



2020 Virtual Case Study: Food Insecurity on College Campuses

TEAM LEADER: JENA SELF

TEAM MEMBERS: JENA SELF, BLAIR CANEDY,
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INSTITUTION: ILLINOIS STATE UNIVERSITY

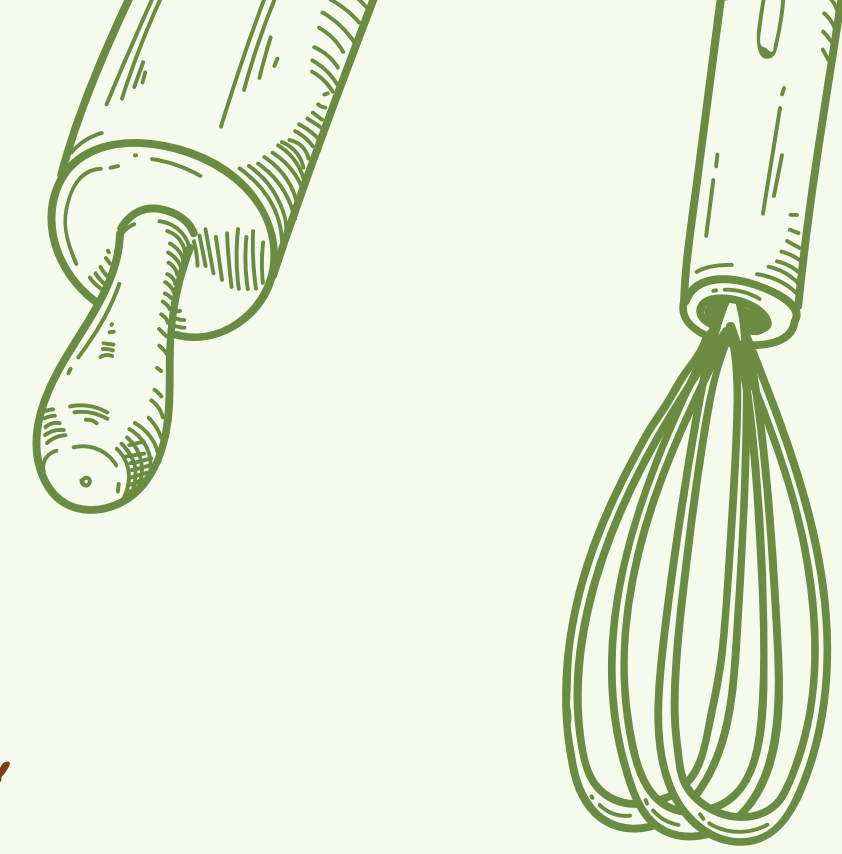




Jenna Self

She / Her

Director of Dining Services



Janae Brown

She / Her

Director of Student Activities



Blair Coney

She / Her

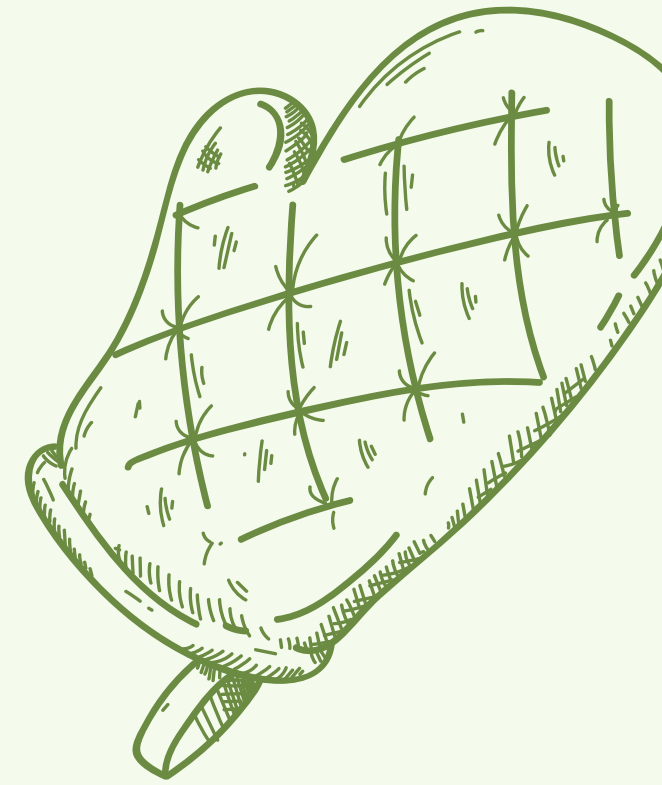
Director of Mental Health Services

Kasie Thompson

She / Her

Director of Housing

Learning Outcomes



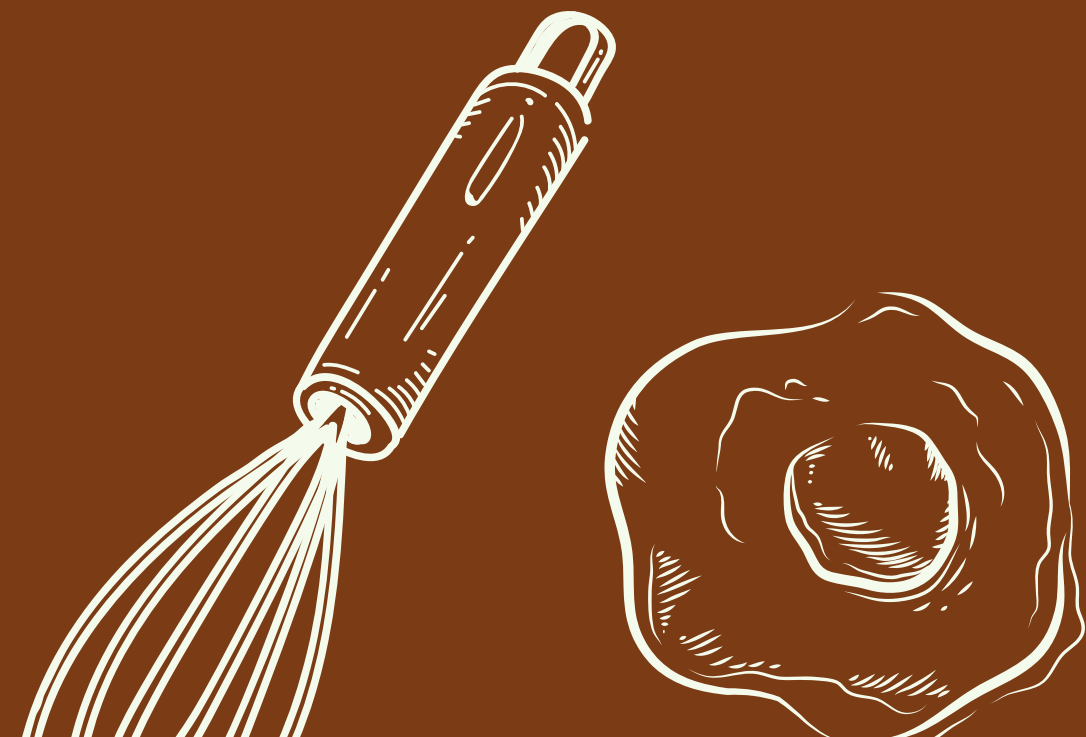
- To have a better understanding what food insecurity is on college campuses
- Gain an understanding of who is affected by food insecurity in our local community and nationally
- Learn about how food insecurity affects the mental health of college students
- Build your toolkit of knowledge on campus and community resources that support students affected by food insecurity.
- Call to Action: What you can do to make a positive impact in our community



Fontville: Based off Navarro College

- Two-year accredited state-supported community college
- Enrollment: 2,385
- Median household income in the surrounding area is \$45,103
- Navarro student demographics (page 17) Corsicana (our “campus”) 41.9% white, 27.6% black, 21.5% hispanic
- Residence Life demo: 58% black, 24% white, 8% hispanic (p. 18)

Two or More Races	4.1%
White	41.9%
Black	27.6%
Hispanic	21.5%
Asian	0.7%
Indian	0.5%
International	1.9%
Pacific Islander	0.6%
Unknown	1.3%



What is food Insecurity?



