



Food Insecurity Among College Students

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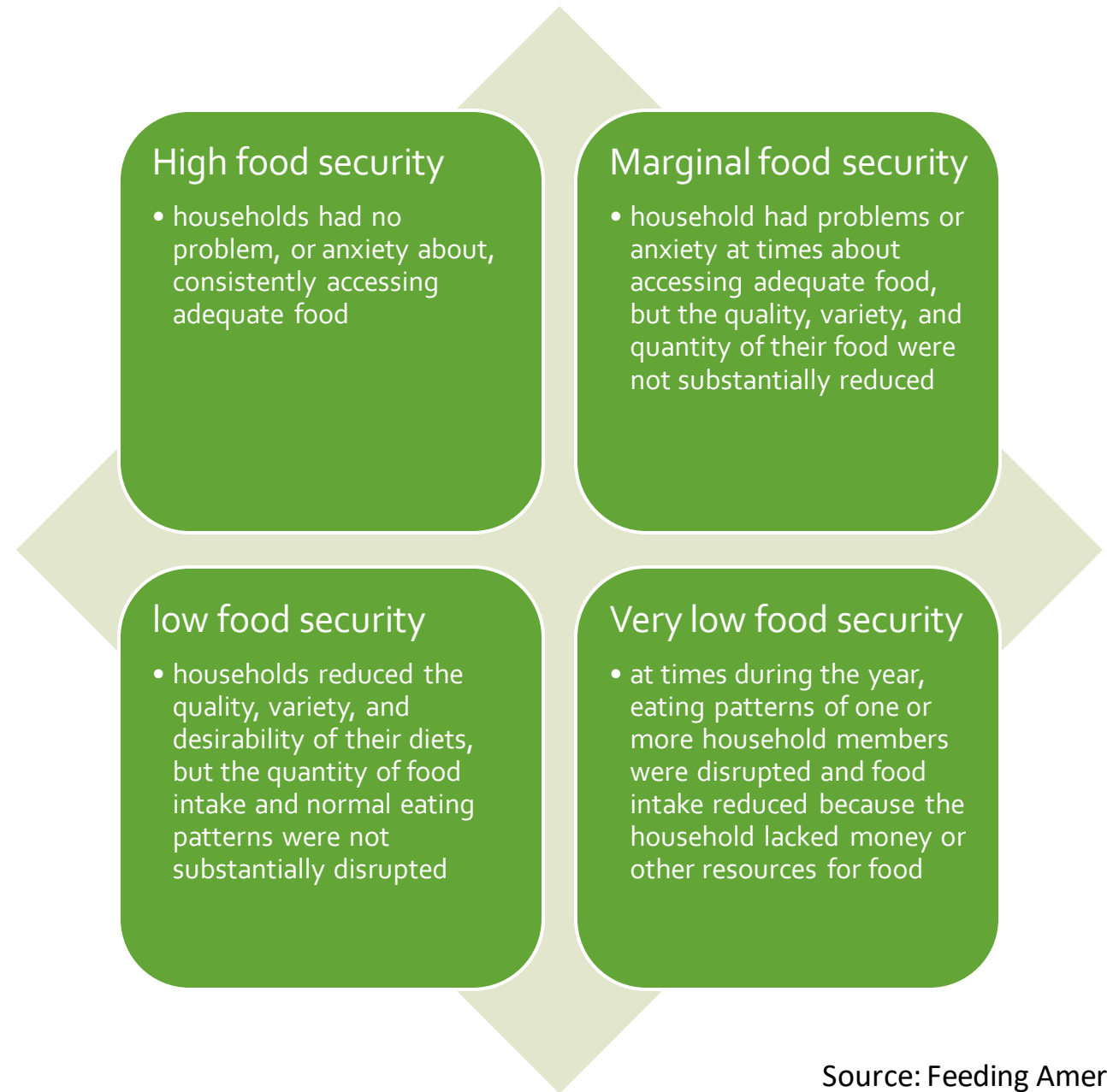
Learning Outcomes

University stakeholders will gain:

- Knowledge of food insecurity and the variety of forms
- The ability to open the conversation about food insecurity in a non judgemental approach
- Eliminate the stigma around food insecurity
- Understand the struggles and challenged students with food insecurity face

What is Food Insecurity

- Food insecurity is a spectrum where an individual does not have access to adequate nutrition or the means to obtain the necessary food.
- Food security doesn't mean having any kind of food, it must be food with substance
- Calories of poor nutrition = food insecure



Source: Feeding America

A Rise in Food Insecurity on Campus

Increased Enrollment

With having obtained a college degree becoming a larger standard for many job requirements, college enrollment numbers have continuously increased. Students feel as though they have no choice but to attend college in order to establish financial security for the future. This mentality led to many students putting more money towards educational purposes and putting basic needs, such as food, as a second resort (Henry, 2017)

Diversified Demographics

With more students entering college comes a more diverse population including first generation, low income, working, and non-traditional students. These populations are more largely considered at-risk populations for food insecurity due to their financial situations (Blumenthal & Chu, 2014).

