food Security Module.

LOCAL ANALYSIS HAS PROGRAM & POLICY IMPLICATIONS

Food insecurity trends among low-income households (<300% FPL) in Los Angeles County over time



Source of data: (a) Los Angeles County Health Survey, USDA, Short Form Food Insecurity Module (LAC DPH, 2021); (b) USC Understanding America Study, Food Insecurity Experience Scale; (c) USC Understanding America Study, USDA Short Form Food Insecurity Module. FPL = Federal Poverty Level.



Source of data: (a) Los Angeles County Health Survey, USDA, Short Form Food Insecurity Module (LAC DPH, 2021); (b) USC Understanding America Study, Food Insecurity Experience Scale; (c) USC Understanding America Study, USDA Short Form Food Insecurity Module. FPL = Federal Poverty Level.

The Majority of Residents with Food Insecurity in 2024 Are

- Low-income (76%)
- Hispanic/Latino (76%)
- 18-40 years old (70%)
- Female (59%)

**Almost half (47%) of households with food insecurity have children.
This is approximately 390,000 households.**



Feedback from Residents (2022)

“They gave a lot of money on the food stamps in the beginning. I would say the food insecurity is more now than then. The food [prices] are going up, and the benefits are only going down. Especially with inflation happening right now, it's nonstop.”

“It wasn't until inflation started really showing its face that food prices started taking a toll, which was more so 2021 and currently. [...] Now instead of buying two gallons of milk, you only buy half-a-gallon of milk.”

“Thank goodness for the food banks, thank goodness for all the different communities that came together. I went to a lot of those drive-through food banks and the pick-ups, and that has tremendously helped me. I didn't know where I was going to get my baby cereal.”



Nutrition Security

“When all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life.”

-USDA

WHAT IS NUTRITION SECURITY?

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



THE CHALLENGE

Establish rates of **nutrition insecurity** in L.A. County, identify who is at risk, and how this experience intersects with **food insecurity**

WHAT IS NUTRITION SECURITY?

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



Source: USDA

INSIGHTS

NUTRITION INSECURITY – LESS OVERLAP WITH FI THAN EXPECTED

Rates of Food & Nutrition Insecurity among L.A. County Residents in 2024

Food insecure	25%
Nutrition insecure	29%

N = 1,120

Source: Understanding America Study, University of Southern California (2024)

INSIGHTS

NUTRITION INSECURITY – LESS OVERLAP WITH FI THAN EXPECTED

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Nutrition insecure	29%

N = 1,120

Source: Understanding America Study, University of Southern California (2024)

Among residents
with food insecurity,
only **59%** also
experienced
nutrition insecurity

Among residents
with nutrition
insecurity, **54%**
also experienced
food insecurity

INSIGHTS

DISPARITIES IN WHO IS HARDEST HIT

The Majority of Residents with **Nutrition** Insecurity in 2024 Are

- 18-40 years old (68%)
- Low-income (64%)
- Hispanic/Latino (64%)
- Female (55%)

Almost 4 in 10 (**39%**) households with nutrition insecurity have **children**.

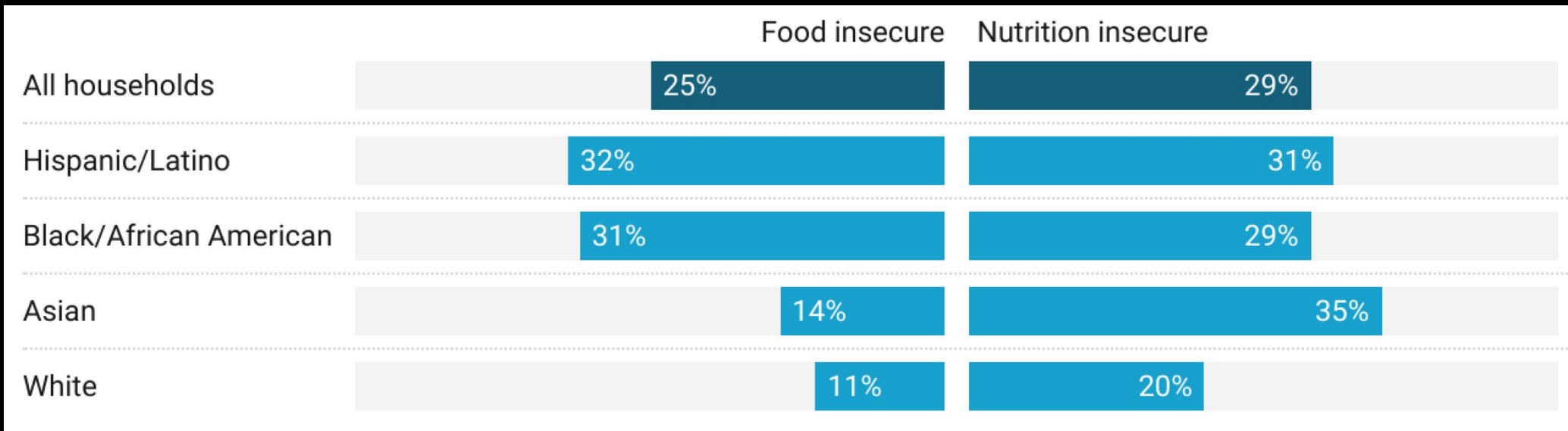


INSIGHTS

DISPARITIES IN WHO IS HARDEST HIT

Rates of **food insecurity** are highest among Latino and Black residents.
Rates of **nutrition security** are highest among Asian residents.

Rates of Food and Nutrition Insecurity by Race and Ethnicity in L.A. County in 2024



Adult Health Risks

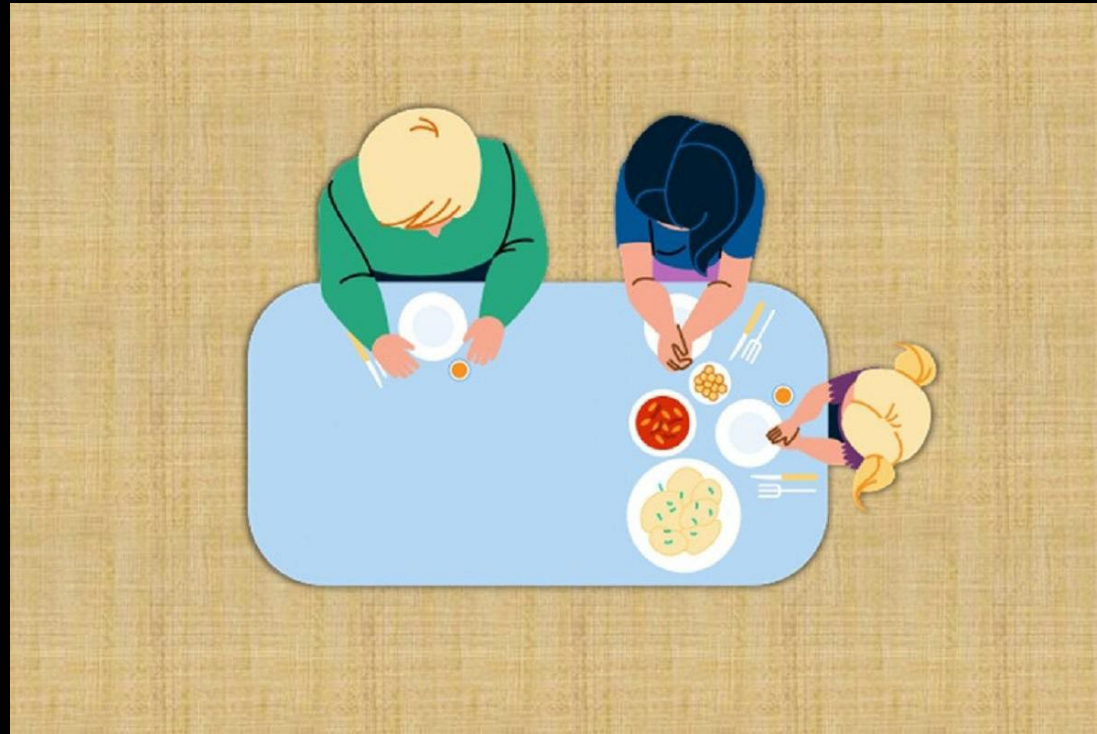
- Nutrition insecurity was a significant and stronger predictor of **diabetes**, vs. food insecurity
- Both food insecurity and nutrition insecurity independently predicted **depression and anxiety symptoms**

