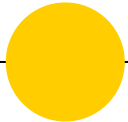


Food Insecurity and its **effect on the Fontville** **Community**



Indiana University Bloomington

Team Lead: Christine Salzman

Team Members: Alexis Fuentes, Shelby Kuepker,
Madeline Murphy, Christine Salzman

1 in 3 college students faces food insecurity

A surprising number of young Americans are suffering serious health consequences because they don't have the money to eat properly.

(February 3 2020, *The Hill*)

Hunger adds to challenges faced by college students

By Chris Van Buskirk State House News Service Jan 31, 2020

(January 31, 2020, *The Daily News of Newburyport*)

EDUCATION

Many College Students Are Too Poor to Eat

(July 11, 2019, *The Atlantic*)

OPINION

We cannot let our college students go hungry

(February 19, 2019, *Democrat & Chronicle*)

Tuition or Dinner? Nearly Half of College Students Surveyed in a New Report Are Going Hungry

(May 2, 2019, *The New York Times*)

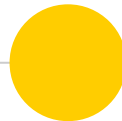
Economic Policy

The hidden crisis on college campuses: Many students don't have enough to eat

(April 3, 2018, *The Washington Post*)

Hungry to Learn

(The Chronicle of Higher Education)



What do people typically think of when they hear "food insecurity"? These can be your own presumptions or beliefs of the general public and people you know.





What Is Food Security? (USDA, 2019)

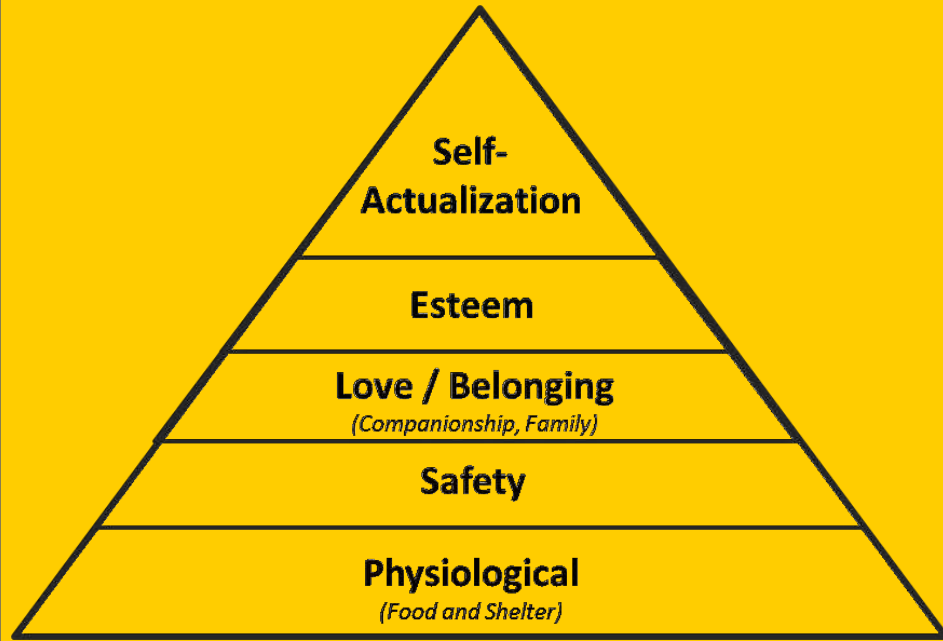
Food Security

- ◉ High Food Security - no reported indications of food-access problems or limitations
- ◉ Marginal Food Security - one or two reported indications; little or no indication of changes in diets or food intake

Food Insecurity

- ◉ Low Food Security - reports of reduced quality, variety, or desirability of diet; little or no indication of reduced food intake
- ◉ Very Low Food Security - reports of multiple indications of disrupted eating patterns and reduced food intake

Maslow's Hierarchy of Needs



- The most basic needs an individual needs to survive and thrive are Physiological Needs, which include food, water, and shelter (Huitt, 2007).
- Not being able to meet these needs, prohibits an individual from receiving psychological needs, such as Love/Belonging and Esteem, to help them thrive in life (Huitt, 2007).
- A student who does not have their basic needs met due to food insecurity can not reach their full potential in college (Huitt, 2007).

