



Fontville College: A Case Study

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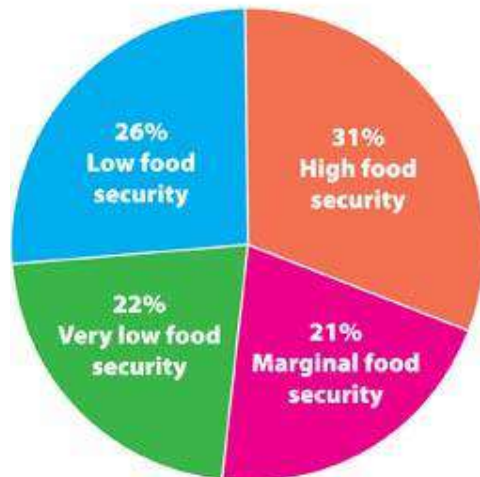
*Food Insecurity on College
Campuses*

Fontville College Demographics

- **Location:** Chicago, Illinois (South Loop neighborhood)
- Predominately White Institution (PWI)
- Mid-sized, Urban Institution
- **Size:** 12, 000 students
- Mascot: Freddy the Fox



Hunger on College Campuses



*Low food security: food intake is reduced and normal eating patterns are disrupted due to lack of money for food.

44 percent of students cut the size of their meals or skipped meals because there wasn't enough money for food.

15 percent of students lost weight because there wasn't enough money for food.

20 percent of students did not eat for a whole day because there wasn't enough money for food.

Source: National Student Campaign Against Hunger and Homelessness

What is Food Insecurity?

- Food Insecurity – 2 types:
 - **Low Food Security:** Lack of a balanced diet, food intake not affected
 - **Very Low Food Security:** Interruption in eating habits, food intake is negatively affected

Differences between Food Insecurity & Hunger:

- Food insecurity involves a lack of access/anxiety around finding wholesome food
- Hunger is physiological and can be the result of food insecurity

Food Insecurity is a major problem for college students:

- Food insecurity is higher for LGBTQIA+, American Indian, Alaskan Native, & Black students
- This issue affects students who are financially disadvantaged
- While food pantries are useful, they cannot fully assist in this issue

<https://www.aacu.org/aacu-news/newsletter/majority-college-students-experience-food-insecurity-housing-insecurity-or>

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>

Campus Food Insecurity Impact - Example

Table 1: USDA Household Food Security Module Responses

Question	Response	Meal Plan User %	No Meal Plan %
2. What is the best answer to the following statement? "At any time during the semester as a student at TAMU, I could not afford to eat balanced meals"	Often True	25	23
	Sometimes True	34	36
	Never True	40	41
	Do Not Know	1	1
3. At any time during the semester at TAMU did you cut the size of your meals or skip meals because there was not enough money for food?	Yes	60	58
	No	40	42
	Do Not Know	0	0
4. How often did this happen?	Once a Month	22	19
	Some Months	11	16
	1 or 2 Times in Semester	25	19
	Do Not Know	3	4
	This Did Not Happen	40	42

From Calvez, Miller, Thomas, Vazquez, and Walenta (2016)

What is the actual impact of food insecurity on students?

- According to a 2016 study conducted at Texas A&M University, over half of students reported that at some points during the previous semester, they were unable to afford to eat balanced meals.
- Similarly, over half of students reported that they had skipped meals because they did not have enough money to purchase food
- Having low access to quality food has negative impacts on student health, including health concerns, decreased energy, and hindered performance (Sogari, Velez-Argumedo, Gómez, & Mora, 2018).

What does food insecurity look like on college campuses?

- College Administrators aren't always familiar with food insecurity: education is necessary
- Universities may have meal plans that aren't affordable for low-income students – can lead to food insecurity
- Food pantries can be helpful however the choice of food isn't always healthy
- Some campus food pantries may provide healthier options depending on budget
- College students may set strict food budgets and may have to miss meals if they're low on money
- Food insecurity is prevalent at all types of universities: public, private, community and 4-year institutions
- Two types: Episodic and Chronic
- **Episodic:** Dealing with food insecurity during school breaks (I.e. Spring Break, Winter Break, Thanksgiving)
- **Chronic:** On a student's mind as part of their daily routine