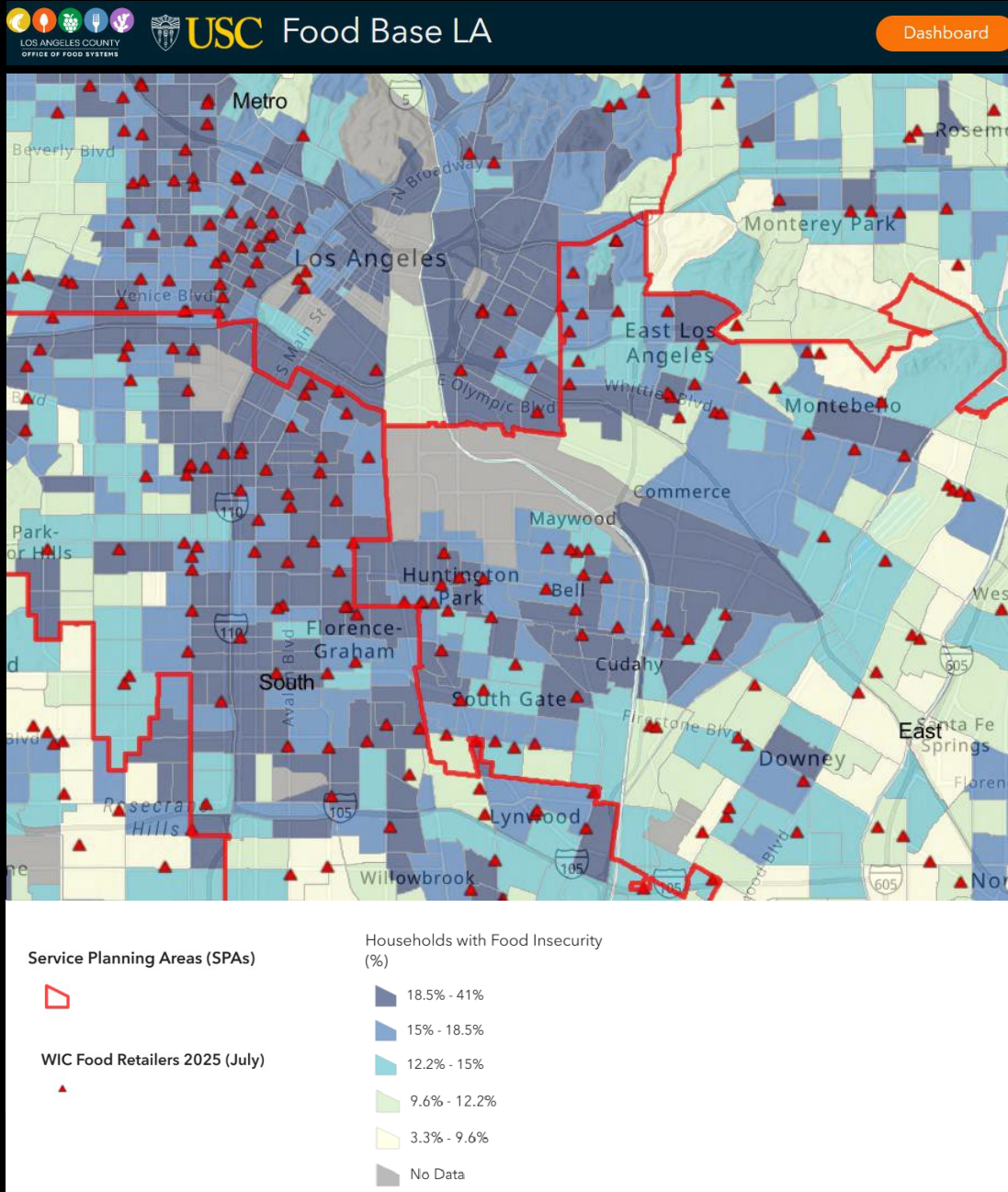


We know very little about the short and long term health risks of **nutrition insecurity for children.**

Complex causes & systemic solutions

For many, it's incredibly hard to eat healthy





FOOD BARRIERS

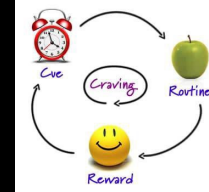
There are barriers to accessing affordable healthy food **at many levels**:

- household resources
- neighborhood food environments: access to food retail and food assistance
- access to safety net programs

Food environments can have a powerful impact on food access and diet.

Food environments influence diet via:

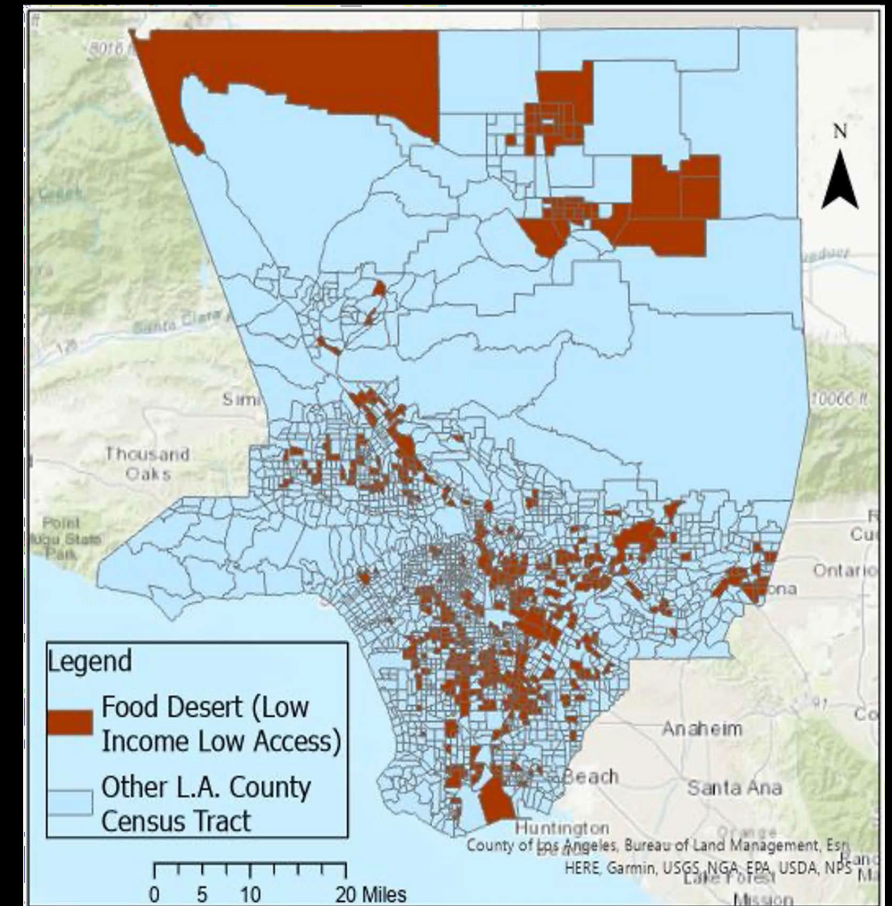
- spatial, financial, and cultural, access to food
- cues that shape and reinforce eating habits

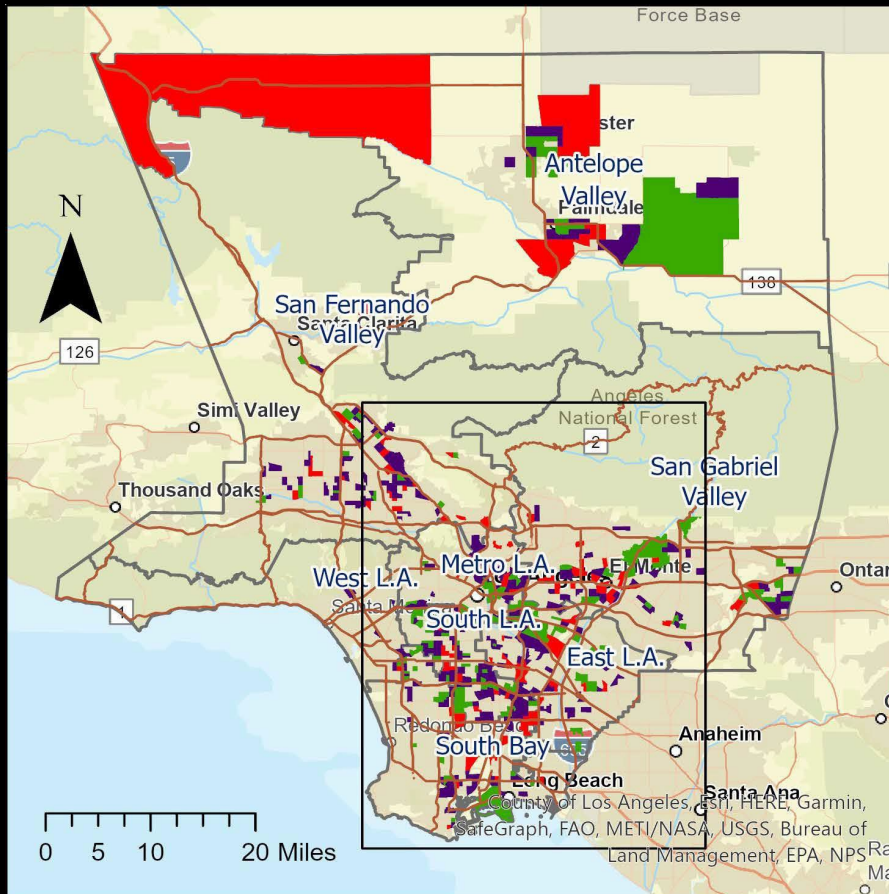


There is an unequal concentration of **low-quality food environments** among low-income communities and communities of color.



1 in 4 Los Angeles County residents live in a food desert (USDA, 2019)





Double Burden: Food Deserts and Food Assistance Deserts

- Food desert census tracts with access to food assistance
- Food deserts with no food assistance providers within census tract boundaries
- Food deserts with no food assistance providers within 0.5 miles of census tract boundaries
- L.A. County Highway
- Los Angeles County Service Planning Areas

FOOD ASSISTANCE

People rely on many sources of food assistance: CalFresh, WIC, food pantry, family & friends, etc.

CalFresh (SNAP) and WIC have proven to be effective in reducing household food insecurity.

In LA County, Food insecure households who received CalFresh were $\approx 20\%$ more likely to transition to food security, vs. those who didn't get these benefits in the first year of the pandemic.