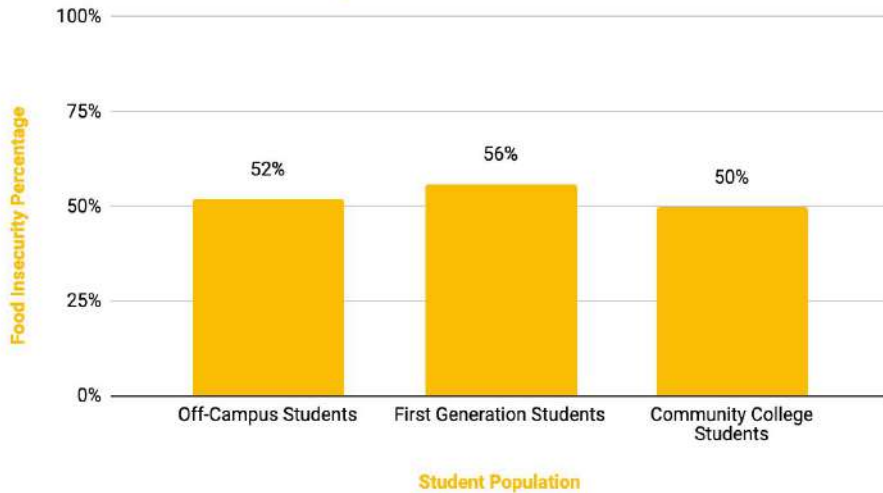


Pop Quiz!

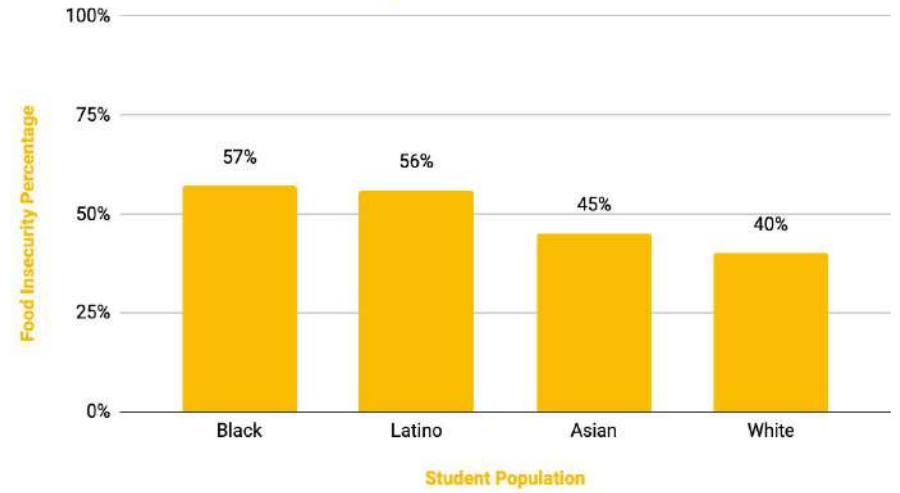
What types of students do you think are most affected by food insecurity?

Food Insecurity % and Student Populations

Food Insecurity and Nontraditional Students



Food Insecurity and Students of Color





Food Insecurities and Student Populations continued

First Year

- Survey
 - 855 first year students in 8 universities (El Zein, 2019)
 - 19% were food insecure
 - 7.1% reported severe food insecurity
 - 25.3% experienced anxiety about food shortage
 - Reported higher perceived stress, a great prevalence of disordered eating behaviors and poorer sleep quality

Transfers

- Pacific University- working hard to meet the nutrition needs - “many whom are transfer students” - a group that is statistically at higher risk of food insecurity than their peers (Larkins, 2019).
- Community colleges attract students who are more likely to be a single parent → GAO Report indicates that food insecurity hits harder on community college campuses