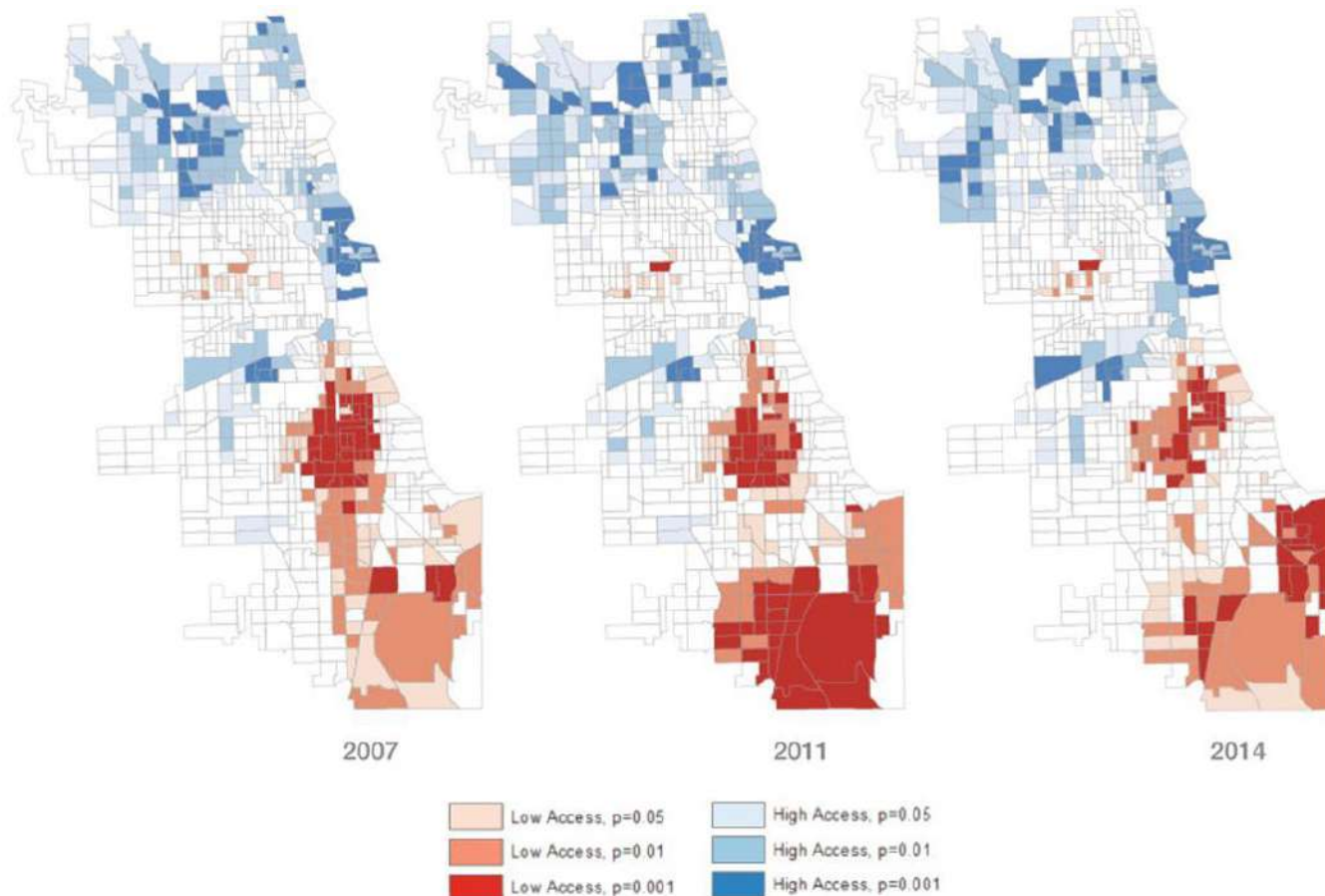
How does food insecurity affect students? - Anna

- Can negatively impact academic performance (Dubick, Matthews, & Cady, 2016)
 - Students may skip class or drop courses due to food insecurity
- Varies from 12% - 59% of students in a variety of states and colleges
- Food insecurity has a negative impact on students' mental health & well-being
- Students feel too insecure to reach out to educators and professionals, may feel embarrassed
- College is the primary place where students try to locate resources related to food insecurity
- Budgeting can be tough: students might not be able to afford other necessary items for college (I.e. textbooks)

Gentrification

- What is it?
 - The process by which universities move into, renovate, and restore housing and surrounding locations formerly impoverished areas.
- What is its impact?
 - Increases middle-income individuals and families often results in an overall decline in racial minorities
 - Household sizes decrease as low-income families are often pushed out
 - Rising prices forces out the remaining population of lower income people and more middle and upper-income people are attracted, perpetuating the cycle of gentrification.
- Benefits:
 - Benefits of gentrification impact the incoming population. These benefits included: owning homes, increase stability for local area, increase demand for housing, and positive business impact.
- Theory:
 - "The rent-gap theory itself describes the inequality between the price of land at its current use and the potential price a piece of land could attain under a higher and better use" (Smith).