- Food security, according to Barrett (2010), is “a situation that exists 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.”
- According to the US Department of Agriculture (USDA) Economic Research Services (2019), food insecurity is “a household-level economic and social condition of limited or uncertain access to adequate food.”
- Food insecurity can be experienced through the following ways (National Research Council, 2006):
 1. Uncertainty about future food availability and access
 2. Insufficiency in the amount and kind of food required for a healthy lifestyle
 3. The need to use socially unacceptable ways to acquire food

Food Insecurity Nationally

- 11.1 percent (14.3 million) of U.S. households were food insecure at some time during 2018 (US Department of Agriculture, Economic Research Services, 2019)
- Populations most likely to be affected (Coleman Jensen et al, 2012)
 - Single-female households with children (36.8%)
 - Black and Hispanic American households (25.1% and 26.2%)
 - Low-income households with income under 185% of the federal poverty guidelines (34.5%)



Food Insecurity on College Campuses

A new survey from the Hope Center for College, Community, and Justice (Deadman, 2019) found Rates of food insecurity were higher at two-year institutions, where 28 percent of students had very low food security and 19 percent experienced low food security (compared with 24 and 18 percent, respectively, at four-year institutions).

Food Insecurity Locally

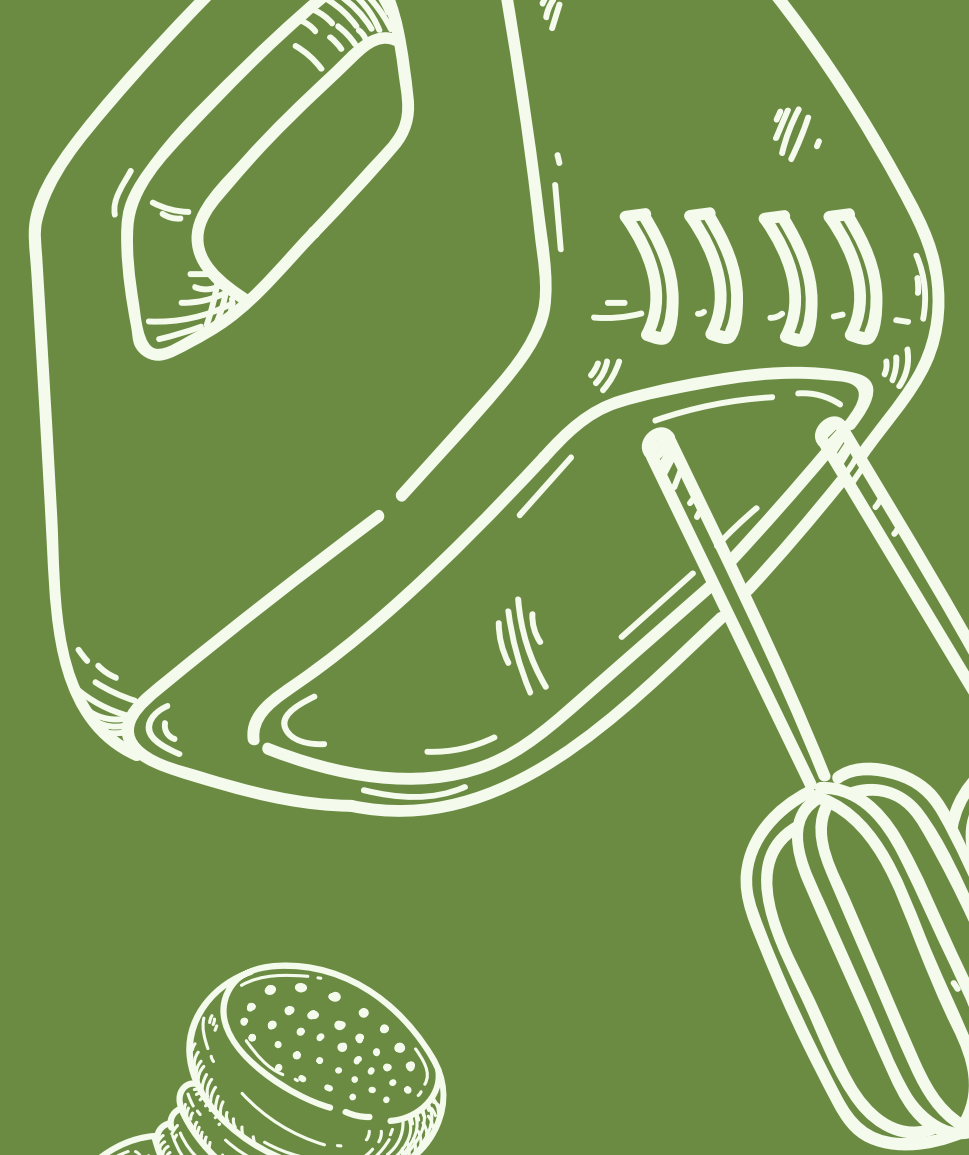


- Texas food insecurity higher than national average
 - 20 percent of Texans are food insecure
 - 38 percent of food-insecure Texans were above the poverty line and therefore ineligible for federal nutrition programs like SNAP (Supplemental Nutrition Assistance Program) (Heinz, 2013)
- Navarro County: 17.1 percent food insecurity