Parents

- Students who are raising children, single parents face increasing obstacles to be able to complete a college degree (Harris, 2019).
- College and University Food Bank Alliance: increase in students who are children or a dependent parent who are using campus-based programs focused on food insecurity
- Community colleges attract students who are more likely to be a single parent → GAO Report indicates that food insecurity hits harder on community college campuses

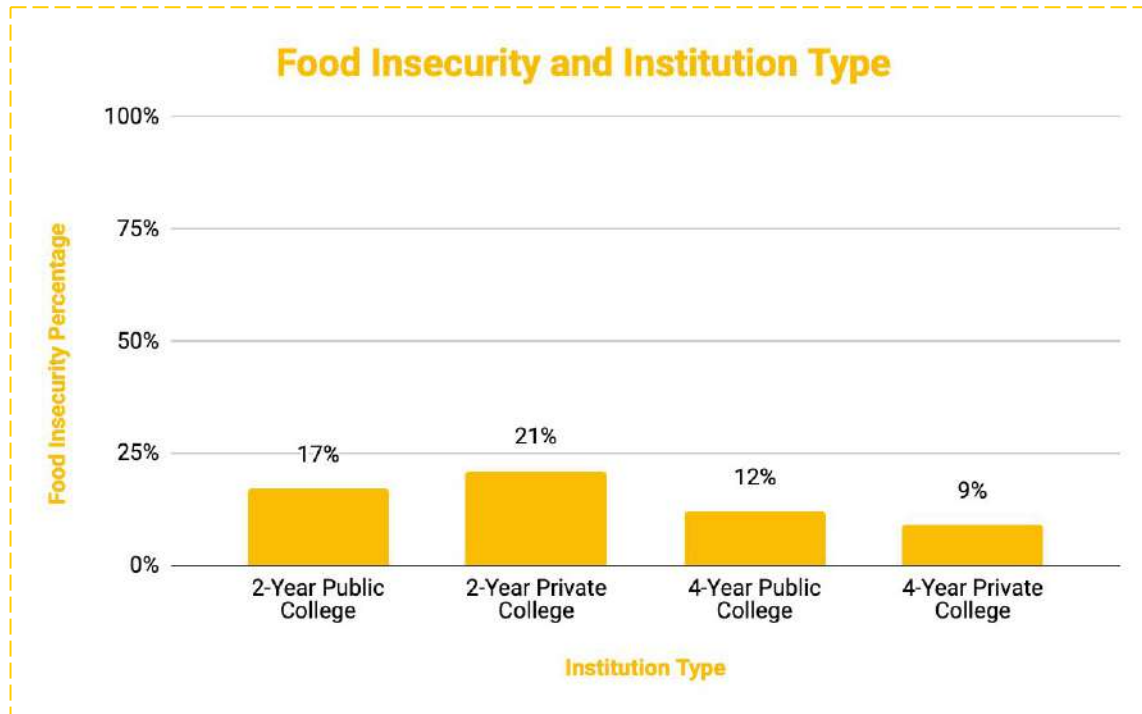


Other Groups of Students Facing Food Insecurity (AACU, 2019)

- ◉ LGBTQ students
- ◉ Students with prior military service
- ◉ Former foster youth
- ◉ Students with prior criminal convictions
- ◉ Students listed as “independent from their parents or guardians for financial aid purposes.”
- ◉ Athletes



Food Insecurity and Institution Type



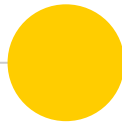


Think, Pair, Share!

What are some ways that Food Insecurity can affect a student's. . .

- ⦿ Emotional and mental health?
- ⦿ Physical health?
- ⦿ Academics?

How does Food Insecurity Show Up on College Campuses?





Residence Life and Food Insecurity

- ◉ Because students live on campus (primarily first year students) and have access to institutional support- there is a perception that they are protected from stressors that are often linked to poverty, such as food insecurity (Haime, 2019).
- ◉ A study reported that $\frac{1}{3}$ of first year students who live on campus report having inadequate access to food – significantly higher than the national average for children and adults (Haime, 2019).
- ◉ For students who have families who live across the country world – or those without families – are homeless during school breaks (such as Thanksgiving, winter and summer) when residence halls close (Haime, 2019).