Increased Costs

An increase in tuition, higher cost of living, and less state funding for universities has caused more students to be out of pocket for their education (Renehan, 2015). This issue has increased student debt and has made it even harder for students to make ends meet causing them to potentially skip meals from time to time.



In 2018, 35% of students attending a four-year university were food insecure.

(Goldrick-Rab et al., 2018)

The Effects of Food Insecurity

Students experiencing food insecurity show:



Academic Success

Reduction in GPA



Health Wellness

Poorer Mental Health



Behavior

Poorer eating and physical activity behaviors

Demographics

- Essentially the at-risk population is faceless, people usually remain silent. Food Insecurity affects a variety of demographics, leaving anyone to be at-risk for facing food insecurity.
- College students are 4x more likely to experience food insecurity vs. the average household
- Often associated with nontraditional students, first generation student, low income, working student , students of color, and international students.

Stigma behind Food Insecurity



Today, college students are living on ramen noodles, which leads to being stereotyped. However, most student are struggling to afford food.



Some students believe food insecurity is a "rite of passage" and will be okay.



Students do not want to be criticized by their peers about their food insecurity status



In 2015, 11.2% of students attending four-year colleges faced food insecurity; 13.5% of those in vocational schools faced it too.



Students under the age of 20 are less likely to face food insecurity, while those aged 30 or older were more likely to be hungry.



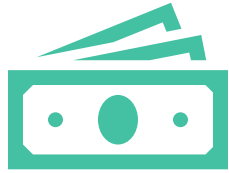
31% of households served by Feeding America must choose between food and education every year.



Approximately 58,000 students report that they are homeless on their FAFSA applications.

Lee, S. (2020, February 14). Food Insecurity in College: *Finding Support on Campus*.
<https://www.affordablecollegesonline.org/college-resource-center/college-food-insecurity-support/>

Possible Solutions/Challenges



University Aid

Emergency Grants

Book Grants / Scholarships

Loaning Laptops / Tablets

Challenges: Funding / Grant
Acceptance



Federal Programs

Expand the federal programs for
school lunches to students at the
collegiate level

Revisit guidelines for students
seeking federal food aid, and lower
work requirements



Campus Dining

Keep dining halls open and
accessible for food-insecure students
during breaks

Challenges: Financially Costly

Possible Solutions/Challenges

Possible Solutions/Challenges (cont.)

Food Pantries

- Challenges: Sustainability
- Reaching the students whom may be at-risk

Meal Donations

- Challenges: Getting enough donations
- Reaching the students whom may be at-risk

Grocery Store / Food Gift Cards

- Incentives for Student Activity Events, etc.
- Challenges: Reaching the students whom may be at-risk

Food and Financial Literacy Programs

- Challenges: Reaching the students whom may be at-risk



SNAP, the Supplemental Nutrition Assistance Program

Having a program that educate students on applying for SNAP

- Challenges: you must be at least 18 years old, enrolled full-time or part-time, and hold a job or work a certain number of hours per week.



Increase Financial Aid

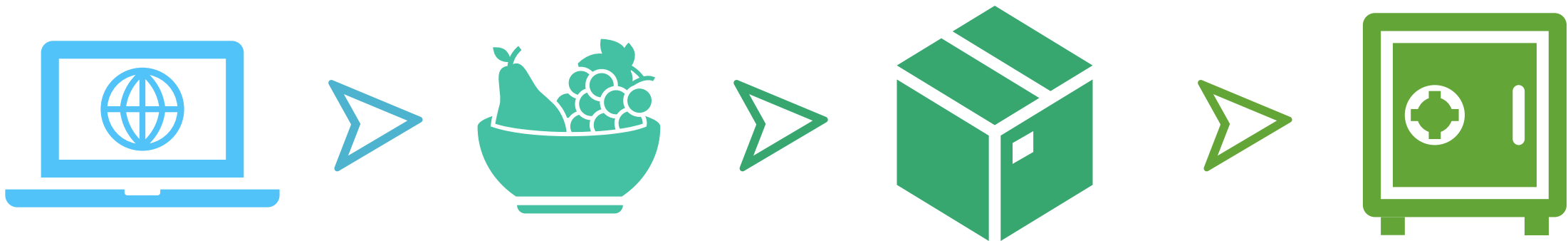
Increasing the maximum dollar amount of Pell grants to cover the true cost of attending college, including food.

Increase grants and scholarships to cover meal plans.

Possible Solutions / Challenges (cont.)

“The Click List” With E-Lockers

A program created to combat food insecurity and stigma on campus with \$3,000 budget.



Program-Objectives



HELP COMBAT STIGMA BEHIND FOOD INSECURITY. HELP STUDENTS WHO ARE LESS LIKELY TO GO TO FOOD PANTRIES IN FEAR OF BEING RECOGNIZED BY THEIR PEERS.



PROVIDE ACCESS TO FOOD FOR STUDENTS IN NEED ON CAMPUS AND THEIR FAMILIES

Click List Overview

Website

-Students will be able to use a university website to see how much food is in stock, order food, and set a pickup time.