December 2022 to July 2023

- Enrollment in CalFresh and WIC fairly stable
- CalFresh 'Benefits Cliff'
 - the end of the pandemic boost to CalFresh (March 2023)
 - average household benefits dropped from \$470/month (Dec 2022) to \$299/month (July 2023)

% of L.A. County residents using food assistance

	December 2022	July 2023
CalFresh ^a	28%	29%
WIC ^b	6%	7%

Source: ^aLAC DPSS, Statistical Reports. ^bUnderstanding America Study

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 - average household benefits dropped from \$470/month (Dec 2022) to \$299/month (July 2023)
- % of CalFresh recipients with food insecurity increased from **36% to 50%**
- Use of food pantries increased from **7% to 10%**

% of L.A. County residents using food assistance

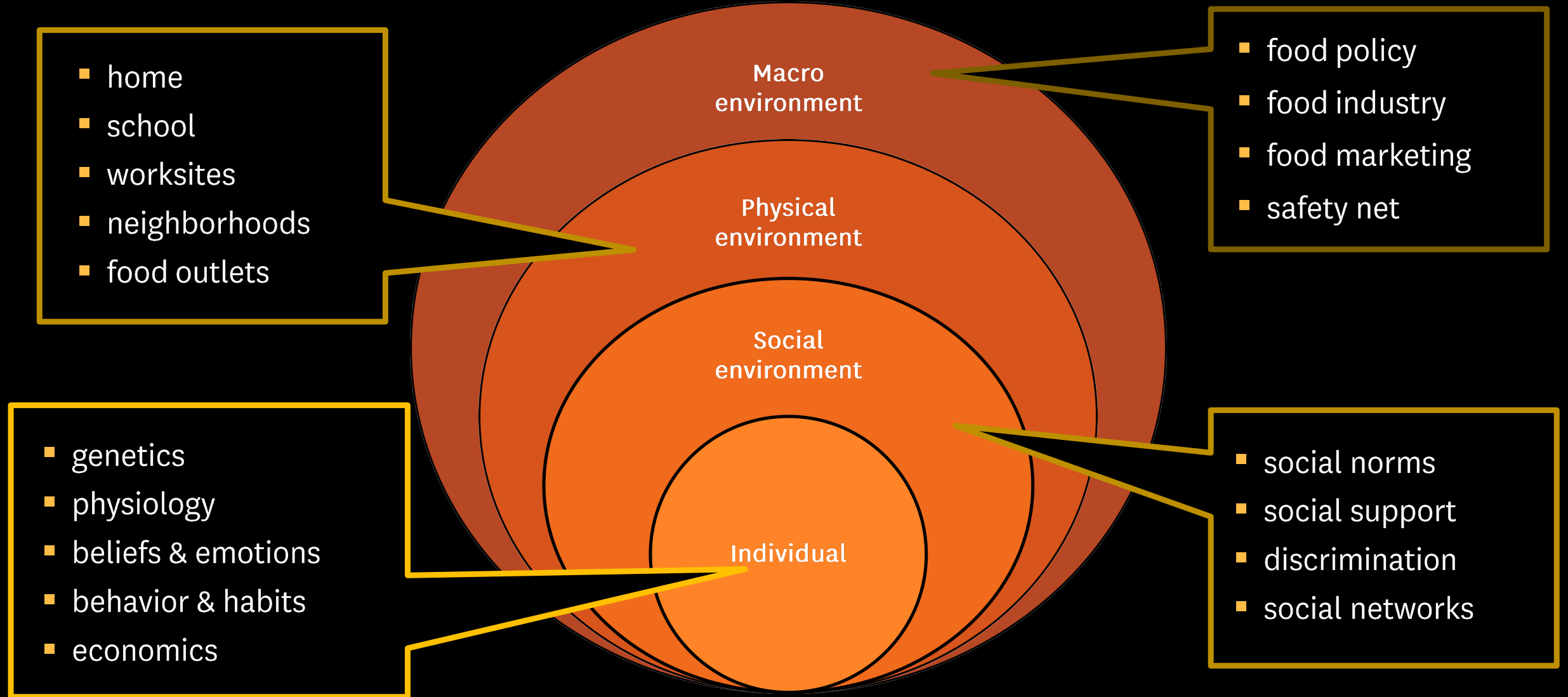
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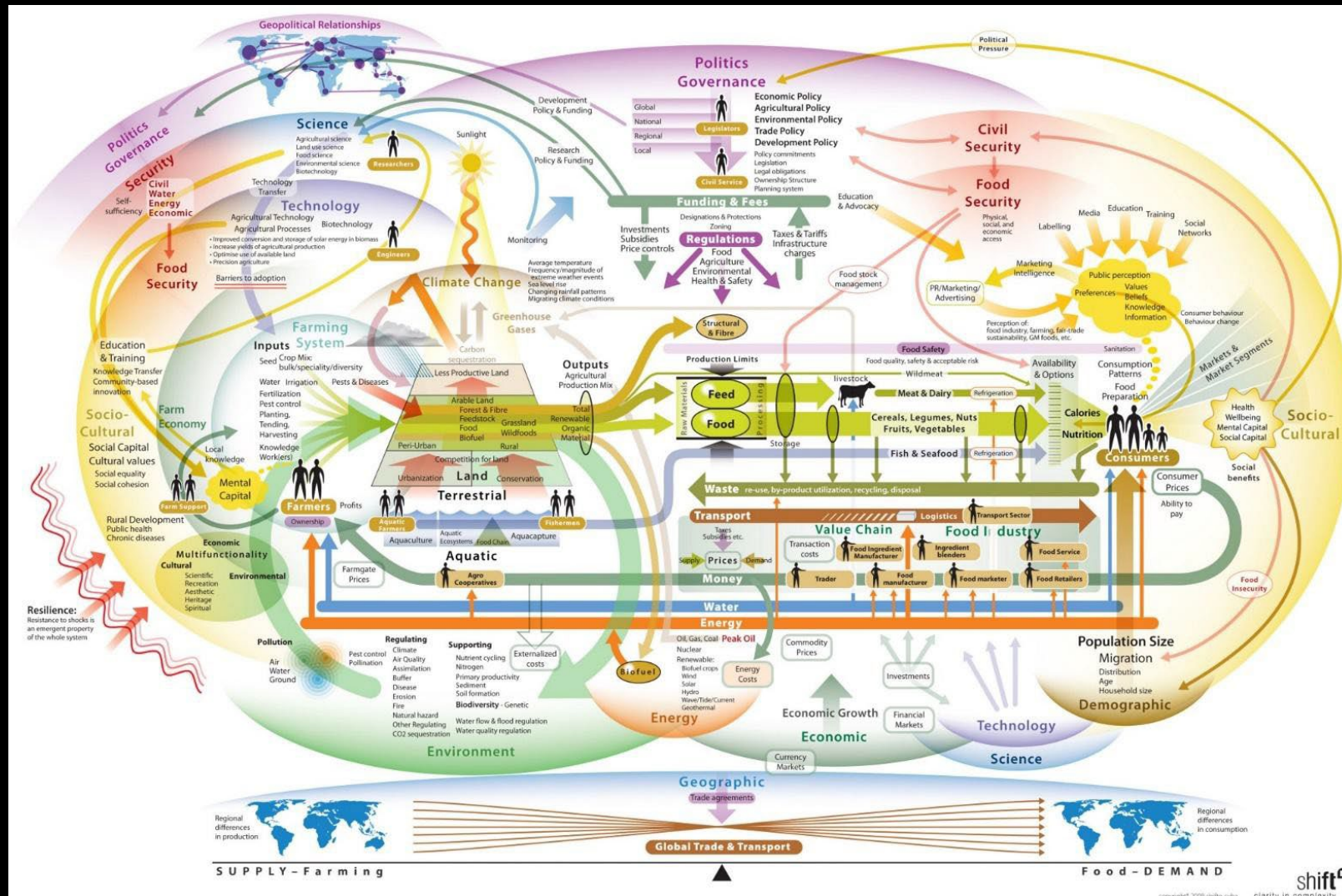
% of CalFresh and WIC recipients food insecure in December 2022 and July 2023

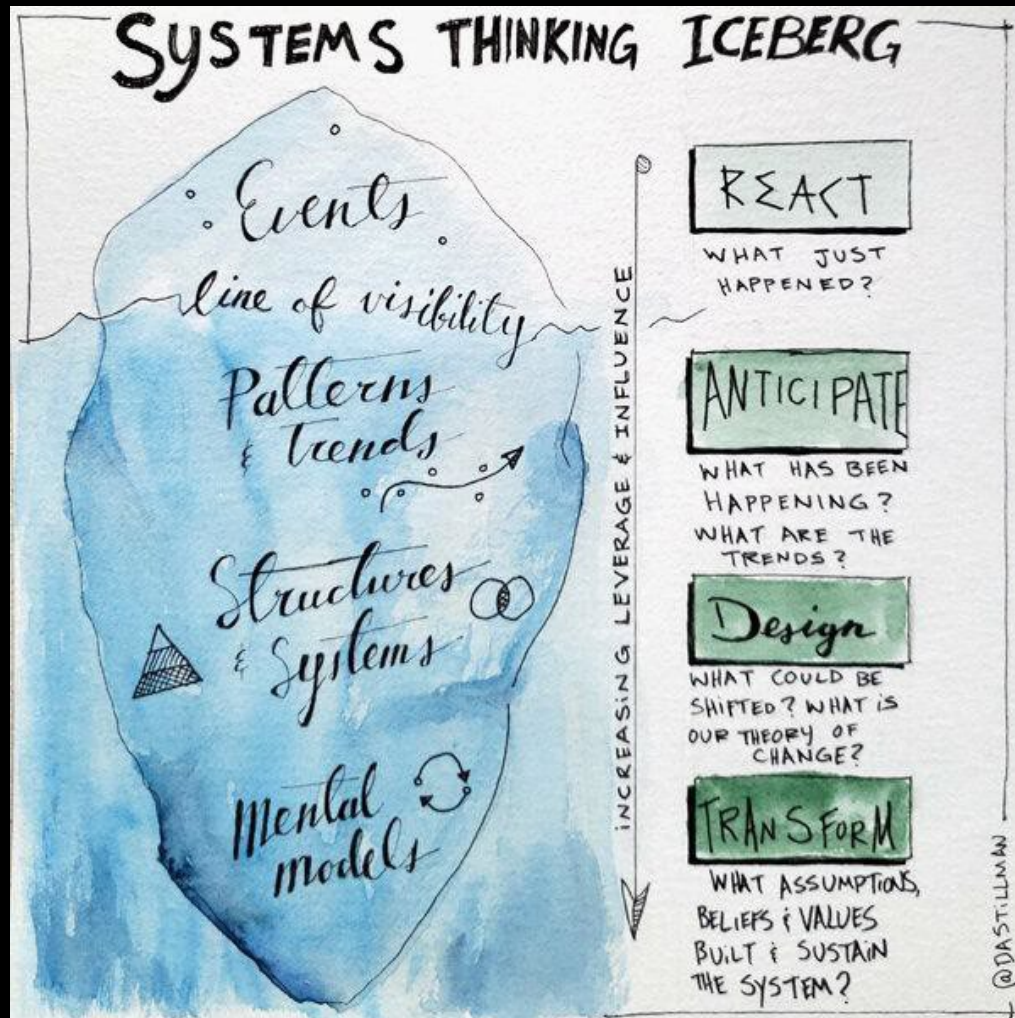
	% of CalFresh recipients who were food insecure	% of WIC recipients who were food insecure
2022	36%	56%
2023	50%	57%