Campus Dining and Food Insecurity

- ◉ “Dining hall access is as much of a privilege as university enrollment itself” (Harris, 2019)
- ◉ Meal plans are **required** for students who live on campus
 - Some colleges require a doctor's note in order to opt out
- ◉ Meal plans average \$4,400- \$5,600 per year depending on institution type
- ◉ “College dining, always a necessity, has become an amenity as well.”



What is SNAP?

(USDA, n.d.)



Supplemental
Nutrition
Assistance
Program

- **Supplemental Nutrition Assistance Program**
 - Formerly known as Food Stamps
- SNAP can be used at grocery stores and select retailers on the following items:
 - Fruits and vegetables
 - Meat, poultry, and fish
 - Dairy products
 - Breads and cereals
 - Snack foods
 - Non-alcoholic beverages
 - Seeds and food producing plants

How to Apply for SNAP?

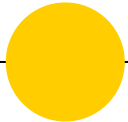
- Individuals must apply for SNAP benefits in the state where they currently live
 - Each state has a different application form and process
- Once the application is completed and processed, the individual must complete an eligibility interview with a SNAP agent either in-person or over the phone
- If eligible, the individual will receive benefits (up to \$192) based on the date of the submitted application



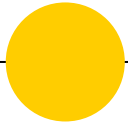
SNAP: Things to Know

- SNAP can be a really tricky process, **especially for students**, to navigate
 - Don't let this discourage you!
- SNAP is meant to ***benefit anyone that is working towards food security***, not just people in extreme poverty
- Many college students can benefit from SNAP and it is normal to seek and use resources outside the university
- SNAP funds come on a prepaid card, it will just look like a credit card when you use it!

If you or anyone you know has more questions about food insecurity or resources, contact Alexis Fuentes at AFuentes@Fontville.edu for more information!



Fontville's Food & Nutrition Living Learning Community (FFN LLC)



Indiana University Bloomington

Team Lead: Christine Salzman

Team Members: Alexis Fuentes, Shelby Kuepker,

Madeline Murphy, Christine Salzman

The Premise of Fontville's Food & Nutrition LLC

- Living Learning Community
- Available for all students to combat stigma
- Alternative, cheaper meal plan for students living in Chestnut Residence Hall
- Students work together to prepare and cook group meals as an alternative to going to campus dining facilities
- Farmer's Market to increase sustainability and community engagement





Living Learning Communities And Food Insecurity

The following are institutions that currently have LLCs focused on food insecurity:

- ◉ Ohio State University's (n.d.) Kellogg-Moser Food Security and Sustainability :
 - ◉ *“any student with an interest in generating discussion and change around ... **food security**, hunger”*
 - ◉ *“engagement in community activities at food banks, food pantries”*
- ◉ University of Arkansas's (n.d.) Agricultural, Food and Life Science”
 - ◉ *For students who “have an interest in **food security.**”*
- ◉ Loyola Marymount University's (n.d.) Innovating for Resilient Communities
 - ◉ *“topics to explored: **food security**”*



Campus Kitchens and Food Insecurity

- ◉ Institutions are realizing and recognizing the challenges of eating healthy on a budget, so they are responding by creating community kitchens so students can prepare meals
- ◉ *“Now that I have a kitchen, it has **become a lot nicer** to use the pantry. Without a kitchen you **can't prepare stuff** like dry rice” Robert Dike, a senior at Oregon State University (Yavorski, 2017)*
- ◉ Without a well-equipped kitchen, student's only option is to make instant or microwaved meal



Community Resources:

Farmer's Markets

- ◉ United States Department of Agriculture (n.d.)
 - *“believe that farmers markets are a key resource in their effort to increase nutritious eating and **fight food insecurity**”*
 - reiterates the importance of local agriculture to improve long-term food security
 - *“**access to sufficient, nutritious, and safe food is an essential element of food security**”*
- ◉ *“Farmers markets ... can really **improve the diets** of community members who are food insecure,”* Juliet Sims, program manager at the Prevention Institute, a community health nonprofit based in Oakland, California (Kravitz, 2016).