Mental Health

FOOD INSECURITY HAS BEEN TESTED TO SEE THE MENTAL EFFECTS IT HAS ON THOSE WHO EXPERIENCE IT. STUDIES HAVE FOUND THAT FOOD INSECURITY AFFECTS A PERSON BY:

- Causes high stress
 - Contributes to anxiety and depression about how and when a person will get food (Elsevier Health Sciences, 2017)
- Changes the way we think about food and how a person can acquire food (Leung, 2019)
 - Can make a person feel isolated from one's own community
 - Feelings of guilt and shame of being food insecure, food acquiring methods, or federal food programs
 - Angry and frustrated about their situation



Dining Services

HOW CURRENT DINING PLANS ARE HELPING/HURTING STUDENTS ON CAMPUS AND WHY IS THERE FOOD INSECURITY IF A STUDENT HAS A MEAL PLAN?

- Dining is under “Support Services”
<http://www.navarrocollege.edu/support-services/dining-services/>
- Those living in Residence Halls are required to have a meal plan. The current room and board price includes a plan with 18 meals per week (5 breakfasts, 5 lunches, 5 dinners, and 3 weekend meals).
- Students can elect to change this plan to a 15-meal plan (1 breakfast, 1 lunch, and 1 dinner per weekday) by emailing dining@navarrocollege.edu by the Friday of the second class week each semester.
- Although meal plans are required, this does not always mean that students have access to nutritionally valuable and sustainable meals.



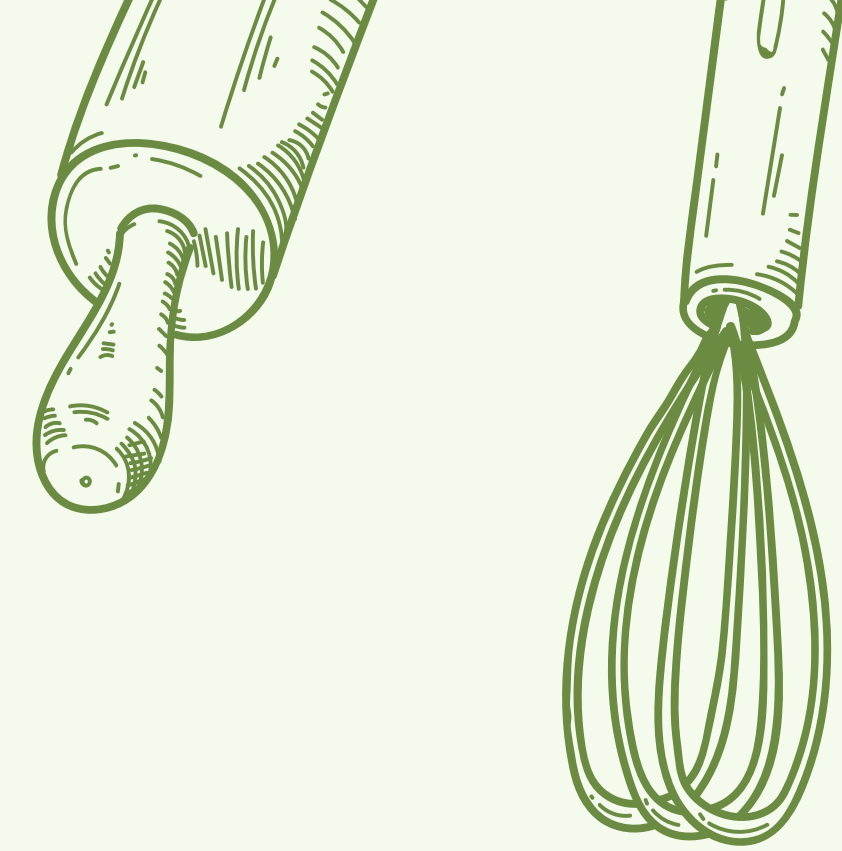


How you can help if you are not affected by food insecurity?