Source: Understanding America Study, University of Southern California



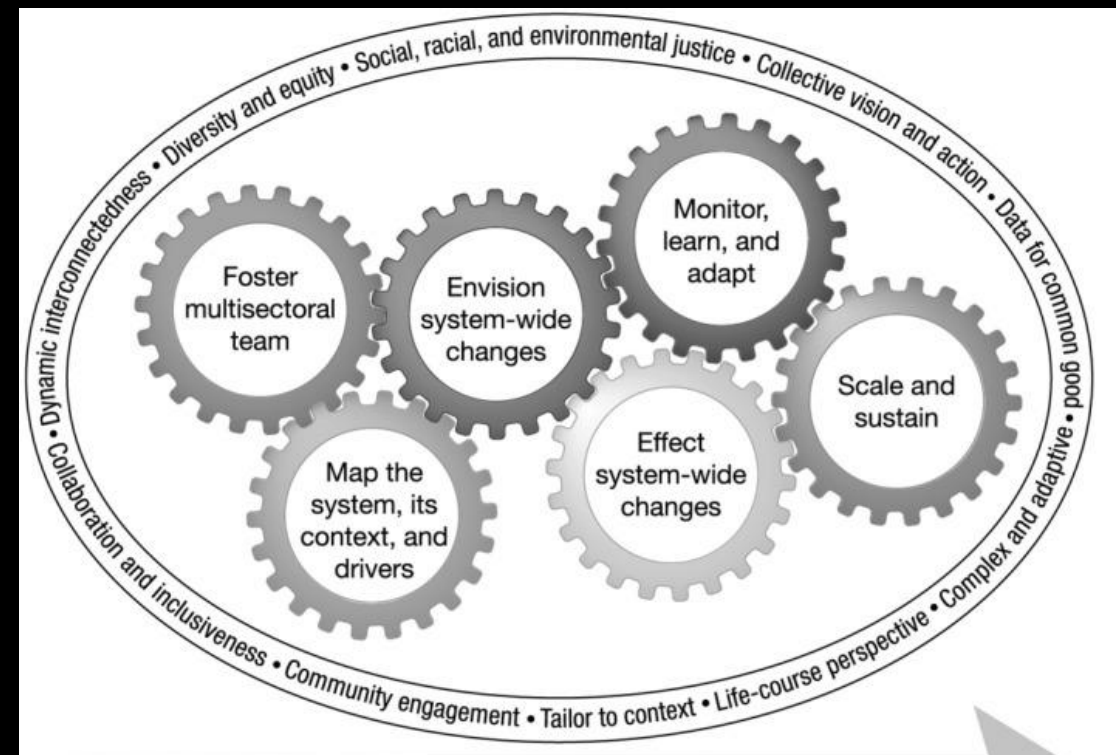
To ensure that **all people can eat a healthy diet**, we must understand and address the food system.





Hovmand, P.S. 2014. Group model building and community-based system dynamics process. *Community Based System Dynamics*. Springer, New York, NY.

“*Systems thinking* is a way of understanding complex problems and the interactions between factors that perpetuate them. [It] can be *used collaboratively with communities* to design interventions to improve complex problems.”



Garcia LM, ..de la Haye K, et al. An action-oriented framework for systems-based solutions aimed at childhood obesity prevention in US Latinx and Latin American populations. *Obesity Reviews*. 2021;7:e13241.

RECOMMENDATIONS

We recommend pursuing **multiple actions** to address the urgent issue of food and nutrition insecurity in L.A. County households, particularly those with children.

This includes initiatives that:

- Maximize reach of **government food programs (e.g. WIC)** and the amount of benefits those programs provide
- Increase support for **food banks & pantries** to help alleviate immediate food needs
- Lower **food prices**
- Strengthen the **food system** to address barriers, so that all households can achieve food and nutrition security
- Prioritize initiatives that **reach households with children**



USC Dornsife researchers tracked food insecurity and nutrition insecurity separately in L.A. County. (Composite; Getty Avila, image source: iStock)

NEWS > HEALTH

LA County faces dual challenge: food insecurity and nutrition insecurity

USC Dornsife study finds 1.4 million adults are affected by both food and nutrition insecurity, with young adults, Hispanics and Asians at greatest risk, potentially compromising their health. Limited food availability is linked to major physical and mental health issues.

By [Ileana Wachtel](#) July 9, 2024

Perspectives from low-income families in LA County

Shannon E. Whaley, PhD
Director of Research and Evaluation
Shannon@phfewic.org

This institution is an equal opportunity provider



PHFE
WIC

wicworks.ca.gov



Participant Criteria for WIC eligibility in LA County

Low income (<185% FPL), live in California, nutritionally at risk:

- Pregnant or just had a baby
- Breastfeeding or non-breastfeeding individuals
- Infants and children up to age 5
- Partners, grandparents, foster parents, guardians who care for eligible children

Working, migrant and military families can qualify for WIC



Photo credit: CA WIC program

wicworks.ca.gov

Adjunct Eligibility



If a family qualifies for Medi-Cal, CalFresh or CalWORKs they are income eligible for the WIC Program

Photo credit: CA WIC program



WIC Services

- Nutrition education
- Breastfeeding support and promotion
- Referrals to health care and community services
- Healthy foods



Photo credit: CA WIC program



wicworks.ca.gov

WIC's healthy foods

Fruits and Vegetables

Whole grains (bread, tortillas, brown rice, etc.)

Milk, cheese, yogurt

Eggs

Cereals

Beans/Peanut Butter

100% juice

Infant foods (formula, infant cereal, jarred meats and jarred FV)





Fruits and Veggies (FV) first added to WIC in 2009 in the form of a cash-value benefit (CVB) for FV

From 2009-2020:

Children:

\$6/month to \$9/month

Women:

\$8/month to \$11/month

2017 NASEM WIC Food Package
report recommended increasing
the cash value benefit for WIC FV
to cover at least 50% of the
monthly cost of FV.

2017 FULL Monthly cost of FV:

Children: \$46

Women: \$86

Breastfeeding women: \$92

In June, 2021:

FV benefits were
increased to 50% of
monthly cost of FV!

Children:

\$23/month; now \$26

Women:

\$43/month; now \$47

Breastfeeding women:

\$47/month; now \$52



Increase in WIC FV purchases 2020-2021

PHFE WIC Program CVB Dollar Amount Spent on WIC Vegetable and Fruit Purchases



Average dollar amount redeemed for the CVB

Figure 1: Total average monthly dollars redeemed by a household for the CVB prior to and after the increase.