Food Desert Progression in Chicago



Map from: <https://news.uchicago.edu/story/food-deserts-dont-benefit-more-supermarkets-chicago-study-finds>

What is a food desert?

- According to the USDA, a food desert is referred to as “urban neighborhoods and rural towns without ready access to fresh, healthy, and affordable food” (USDA, 2015).
- This not limited to simply a lack of grocery stores. Accessible stores may sell food (such as chips or instant noodles), but may not have food that is nutritious (such as vegetables and meat).
- Between 2007 and 2014, the access to healthy food in the south side of Chicago has remained disproportionately low—limiting our students' access to proper nutrition.

<https://www.ers.usda.gov/data-products/food-access-research-atlas/documentation/>



Existing Supplemental Programs

SNAP & WIC

SNAP

- What is it?
 - Supplemental Nutrition Assistance Program
 - "SNAP which was formerly known as food stamps, is the program where people get assistance to buy basic needs like groceries. These benefits are calculated based on things such as income and the number of dependents you have" (Govt Benefits).
- Eligibility Requirements
 - Requirements are based on income and how many people are depend on the applicate for their support
 - One-person household income less than \$1,200 a month, and two-person household income less than \$1,800 of a month quality in most states for the program.
 - Single able-bodied applicants can collect 3 months out of every three years
 - People on the program must be actively seeking employment
- How to apply?
 - Applications can be found at state's office that is called social services or food stamps.
 - There are options to apply over the phone, website, and through the mail.
- How does SNAP work?
 - SNAP allows you to buy household food such as bread, cereal, meats, fruit, and vegetables. You are not able to buy items such as alcohol or cigarettes, supplies, pet foods, or food from a restaurant.
- What is EBT?
 - Electronic Benefits Transfer (EBT)
 - This card allows you to make purchases., it works like a debit card, and works everywhere EBT is accepted.
- Impact:
 - SNAPS can be a life saver for low income families and those in difficulty situations.

WIC

- What is it?
 - Woman, Infant, and Children
 - WIC is special supplemental program for women, infants, and children having low household income and facing nutrition risk, as determined by a qualified health professional.
- Eligibility Requirements
 - Must be at least one of the following: a pregnant women, a postpartum woman, a breastfeeding woman, an infant under the age of 1 year, or a child under the age of 5 years
 - Must meet income guidelines provided by state
 - Be on nutrition guidelines risk as determined by a qualified health professionals
- How to apply?
 - An applicant must contact their state or local agency to set up an appointment to apply.
- Benefits:
 - Supplemental nutritious foods
 - Nutrition education and counseling at WIC clinics
 - Screening and referrals to other health, welfare and social services
- Impact:
 - The program ensures that residents of Illinois eat healthy meals and consume all the necessary nutrients during important development and growth phase. Program provides its benefits to pregnant, postpartum, and breastfeeding women so that they can stay strong and help their children. Infants receive benefits during their first year while children receive these benefits for up to five years



Maslow's Hierarchy of Needs

- Physiological: Students who feel insecure about finding/affording food won't be able to have their other needs met.
- Safety: Students may feel unsafe if they lack resources related to food insecurity/employment if they're from a lower SES background.
- Love and belonging: Students may feel insecure talking with a potential partner about their food insecurity.
- Esteem: Students are likely to have a lower self-esteem and not be able to focus on growth if they're dealing with food insecurity.
- Self-actualization: Students won't be able to reach their full potential if they're dealing with food insecurity, their physiological needs must come first.