- Donate a meal at Today's Cafe when you visit!
- Volunteer at a local food pantry, bank, or shelter
- Support and donate to organizations that are fighting food insecurity like Feeding America, Feed My Starving Children, or local food banks/pantries in your community
- Host a food drive, collecting non-perishable foods for a local organization
- Contact your local and state officials and voice your support in addressing food insecurity

TRANSITION SLIDE
BETWEEN PRESENTATIONS





A PROPOSAL FOR A BETTER CAMPUS

Today's Cafe: Let's Eat

Fontville's plan to help students
who are facing food insecurity

We have determined two programs for our campus:

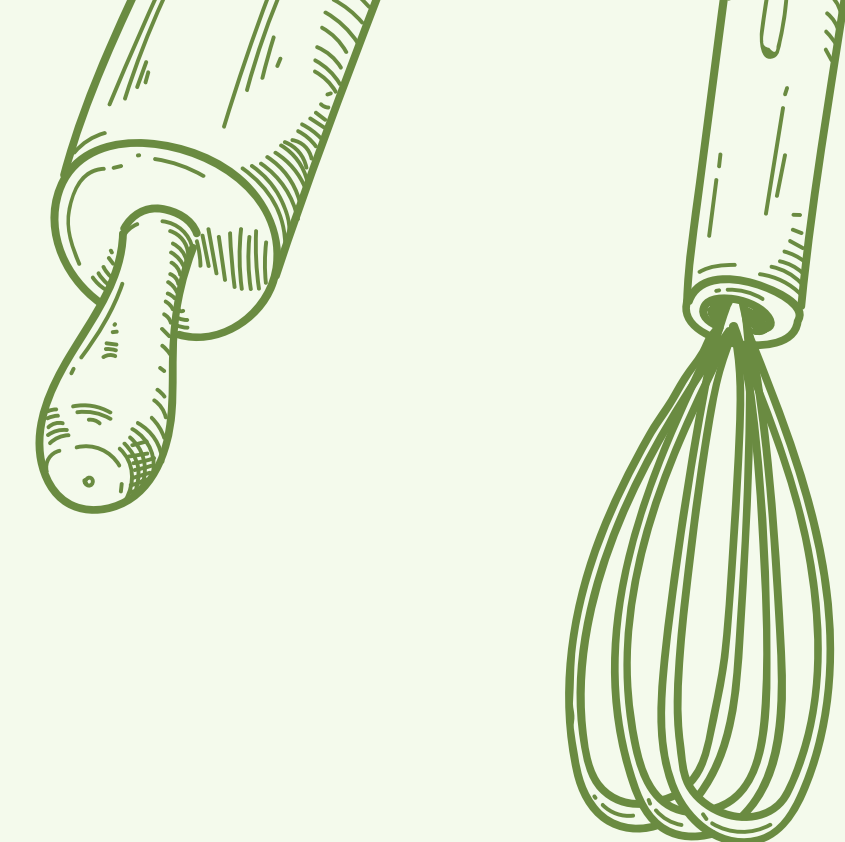
TODAY'S CAFE: LETTUCE EAT

A HEALTHY, POP-UP CAFE THAT IS FUELED BY VOLUNTEERS, FOOD GLEAMING, AND DONATIONS

FOOD INSECURITY AWARENESS WEEK

A WEEK FILLED WITH EDUCATIONAL PROGRAMMING FOR STUDENTS TO GAIN AN UNDERSTANDING OF WHAT THEY OR THEIR PEERS MAY BE FACING.





Today's Cafe

Lettuce Eat!

WHAT?

Fueled by student and faculty volunteers, will provide sustainable food for the Fontville community at a pop-up style cafe. Will be housed centrally on campus in an academic building.

TELL ME MORE!

Pay what you can Tuesdays & Thursdays
11:00 a.m. - 3:00 p.m.

Food Insecurity Awareness Week

MONDAY

Food Security Game Programing

TUESDAY

How much do we throw away? program during lunch hours in main cafeteria

WEDNESDAY

Speaker: Anthony Abraham Jack
"Food Insecurity for College Students"

THURSDAY

FUEL (Student Organization) Tabling & Educational Day

FRIDAY

Soft Opening of *Today's Cafe: Lettuce Eat*





MONDAY'S FOOD SECURITY GAME PROGRAMING

Based off of a Peace Corps program, visit directions using QR code below. The objective of this program is to teach basic foundational information on food security to students in a short 20 minute activity with a 20 minute discussion afterwards.