Overview

- The already established community kitchen in Chestnut Residence Hall will be repurposed as a space where **students** in the hall can **cook and eat meals together**

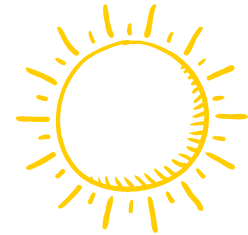


- Cheaper meal plan for participants
- Students pledge two food shifts a week per semester
- Farmers Market Partnership

Initial Investment

Although the kitchen will already have basic equipment, \$2,500 will be spent on improving the kitchen facilities of Chestnut Residence Hall to assure they can handle the daily cooking of 50 students.

- Pots and Pans
- Tupperware
- Basic Utensils
- Cleaning Supplies



The additional \$500 will go towards marketing, advertising, and hiring two Graduate Assistants from the Hospitality Management program to help oversee and run the kitchen

Growth of Reserve Funds

Expenses:

- Residence Hall facilities x 50 students = \$336,000
 - Includes Housing & LLC staff for two floors in Chestnut
- Groceries required outside of produce = \$83,000
- Cleaning and maintenance supplies as needed = \$20,000

Income:

- 50 students x \$3,500 food per year = \$175,000
- 50 students x \$5,500 housing per year = \$275,000
- Average room and board in the US is - \$12,000 so this will save students - \$3,000 for other necessities

Reserve Gain:

- Income of \$450,000 - costs of \$428,000 = 11,000 reserve gain/ year



FFN LLC's 2020 Cohort

- 50 sophomore students from one wing of Chestnut's Residence Hall
- **Cost of FFN Meal Plan: \$3,500**
 - Average Room & Board Plan: \$12,000
- Application required to participate
 - Must show either need or interest
 - Advertised in TRIO, Fontville First Gen, Dean of Students, Transfer Students and other offices on campus that serve students who may be experiencing food insecurity



Example Schedule:

- 50 students each have two shifts a week
- Totals to 6-7 hours a week per student
- 100 total shifts per week
- Broken down in photo to the right
- All students will have access to 2-3 meals per day and late plates for those with conflicting schedules

Fall 2020 Schedule

Breakfast: 4 students/ shift
 Brunch: 4 students/ shift
 Lunch: 4 students/ shift

Prep: 5 students/ shift
 Weekday Dinner: 4 students/ shift
 Weekend Dinner: 5 students/ shift

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brunch Crew F Shift A: 9am-11pm Shift B: 11 am-2pm Prep Crew F 2pm-6pm Dinner Crew F 5pm-8pm	Brunch Crew G Shift A: 9am-11pm Shift B: 11 am-2pm Prep Crew G 2pm-6pm Dinner Crew G 5pm-8pm	Breakfast Crew A 7am-10am Lunch Crew A 11am-2pm Dinner Crew A 5pm-8pm	Breakfast Crew B 7am-10am Lunch Crew B 11am-2pm Dinner Crew B 5pm-8pm	Breakfast Crew C 7am-10am Lunch Crew C 11am-2pm Dinner Crew C 5pm-8pm	Breakfast Crew D 7am-10am Lunch Crew D 11am-2pm Dinner Crew D 5pm-8pm	Breakfast Crew E 7am-10am Lunch Crew E 11am-2pm Dinner Crew E 5pm-8pm



FFN Student Council

- Consists of 8 elected undergraduate students
- Students support the Graduate Assistant in creating schedules and holding FFN LLC community accountable
- Vice President is in charge of the Farmers Market Partnership
- Gives students opportunities for leadership

