



Research Brief on SNAP Restrictions

As USDA continues to approve waivers restricting SNAP purchases, our latest research brief reviews what's known—and unknown—about the effects of restrictions on participant health and purchasing habits. With new USDA-approved state waivers taking place in 2026, we will need evidence on how these policies impact participants.

[Read the Brief](#)

HER Research and Policy Webinar Series

[Register Today!](#)

Amplifying Your Research Using Digital Platforms *October 23, 2025, 12:00-1:00 pm EST*

Join us for this conversation about how researchers can use digital platforms such as LinkedIn to share research, highlight professional accomplishments, and network with colleagues. This session will feature insightful presentations and a dynamic panel discussion. [Learn more and register here.](#)

[Recording Available](#)

Communicating Research for Impact

This webinar is designed to help public health researchers communicate their work to drive change. [Access the recording here.](#)



Latest Grantee Research

Food Insecurity-Related Stigma Among Adults in the United States

This review characterizes stigma associated with government and emergency food program use in the U.S., highlighting that stigma deters participation in assistance programs and the need to design strategies that reduce stigma and improve access for food-insecure adults. [Learn more.](#)

Resources to Improve Implementation of the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System

The Rudd Center developed a new guide containing training materials, resources, tips, and examples of practices to help food banks improve the implementation of the HER Nutrition Guidelines for the Charitable Food System. [Learn more.](#)

WIC Food Benefit Online Ordering and Redemptions in Oklahoma

This study examined how WIC online ordering in Oklahoma influenced benefit redemptions, finding that adopting online ordering was positively associated with benefit redemption rates among most food benefit categories. [Learn more.](#)

Families Navigate Safety Net Expansions and Retractions During the Pandemic

A California-based study of caregivers with low incomes found that while pandemic-era safety net expansions improved food and housing security, the expiration of benefits and persistent administrative barriers created significant stress and hindered access. [Learn more.](#)

Expanded 2021 Child Tax Credit Use Among Households in California

A study of primarily Latino and Black low-income families in California found that expanded Child Tax Credit (CTC) take-up rose significantly from 44% in 2019 to 79% in 2021, yet persistent disparities highlight the need for policy reforms to improve equitable access to anti-poverty tax supports like the CTC. [Learn more.](#)

Nutrition Assistance Program Participation and Demographics are Associated with Diet Quality and Weight

This study finds that child diet quality and weight status were associated with different social determinants of health, which included maternal weight status, race and ethnicity, and food assistance program participation, particularly WIC. [Learn more.](#)

Universal Free School Meal Policies and Participation in School Meal Programs

This study finds that Universal Free School Meal policies boosted student participation in school meal programs during and after the pandemic, highlighting the potential of such policies to reduce food insecurity and support child nutrition. [Learn more.](#)

Funding Opportunities

[RWJF Exploring Equitable Futures](#)

Deadline: October 15, 2025

The purpose of this call for proposals is to support projects that seed new and unconventional ideas that could radically advance health equity for generations to come.