Amounts issued at \$9 CVB per month



Children ages 1-4

\$9



Pregnant/postpartum
women:

\$11

Amounts issued at \$26 CVB per month



Children ages 1-4

\$26



Pregnant/postpartum
women:

\$47

Average amount redeemed per WIC family at:

\$9 / \$11 CVB



\$8.64*

\$26 / \$47 CVB



\$32.65*

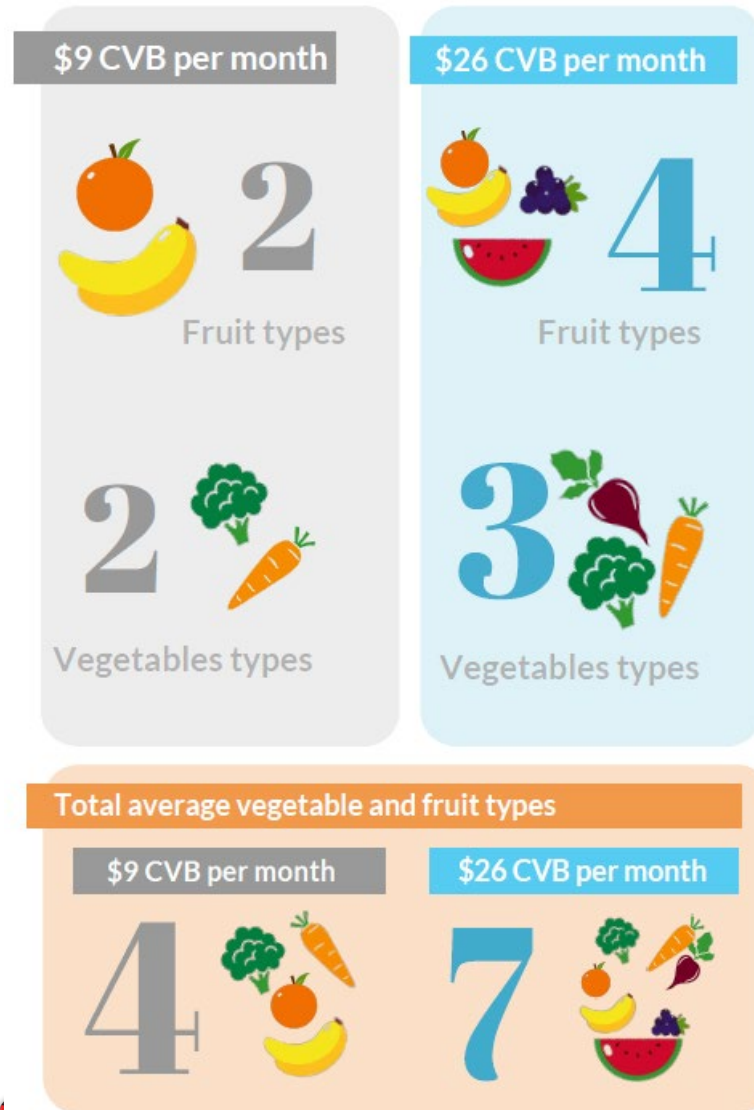
*Dollar amounts are the total average monthly CVB redeemed by families with one or more members on WIC.

www.LAWICData.org



wicworks.ca.gov

Figure 2: Average number of different vegetable and fruit types redeemed by CVB amount



RESEARCH

Research Paper



Increased WIC Benefits for Fruits and Vegetables Increases Food Security and Satisfaction Among California Households with Young Children



Shannon E. Whaley, PhD; Christopher E. Anderson, PhD; Marisa M. Tsai, MS, MPH; Catherine E. Yezpe, MPH; Lorrane D. Ritchie, PhD, RDN; Lauren E. Au, PhD, RDN

ARTICLE INFORMATION

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Fruits and vegetables

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Table 2 is available at www.jandonline.org

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ABSTRACT

Background The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a critical source of nutrition support for young children in low-income families, providing access to healthy foods and a cash value benefit (CVB) for the purchase of fruits and vegetables (FV). In 2021, the WIC CVB increased substantially for women and children aged 1 to 5 years.

Objective To investigate whether or not the increased WIC CVB for purchasing FV was associated with greater redemption of the FV benefit, satisfaction, household food security, and child FV intake.

Design Longitudinal study of WIC participants receiving WIC benefits from May 2021 through May 2022. Through May 2021, the WIC CVB for children aged 1 to 4 years was \$9/month. The value increased to \$35/month from June through September 2021, and changed to \$24/month starting October 2021.

Participants and setting WIC participants from seven WIC sites in California with one or more child aged 1 to 4 years during May 2021 and one or more follow-up surveys during September 2021 or May 2022 (N = 1,770).

Main outcomes and measures CVB redemption (in US dollars), satisfaction with the amount (prevalence), household food security (prevalence), and child FV intake (cups per day).

Statistical analyses Associations of increased CVB issuance following the June 2021 CVB augmentation with child FV intake and CVB redemption were assessed using mixed effects regression, and associations with satisfaction and household food security were assessed using modified Poisson regression.

Results The increased CVB was associated with significantly greater redemption and satisfaction. At the second follow-up (May 2022), household food security increased by 10% (95% CI 7% to 12%); total FV intake decreased by 0.03 c/day (95% CI -0.06 to -0.01) in the overall sample, but increased by 0.23 c/day (95% CI 0.17 to 0.29) among children with the lowest baseline FV intake.

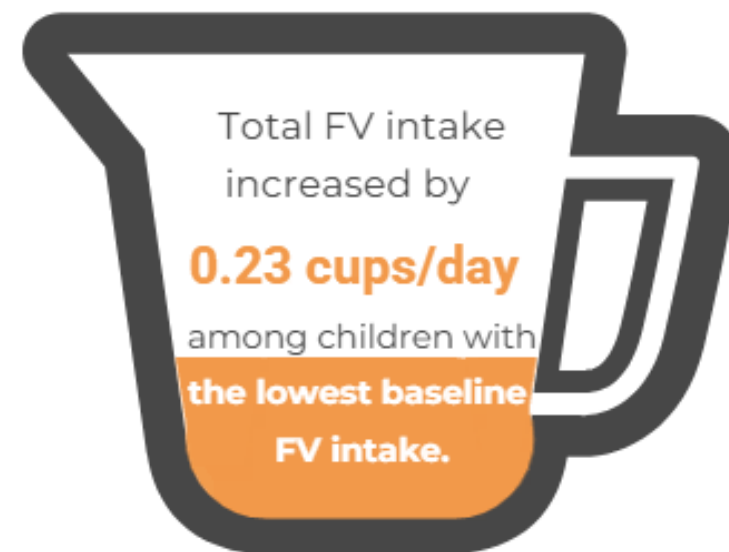
Conclusions This study documented benefits of augmentation to the CVB for children. WIC policy augmenting the value of WIC food packages to increase access to FV had the intended effects, lending support to making the increased FV benefit permanent.

J Acad Nutr Diet. 2023;123(10):1440-1448.

DATA RECAP:

Research focused on CVB changes began in Fiscal Year 2020-2021 and documented the significant association of the CVB increase with household food security and FV intake: ♦

Household food security increased by: **10%**



Thanks to funding from a Research Partnership
with First 5 LA, we gathered

Perspectives from low-income families

From January – April, 2025, we conducted 1:1
[interviews](#) with 85 caregivers of children under age 5
to understand their perceptions of access to healthy
food for their families.



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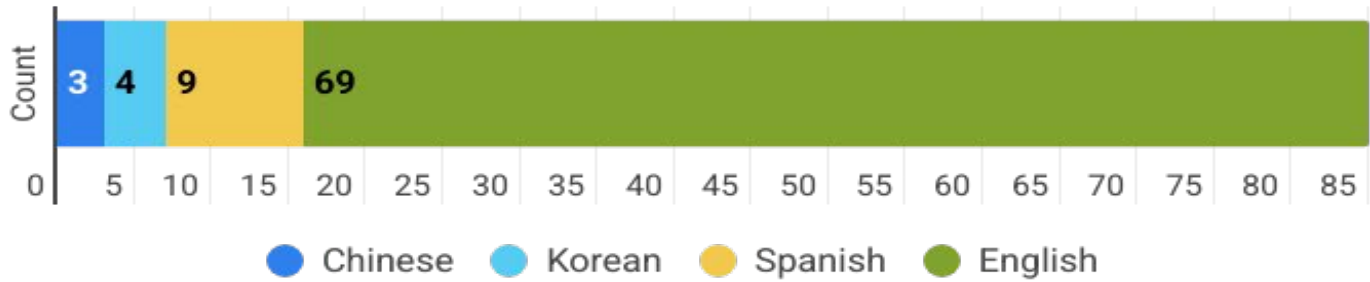
Total interviews completed:

85

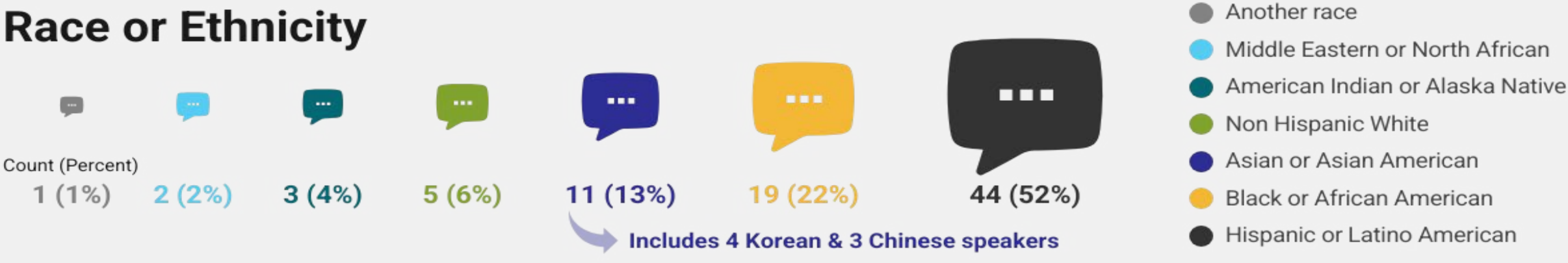
Interviewee Sex:

2 Males
83 Females

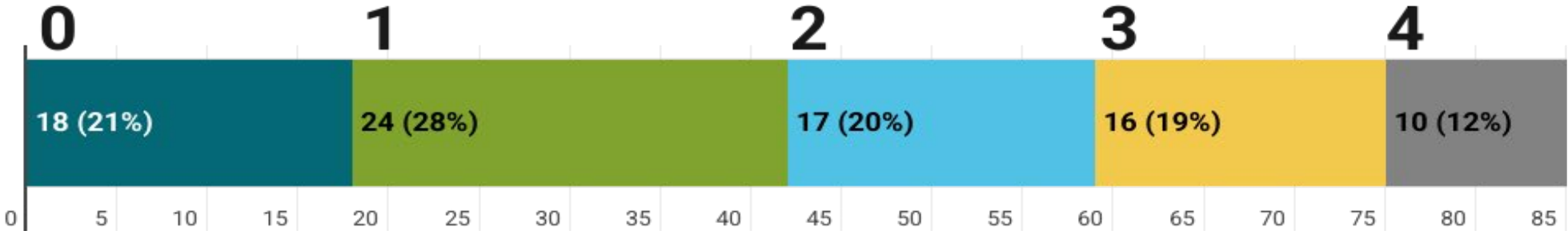
Interview Languages:



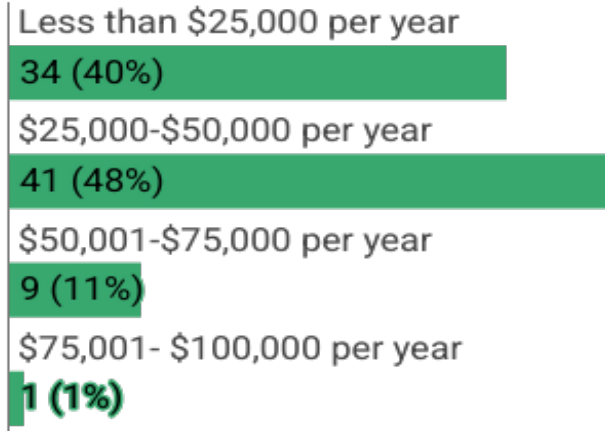
Race or Ethnicity



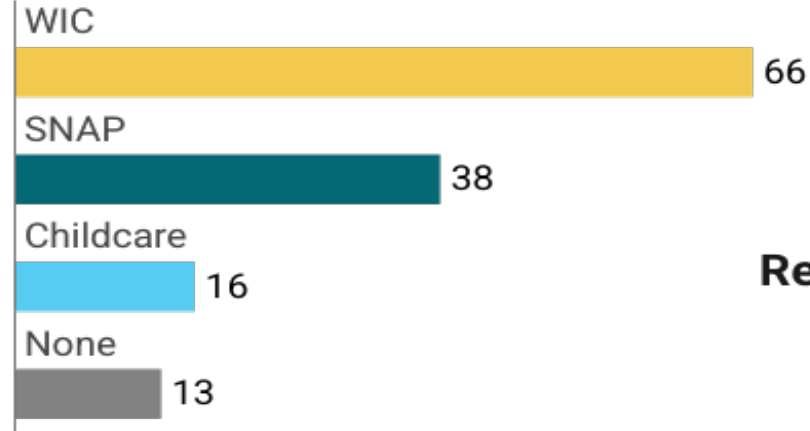
Age of the Youngest Child:



Household Income:



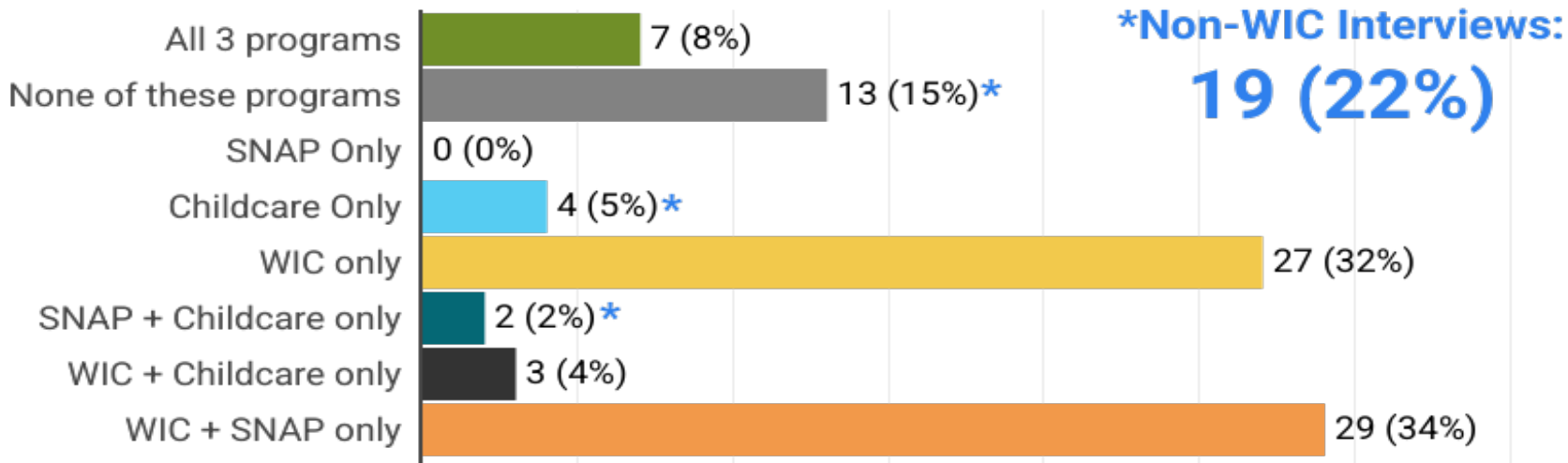
Overall Program Participation:



Recruited from Childcare Partners: **22**

Recruited from Social Media: **63**

Concurrent Program Participation:



SPA of Residence:

	Goal	Completed
SPA 1	5	9
SPA 2	12	12
SPA 3	13	19
SPA 4	8	13
SPA 5	2	2
SPA 6	14	16
SPA 7	5	8
SPA 8	5	6



Parents identified six core conditions shaping their access to healthy food:

Price and
Affordability

Transportation,
Proximity and
Convenience

Budgeting
Strategies

Quality,
Freshness and
Nutritional
Value

Variety of
Foods and
Stores

Access to
Cultural
Preferences



“If I had all the money in the world, there's no limits to the healthy food that I [could] actually get for my family.” (L2 14)

“Because I have to go grocery shopping every week and from there that's when I do all my budgeting. I go to the market first, to see the prices. And then from there, like I do my math and everything, with taxes and everything. So I make sure that I go with the correct amount. I go to the market.. It takes like 2 h for me to do everything.” (L1 56)

“I have my baby in a Early Head Start and they offer a food pantry every 2 weeks. I believe I don't always go but when I do go they'll give you vegetables. They'll have like a bag prepared, and when I can, I do go pick it up so they'll have like lentils, broccoli... Sometimes they'll have like frozen fruits, and I've also gotten frozen chicken, like a pure organic, frozen chicken.” (97)



“It is mentally difficult... because you're always going to think about. Am I going to have enough money for the next day? Or am I going to have for the future? What if I was not able to work? What it's what's going to happen, you know. Like, because I have children, I think about it daily. But I think we're good. I think we're just going to have to rely that we're (going to) have a good future.” (NW21)

“I think the concern is always there... I check the price every time that I go to a grocery store. And I think... if this continues to go up [am I] going to be able to have access to this in the future... I think the fear is always there, of whether or not there will come a time where I just can't afford the healthier options.” (L2 22)

“I think price is a big factor. And I think it is the deciding factor of whether or not or at least how much quantity of good quality food I can have access too.” (L2)



In summary, families share common experiences accessing healthy foods, regardless of race, ethnicity, or geography. Families emphasized in order to have access to healthy foods, the following conditions are needed:

1. **Lower prices** for high quality items and an expansion of foods offered by nutrition assistance programs and community resources.
2. More access to a **greater variety of grocery stores**, as well as access to affordable farmers' markets and community gardens.
3. Families are **concerned about losing access to food assistance**, including WIC, SNAP and emergency food support, and want assurances that they will be able to feed their young children.
4. Reliable and less time-consuming **public transportation** options.
5. **Education and guidance** about what healthy foods are, how to prepare them healthfully and how to plan healthy affordable meals.



Thank you!
Shannon@phfewic.org



Photo credit: CA WIC program

wicworks.ca.gov

Understanding the Problem: The Experiences of Home-Based Child Care Providers

Susan Savage, PhD, Director of Research, Child Care Resource Center

Olivia Pillado, MA, Research Manager, Child Care Resource Center





Essential for Families: Findings from a Landscape Analysis of LA's Home-Based Child Care

Olivia Pillado
Susan Savage, Ph.D.

Research for this report was conducted by Child Care
Resource Center.



Acknowledgements

We appreciate the time child care providers, parents, and agency staff have given this project to ensure the findings and recommendations are relevant to our communities. We are grateful to child care providers throughout Los Angeles County who dedicate their lives to the well-being of children and families every day.

The Landscape of Home-Based
Child Care in Los Angeles County:

2023

A FRAMEWORK FOR FUTURE PLANNING



Supported by



What is Home-Based Child Care (HBCC)?