Conclusion

- Food insecurity is an important problem for educators and administrators to further examine
- Food insecurity negatively impacts students socially, academically, and personally
- Education efforts cross-campus is essential for making strides to solve this larger issue
- Can be episodic or chronic depending on the students' circumstances
- Gentrification has caused low income families to be unable to afford the area they live. They are often forced out of their homes because they cannot afford the cost of living
- Food deserts systematically limit accessibility to food in a given area-both urban and rural
- Chicago's north side and south side have consistently stayed disproportionate, leaving the south side underserved
- Federal resources such as SNAP and WIC exist to help support low income individuals



*Fontville College:
Stage One*

Meal Swipe Donation Day

- **Concept:** Students with meal plans will be able to donate a meal swipe to students in need.
- **When:** One day per semester will be recognized as meal swipe donation day
- **Where:** Meal swipes will be collected in dining hall, housing and dining office, and other recognized donation locations on campus. Cash and card donations valued at the price of a meal swipe will also be accepted.
- **Marketing:** Meal swipe donation day will be marketed via email, flyers, and announcements on tv's and the FC app.
- **Impact:** Students in need will fill out an application via the housing and dining office website. If a student meets the requirements for a donation, the housing and dining office will virtually be uploaded donated meal swipes to ID cards.
- **Cost:** Time from current paid employees and already provided resources

Food Pantry

- Opportunity for cross-campus collaboration with Campus Ministry & Volunteer Office & Student Government
 - Campus Ministry: Provides a wide-reach to various students
 - Volunteer: Finding Fontville College students who would be willing to help run a food pantry
 - Help to establish a Food Pantry committee with our office (at least 5 people)
- Partner with community food banks: Able to search online/speak with in-person
 - Determine Process for becoming a non-profit: Need sponsorship
 - Volunteer: Finding Fontville College students who would be willing to help run a food pantry
 - Provide pre-packaged food to start, add fresh produce if budget increases
 - Providing a location that is private to avoid students feeling self-conscious
 - Work with administration and determine logistics and liability concerns before starting
- Cost: \$1,000

Proposed Meal Plan Options

- Concept
 - The idea is to set up a meal plan adjustment to help feed both our students and our donated meal swipe program
 - Residents with a meal plan can choose the amount of meal swipes (one swipe per meal) and Café Credits (akin to a dollar system to purchase separate, individual food items or as a substitute for a meal swipe) they would use to purchase food
 - Excess, unused meal swipes would be rolled into a donation pool—if a resident had a 12 meal/15 credit plan and used 10 meals that week, the leftover 2 meals would be put into the donated swipe pool
 - Types of meal plans offered:
 - 12 meal swipes, 15 Café Credits per week
 - 10 meal swipes, 45 Café Credits per week
 - 0 meal swipes, 100 Café Credits per week
 - Ideally, this will help residents find the most cost-effective plan for them as well as provide assistance to those in need

Shuttle Stop

- Concept: Add an additional stop to the shuttle services that gives students access to everyday needs such as groceries and toiletries.
- When: A stop will be added to a traditional shuttle route that runs continuously throughout the day.
- Where: Students will be picked up from an on campus pick up station and dropped off at a store comparable to Walmart.
- Marketing: The new shuttle stop will be advertised through via email, flyers, and announcements on tv's and the FC shuttle app.
- Impact: Students will have access to transportation that can bring them to needed locations
- Cost: \$2,000 initial with shifting the additional cost to a minimal student fee increase



Fontville College: Stage Two

(Future Propositions, not associated with Stage One Budget)

Affordable On Campus Grocery Store

Five Year Plan

- Concept: Students will be able to complete necessary purchase of groceries and toiletries on campus.
- Five Year Plan:
 - Assets a location for the grocery store on campus
 - Contract renovation plans without side contractors to complete renovations and stock the store
 - Locate store workers
 - Assign an opening day
 - Advertise opening of the store
- Where: On campus accessible locations
- Impact: Students will be able to shop for needs on campus at an affordable price. Meal plan adjustments will allow for purchases to be completed at the on-campus grocery store
- Cost: \$10,000 donations will be collected to cover cost



*Fontville College:
Stage Three
(Future Goals to Strive for)*

Sustainability Garden: A New Collaboration

- Today, environmental consciousness, sustainability, and urban gardens are becoming increasingly important
- Not only do we expect urban gardens provide greenspace in urban areas, we also believe they would promote community bonding, civic engagement, and a sense of pride within the campus
- The concept behind this garden is to incorporate our housing and dining systems with the community need by introducing a new Sustainability Living Learning Community. This LLC will have access to a small greenhouse, several apple trees, and several small garden plots to cultivate and harvest throughout the year
- This LLC's function is to promote sustainability efforts across campus—starting with a collaboration between the dining halls and housing to collect excess food waste to compost during the academic year for the gardens
- During the summer term, this LLC will serve as a summer camp for adolescents to learn sustainable practices, promote sustainability efforts, and empower the youth of tomorrow to strive for changes in the accessibility and feasibility of growing fresh, nutritious produce



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