TUESDAY'S HOW MUCH DO WE THROW AWAY LUNCH PROGRAM

Ask the student volunteer organizations to help us with this event. Collect leftover food from lunch in a bin (Clear or clear trash bags if possible). Photograph it, and share it on social media along with hunger statistics. Will help people recognize that there is a problem in how we dispose of so much food yet leave so many hungry.

WEDNESDAY'S SPEAKER

Speaker: Anthony Abraham Jack is a professor at Harvard and will do a speech on "Food Insecurity for College Students" for today. Find his Twitter and a New York Times article on him using the QR codes below.

Twitter:

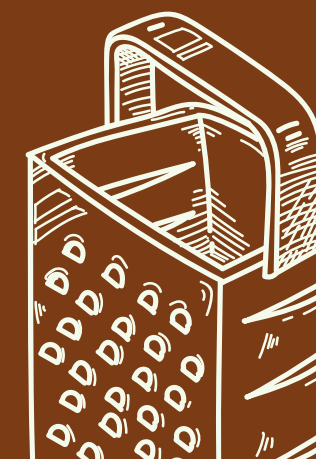


NYTIMES:



THURSDAY'S FUEL TABLING

Table during lunch to advertise FUEL and educate students on the organization and it's mission. Allow students to sign up to join the organization and volunteer with them at the Today's Cafe.

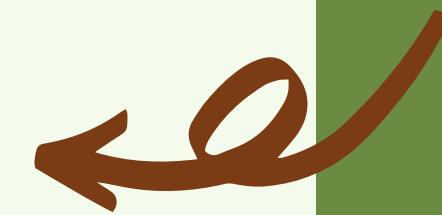


Awareness Week Programming and Events

Posters will be displayed across campus as well as a slide on campus TV screens



The poster/slide



MONDAY, MARCH 2ND

Event created by
Jasmin Jafar
Created by the
Food Crisis
Biting, 11:30
7pm

TUESDAY, MARCH 3RD

Event by the
We Food Justice
Left Justice
Dining Hall
Dinner to track
how much we
think we eat
community

WEDNESDAY, MARCH 4TH

Speaker
Andrew
Merkam, UIC
12:00-1:00pm
1:15-2:00pm

THURSDAY, MARCH 5TH

Speaker
E. J. Little from
Farm to Food
Health Fair
12:00-1:00pm
sign up for the
organizing

FRIDAY, MARCH 6TH

Event by the
Food Justice
Left Justice
Dining Hall
12:00-1:00pm
1:15-2:00pm





To-Do List



Awareness Week Volunteers

Ask student leaders to volunteer for Awareness Week three weeks in advance



FUEL Students

Signing up volunteers for the pop-up & Starting the student organization



Today's Cafe Equipment

Collecting equipment donations and purchasing of equipment



Calendar

Securing locations for awareness week and pop-up cafe



Food Gleaning & Donations!

Working with local butchers/farmers/etc.



Donation Centers

Set up donation centers to keep growing the program



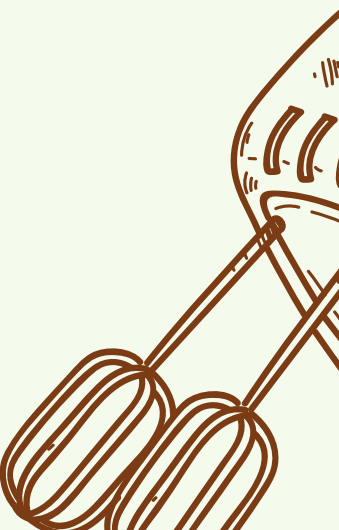
Menu

Set suggested prices & create menu



Cafe Training

Train volunteers on food safety the week prior to the cafe's opening day



FOOD GLEANING:

The Gleaning Network of Texas is a nonprofit, grassroots organization whose goal is to use our state's existing surplus fresh produce resources to help alleviate hunger and improve nutrition for food-insecure Texans.

The Network brings together growers, volunteers, and service agencies to provide food for the hungry from fruits and vegetables left in the field after the harvest and other unutilized supplies.

Where are we getting the food?