Family, Friend, and Neighbor Provider (FFN)

- Unlicensed
- Paid (by parent or through vouchers)
 - If receiving vouchers
 - Can provide care for children from one family in addition to their own
 - Background checks required
- Unpaid

Licensed Family Child Care (FCC)

- Licensed; small or large
- In own home for less than 24 hours/day
- Criminal / child abuse background check required
- CPR training, review process, inspection by Community Care Licensing and Fire Marshall
- Paid by parents or through vouchers

Vital Role of HBCC in Underserved Communities

- Home-based child care is critical for families
 - Low-income families and families with infants and toddlers
 - Marginalized families (Black, Latine, immigrant, and indigenous), families whose children have special needs, and those who live in rural communities
- Many of these groups are more likely to live in a licensed child care desert
- Black and Latina women are over-represented in the home-based care workforce
- Yet little is known about home-based child care providers



Primary Goals of the Landscape Analysis

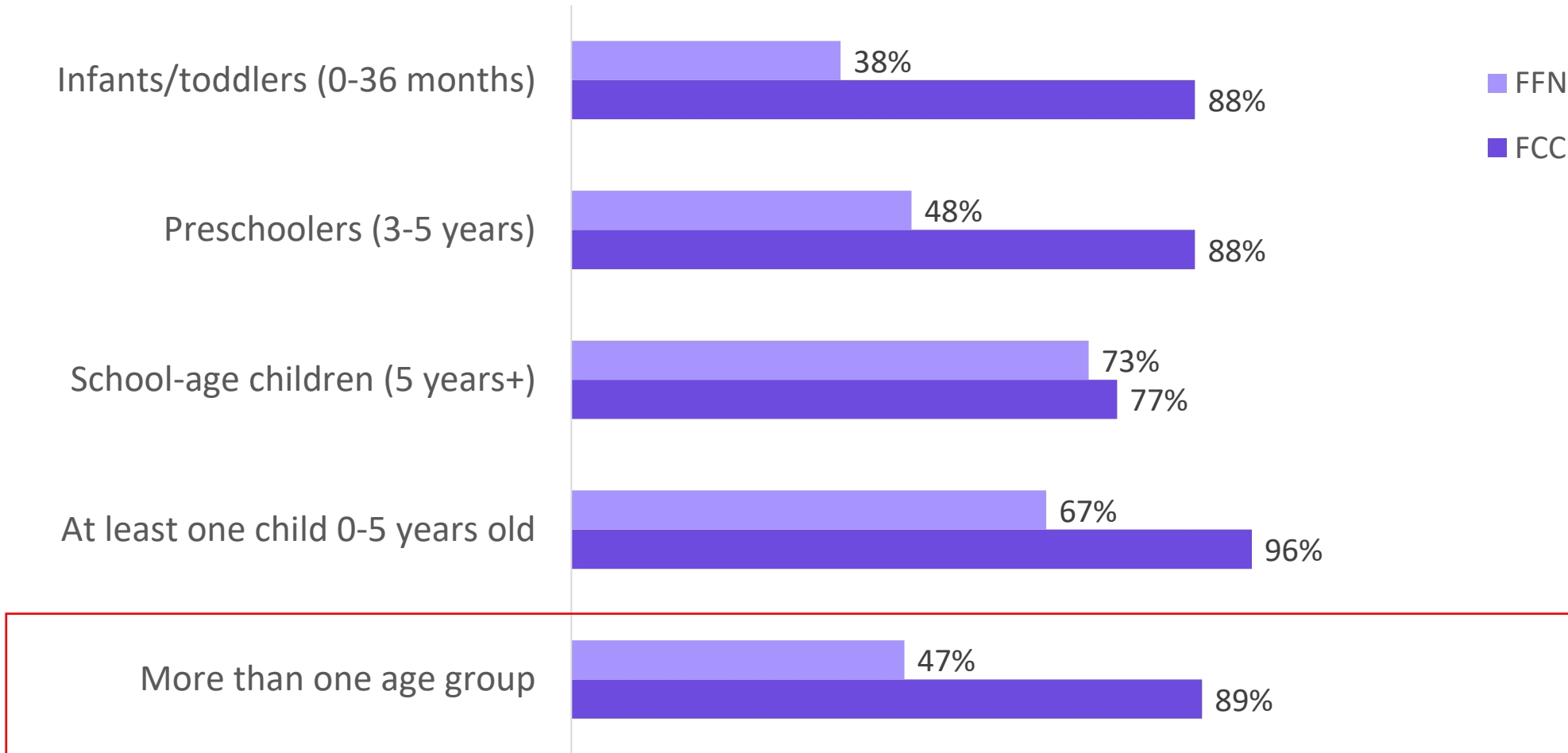
- Understand HBCC provider populations, their role, and unique needs in providing child care in Los Angeles County
- Understand families utilizing home-based child care, including their rationale for choosing home-based care, and their experience
- Identify successes in home-based care and barriers that limit supply, quality, and sustainability
- Understand how to best support inclusive, culturally, and linguistically responsive, quality care for children birth to age 5



Landscape Analysis Design

Surveys	Surveys were conducted with family child care providers, family, friend, and neighbor providers, and parents of children birth to 6 years old who use home-based care
Focus Groups and Interviews	Focus groups were conducted with family child care providers and parents. Key informant interviews were conducted with family, friend, and neighbor providers
Community Convenings	Community Convenings were conducted to interpret data, gather input on preliminary findings, and recommendations
Multiple Languages	Research activities were conducted in English, Spanish, Chinese, and Armenian

Age Groups of Children Served



Child Care Provider Household Income

Income	FCC (N=617)	FCC: Large License (N=424)	FCC: Small License (N=193)	FFN (N=385)
\$35,000 or below	26%	19%	43%	79%
\$35,001 to \$65,000	36%	36%	35%	14%
\$65,001 or more	38%	45%	23%	7%

Financial Challenge as an FCC

“ I agree with my colleagues, of course the payments, because we **use our own money** from our salary to celebrate each child. In addition, **I buy the food because I am not enrolled in the Nutrition Program.** I have eight children in my care and for me it is **important to provide healthy meals.** I feed the children not only during meals, but every time they are hungry. **Our salary is very little** to pay for it out of pocket. We would like for us to be compensated...more. We support/help the parents by celebrating their children's birthdays, buying a pair of shoes, a piece of clothing for their children, these funds come out of pocket. It's very little. ”

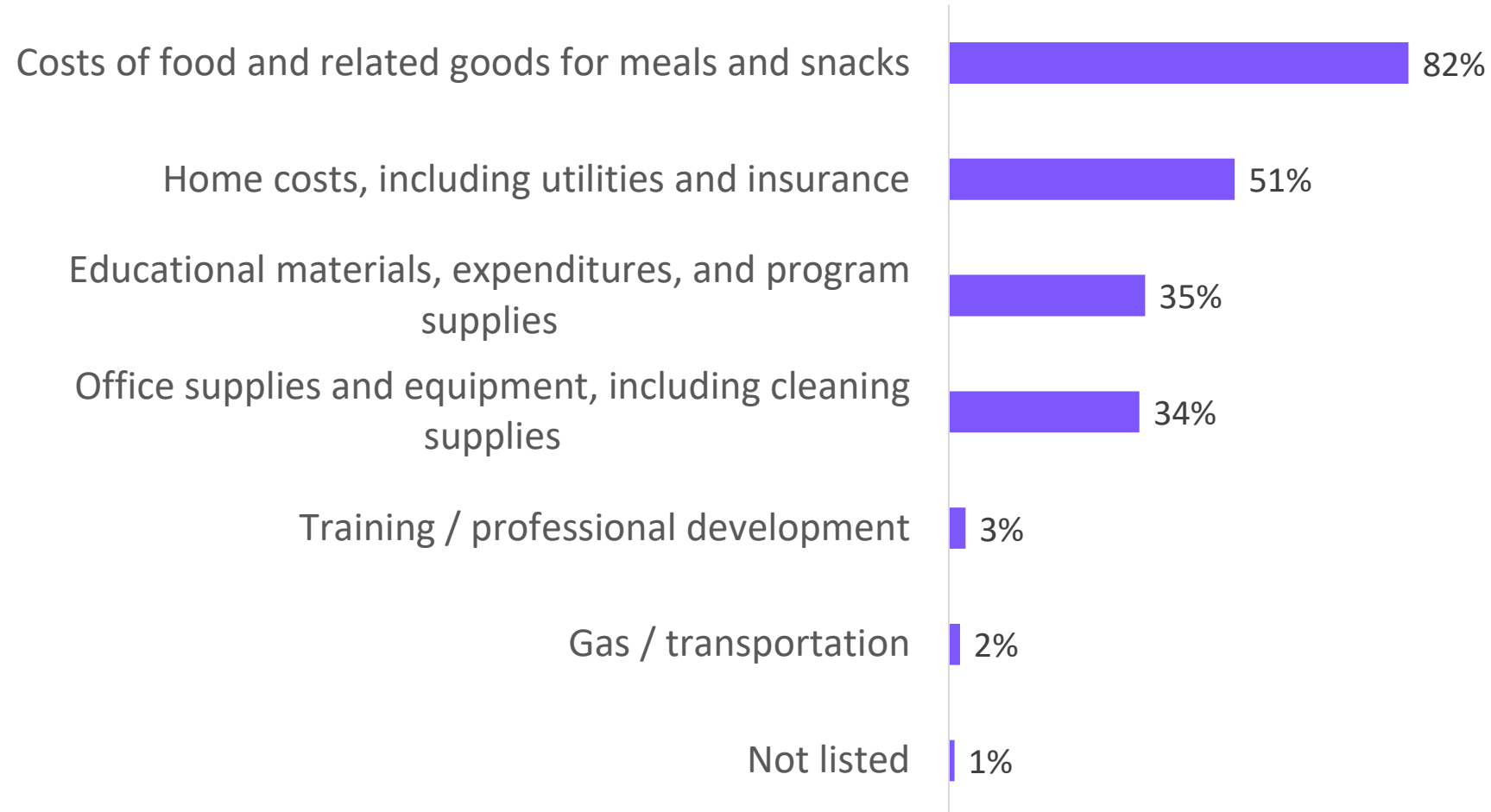
Financial Challenges as an FCC

“

I know, from experience and talking to my aunts who lived in New York, they used to give everyday care money every year, like they would get \$2,000 a year, their daycare just to spend where they want it, we get absolutely nothing in the state of California, even prior to the pandemic, we got no extra funds for anything. So, **it's like daycare providers are just not there. They don't look at us as an entity that needs help like everybody else.**”