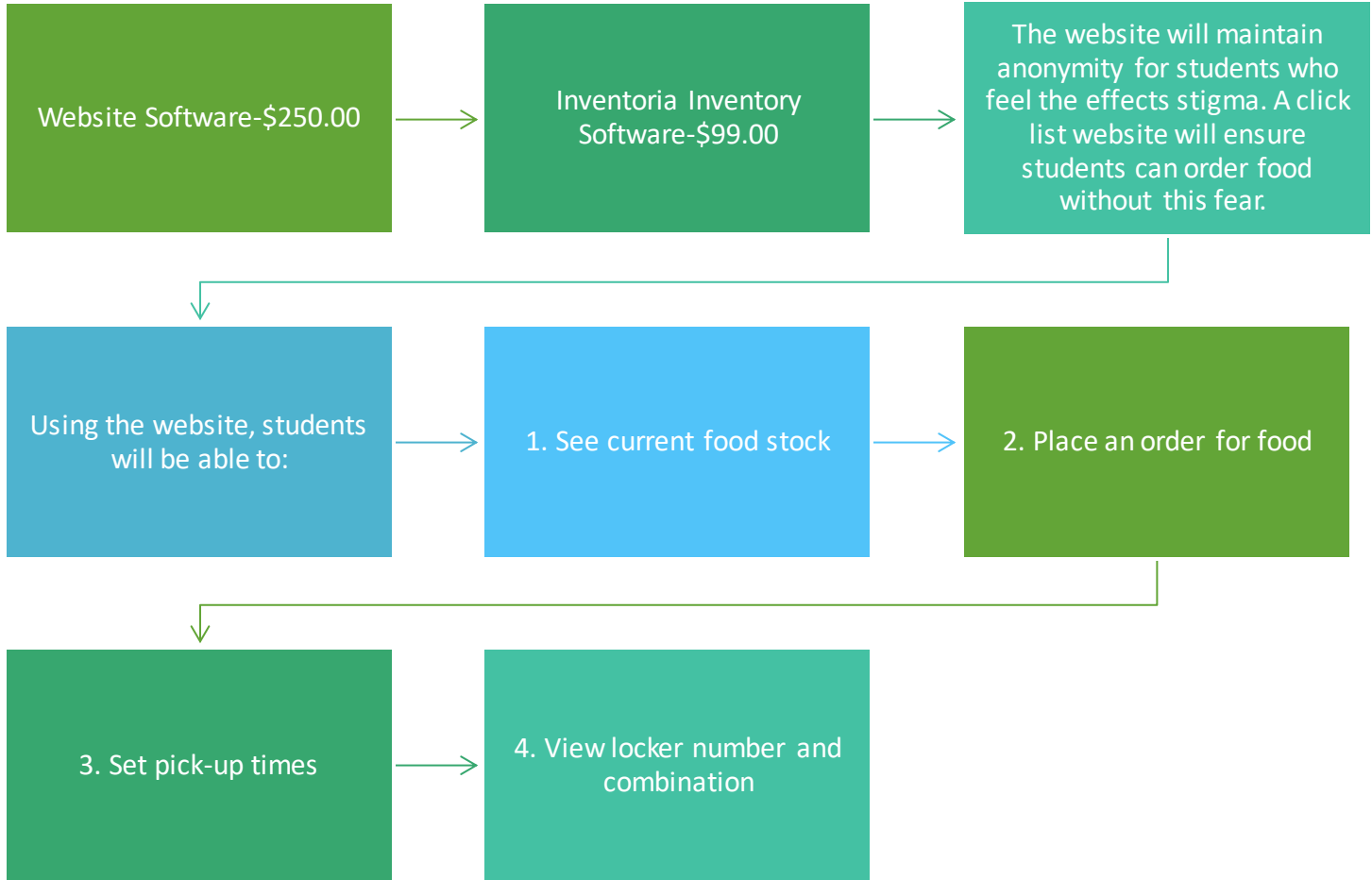
Lockers

-Food will be delivered to electric lockers. Students will have a thirty-minute window to pick up their food.

Programs

-The university will create various food drive programs to help ensure there is always food in stock.





Click List Website

Lockers

Four Electronic Locker System-\$2,000.00

- We will use e-lockers to store ordered food awaiting pickup. University workers will check order, collect the food in storage, then place food in the lockers. Students will use the locker combination they received from their order to pick up the food from the locker. Afterwards, the locker password will reset, ensuring only those who have placed the order can pick up the food.
- Workers will be trained not to go to the locker if there are students picking up food.



Program Partnerships

Various departments in the university will put on their own programs to help raise food for the pantry. Some examples are:

Athletics: Food donation for free tickets or free drink/food.

Residential life: Food drive hall competition.

Campus Life: Food donation raffle.

Facilities: Canned chili drive

Operations

The workforce will be student volunteers. They will pick up, scan, organize, and deliver food. Food will be stored in student activities center/office. The Dean of Student Activities will oversee operations.

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