DONATIONS:

Food donations from local food banks and non-profit organizations

Monetary donations to purchase food

Budget

Total Set Up
Cost: \$578.89

Item	\$	Quantity	Purchase From	Shipping
Panini Press	13.99	2	Amazon	Free
Pour Over Coffee / Tea Appliance	8.99	10	cleanitsupply.com	85.06
Compostable Food Container	79.57	2	Home Depot	In-Store
15ft Extension Cord	9.97	1	Squareup.com	Free
Square Terminal for Payment	299	1	Squareup.com	Free
Square Terminal Printer Paper	20	1	Amazon	Free
Coleman Portable Cooler	39.95	1	Student Activities	None
Table	0	1	Amazon	Free
6ft Black Table Cloth	12.99	2	Amazon	Free
Squeeze Condiment Bottles	9.37	2	Amazon	Free

Student Activities

Lead the creation of & be advisor for
Student Organization

FUEL: Feeding Us and Educating Leaders

The volunteer based student organization that will help build and run Today's Cafe. "Feeding Us" because it is inclusive. We are not separating the unfed from the fed. This shows that we all must eat and we are doing it together. "Educating Leaders" because we are educating the leaders on the campus regarding food insecurity on our campus and around the world. We will teach our student leaders to learn and educate others on the issue as well as learn how to do their part in ending hunger.



Mental Health Services

Providing the necessary support for all students

- Include a question asking students, during intake, about food consumption and how they get their food/how often
- If the counselors/anyone in the office feels the need, they can refer students to the cafe or other food pantries in the area
- Have a counselor at all educational presentations regarding food insecurity, in case students need someone to talk to about this issue
- Have educational handouts available, with the Cafe's hours, at the front desk

Housing

Marketing Strategy and Residential Curriculum

- Incorporate social issue awareness in residential curriculum
 - How to ask for help when you need it
 - How to recognize when you have the ability to help others and know what role you can play in that help (examples: when volunteering or donating is better for you)
 - Teaching RAs how to recognize when a resident is struggling with food insecurity and how to have conversations surrounding food insecurity
- RAs and Hall Directors would do this through programming
- Housing simulations/educational programming:
 - Applying for benefits / grocery shopping / etc simulation programming






Dining

How we will be able to serve food on campus

Dining prepares fresh, delicious, and healthy meal options that are always conveniently available for students, faculty, and staff.

We feel that as an integral part of a student's collegiate experience, dining should be affordable, nutritious, and provide a wide variety of dining options to meet the needs of all.



Our role in bringing food insecurity awareness to our college campus is to promote Today's Cafe: Lettuce Eat and to provide students with an opportunity to support their fellow classmates through speaking out about ways they can help. With our partnership expertise, we can provide Lettuce Eat with culinary guidance and assist in the food gleaning and operational needs of the pop-up cafe such as training volunteers.

Thank you!

PLEASE CONTACT US WITH ANY QUESTIONS:

JMGARR1@ILSTU.EDU

StudentAffairs.com 2020 Virtual Case Study:

Narrative Supplementation

Jena Self, Blair Canedy, Kasie Thompson, Janae Brown

Illinois State University

StudentAffairs.com 2020 Virtual Case Study

The purpose of this brief paper is to explain the thought process behind our decision to create a pop-up café and food insecurity awareness week at a community college in Texas. Our findings were based on research from various institutions of higher education as well as academic journals. The case study provided to us helped us determine what we did NOT want to create for our community. Thinking outside of the box and creatively using our resources was helpful in creating our program and finding ways to educate the community on the issue at hand.

While food insecurity is not a new topic on college campuses, our team decided to focus our project on a community college. This allowed us to collaborate more as the case study mentioned that the key players were also meeting on a regular basis. Jena Self took the role of the Director of Dining, Janae Brown took on the role of the Coordinator of Student Activities, Kasie Thompson took on the role as the Director of Residence Life, and Blair Canedy played the role of the Director of the campus Mental Health Resource Center. In community college settings, we felt that students might be attending such an institution for various reasons, but that food insecurity might also be prevalent in these spaces.

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Food insecurity does not live in a vacuum and we understand that there are various components that go into the creation of a successful student. Providing opportunities for our student's voices to be heard, taking action as administrators, and assisting our students with a small step in the right direction is not only important, but critical as Student Affairs practitioners.

References

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