Highest Costs FFN Reported in Taking Care of Children

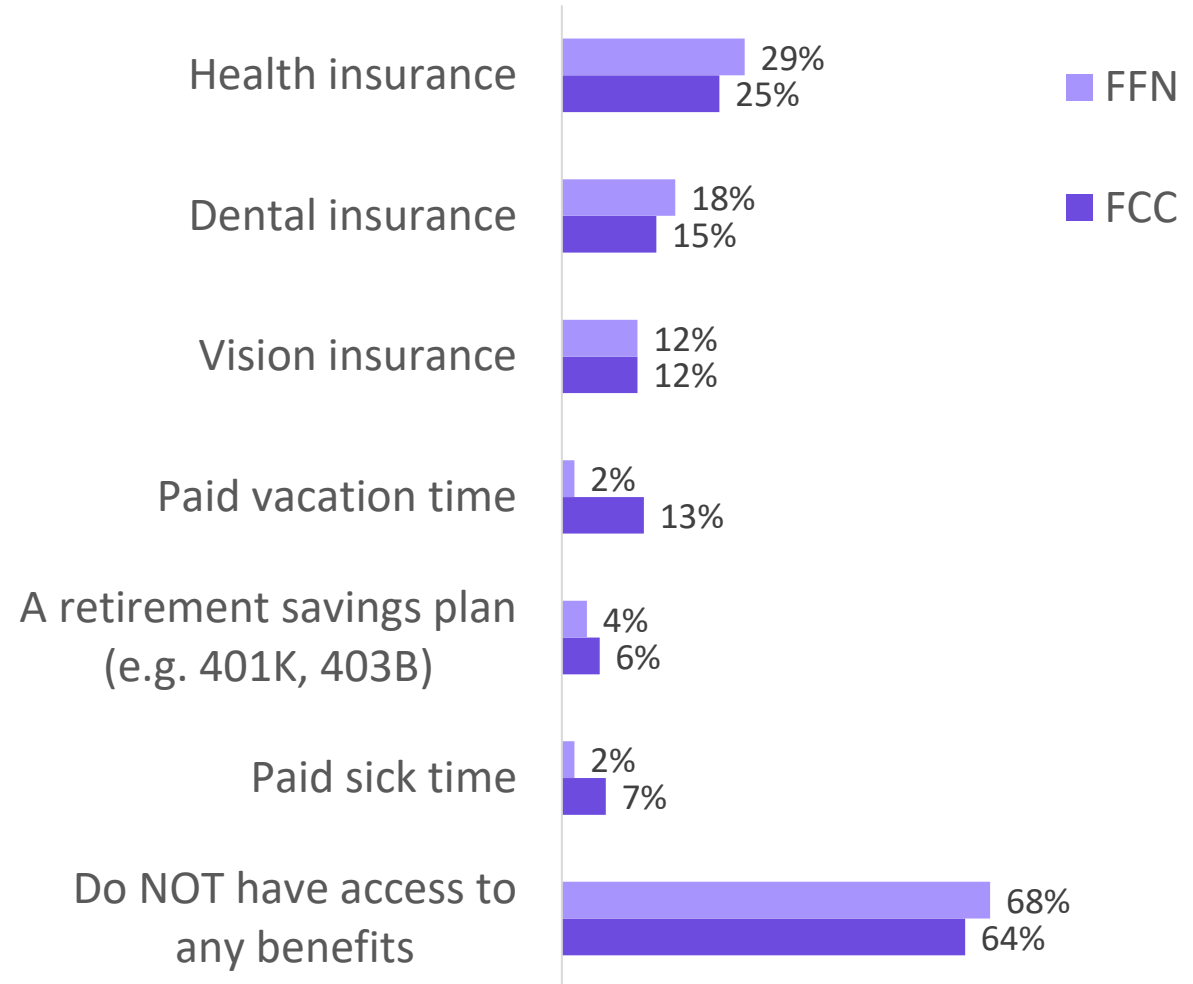


Benefits received by each provider group

More than

60%

of all child care providers did not have access to any benefits





A Broken System: FFN Perspective

“*Our salary is never going to let us buy our own house. Landlords might not permit us to care for children at their property. We aren't offered any type of health insurance. We as caregivers spend more money on extra food or gasoline. I have to pay my family out of my income to help out when we need help [caring for these children]. It seems that the system wants everyone to be poor. As I have to go out of my way to help take care of a child without a pay.*”

Vital Component of the ECE Infrastructure

Despite facing significant financial challenges, home-based child care providers serve as a vital component of the early care and education infrastructure and play a key role in supporting families.



“[What I like most about the home-based child care my child is in] is that the provider is my friend and she **treats my daughter like her own** which makes me feel **comfortable.**”

“**I love** it because the **provider is very loving and attentive** with my daughter even if she is not related to her.”

“I noticed that **when my child started TK, he already knew a lot of things. They said he was intelligent.** And how did he learn all of that? **I told them that I had a licensed provider.** My child knows how to count and knows what the numbers mean from 1 to 20. Because of the provider’s help, my child is very advanced.”



Recommendations

1. Involve providers in planning and development as a means to ensure equitable and relevant programs and policies
2. Develop distinct systems for FFN and FCC providers that pertain to each group's unique needs and experiences
3. Develop and implement new models for engaging providers
4. Ensure seamless, responsive and holistic models of support for providers
5. Support a mixed delivery system and livable wages to ensure the ongoing sustainability of the child care provider community
6. Develop strategic partnerships to sustain home-based child care

Contact Us



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The report is available on the
CCALA website:



The Experiences of Home-Based Child Care Providers: *The Stories Behind the Data*

Panelists

- **Kimberly Mood**, *Home-Based Child Care Provider*
- **Zoila Toma**, *Home-Based Child Care Provider*
- **Terry Talavera**, *Nutrition Program Director, Options for Learning*
- **Violet Oquendo**, *Compliance and Training Manager, Options for Learning*



Updates on the Current State of the Food Safety Net

CalFresh

Roobina Gerami, Director, CalFresh Nutrition Program,
LA County Department of Public Social Services

Head Start

Matthew Miley, Head Start Nutrition Consultant, Head
Start and Early Learning Division, Los Angeles County
Office of Education



Food Insecurity

“Everyone is PASSIONATE about the program and the impact it can have on people’s lives.”



Los Angeles County
Office of Education



Head Start and Early Learning Division

Matthew Miley, MS, RD
Head Start Nutrition Consultant,
Head Start and Early Learning Division



Los Angeles County
Office of Education



Nutrition Screening Form- Insecurity Question

medical? (vegetarian, religious, etc.) If yes, specify	
Do you use any of the following food resources?	
☐ CalFresh	☐ WIC
☐ Food banks	☐ None
Resources provided on: ☐ CalFresh ☐ WIC ☐ Food banks	
Within the last 12 months, we worried about whether our food would run out before we had money to buy more:	
☐ Often true	☐ Sometimes
☐ Never true	☐ Resources provided
Within the last 12 months, the food we bought did not last and we did not have money to get more:	
☐ Often true	☐ Sometimes
☐ Never true	☐ Resources provided



Los Angeles County
Office of Education

Q1

Within the last 12 months, we worried about whether our food would run out before we had money to buy more.

Q2

Within the last 12 months, the food we bought did not last and we did not have money to get more.



Question 1

“Percentages reflect data entered in ChildPlus.
Some completed surveys were not entered.”



Question 2

“Percentages reflect data entered in ChildPlus.
Some completed surveys were not entered.”



Summary Insights

- A consistent portion of both HS and EHS families reported food insecurity over three years.
- 'Sometimes' responses increased in PY24/25 and PY25/26, especially for EHS.
- Early Head Start consistently reports higher percentages of food insecurity.
- Data for PY25/26 is complete as enrollment is still happening.
- Families are afraid to apply/reapply to CalFresh or go to food banks.





Thank you



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Systems-Leaders Panel: Working Toward Systems Change

Panelists

- **Paula Daniels**, *Executive Director, LA County Office of Food Systems*
- **Dipa Shah**, *Director, Nutrition & Physical Activity Program, LA County Department of Public Health*
- **Michael Flood**, *President and CEO, Los Angeles Regional Food Bank*
- **Susan Montalvo**, *Communications Director, Child Care Resource Center*
- **Shannon E. Whaley, PhD**, *Director of Research and Evaluation, PHFE WIC*



Nourishing Futures Convening: *Ensuring Food Security for Families & Caregivers of Young Children*

August 6, 2025
9:30AM – 2:30PM



COUNTY OF LOS ANGELES
PREVENTION &
PROMOTION SYSTEMS
GOVERNING COMMITTEE



CHILD CARE
ALLIANCE
LOS ANGELES



Tabletop Strategy Session

Advocacy

1. What are advocacy strategies and/or opportunities that can be implemented to address the issues raised by presenters and panelists?
2. Who (organization/person) can be a part of these efforts?

Meeting the Need on the Ground

1. What are strategies and/or opportunities to get food to hungry children and families now?
2. Who (organization/person) can be a part of these efforts?

Leveraging Existing Resources

1. What are strategies and/or opportunities to leverage, redirect, and/or better deploy existing resources to address issues raised by presenters and/or panelists?
2. Who (organization/person) can be a part of these efforts?

Empowering Communities

1. How can we build on and/or amplify innovative community strategies already being implemented?
2. Who (organization/person) can be a part of these efforts?



Reflections

Scan the QR Code below or visit menti.com and enter
1930 4555 to answer the reflection question below



What will you take away from today's meeting?

Thank You!



Scan the QR Code to access
additional meeting materials
resources

Questions? Feel free to reach out:

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