Farmer's Market Partnership

- Student leaders from FFN LLC Council will work to create and support a community Farmer's Market.
- **Vendors selling produce at the market will donate produce in exchange for booth space.**
- Donated food and products will be used by FFN LLC, lowering costs for supplies & **keeping meals healthy**



Goals & Learning Outcomes



1. Combating Food Insecurity Short & Long Term
 - This experience will be marketed student populations that are more likely to experience food insecurity. Decreases student loans needed and saves students money other expenses needed for college
 - Students will learn cooking and sustainability skills to assist in long-term food security
 - Students will have access to healthy food options using local produce
2. Teaching Multicultural Competency Skills
 - Students from various backgrounds will collaborate and learn from one another's experience
 - Participants will learn about one another's cultures through food
3. Building Community & Sense of Belonging
 - This experience has the potential to increase social capital for all participants, providing students with a sense of belonging on campus



FFN LLC Long Term Plan

Sustainability

Creation of campus garden where FFN students will compost and grow fresh foods--cutting costs in purchasing

Additionally the garden and farmers market will limit waste leading to lower Waste Management costs for the university

Expansion

Foundational cohort will be 50 students. FFN LLC will expand to serve the entirety of the Chestnut Residence Hall (500 students)

Eventually, this model will spread and there will be themed housing based on student interests and food preferences. Additionally, there will be a kitchen and community created for off-campus and commuter students.

Upgrades

Reserve funds will be used to upgrade the kitchen to industrial standards to serve more students and store refrigerated foods and leftovers

Eventually, funds will be spent on the creation of a Kitchen Library for students across campus to check out cooking equipment

FOOD INSECURITY DE-STIGMATIZATION PLAN & FONTVILLE'S NEW FOOD & NUTRITION LIVING LEARNING COMMUNITY

TABLE OF CONTENTS:

PAGE 1 - FOOD INSECURITY MYTHS FLYER

- THIS FLYER IS MEANT TO HANG AROUND CAMPUS TO HELP THE DE-STIGMATIZATION OF FOOD INSECURITY

PAGE 2 - PRESENTATION HANDOUT

- THIS HANDOUT WILL BE GIVEN TO PRESENTATION ATTENDEES TO SUPPLEMENT THE PRESENTATION AND GIVE THEM SOME TAKEAWAY THOUGHTS AND RESOURCES. SEE SLIDES 1-19

PAGE 3 - FFN LLC FLYER

- THIS FLYER IS MEANT TO BE POSTED AROUND CAMPUS IN SPACES THAT INTERACT WITH STUDENTS WHO MAY BE EXPERIENCING FOOD INSECURITY IN EFFORT TO RECRUIT THEM TO APPLY FOR THE FIRST COHORT NEXT YEAR. SEE SLIDES 20-30

PAGE 4 - SUPPLEMENTAL INFORMATION ABOUT THE LLC

- THIS HANDOUT IS FOR PAT AND THE COMMITTEE TO PROVIDE ADDITIONAL RESEARCH AND INFORMATION ABOUT OUR PROGRAM AND OUR SHORT AND LONG TERM PLANS. SEE SLIDES 20-30

PAGE 5 - REFERENCES

FONTVILLE UNIVERSITY,

20 MIN OUTSIDE
DES MOINES IOWA,

PRIVATE INSTITUTION

MID SIZED INSTITUTION
- 12,000 STUDENTS

Myths About Food Insecurity

Know The Facts

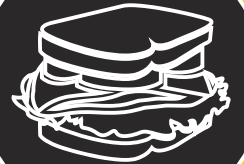
PEOPLE WHO FACE FOOD INSECURITY ARE TYPICALLY HOMELESS AND UNEMPLOYED



Even with a job and housing, many people struggle to get by due to challenges like underemployment, stagnant wages, and rising costs of living. The current minimum wage for student workers is not sufficient to live off of solely (Feeding, n.d.).

PEOPLE WHO FACE FOOD INSECURITY ARE TYPICALLY HOMELESS AND UNEMPLOYED

Not all students live on campus and have a meal plan to provide them with food. Meal plans are also very expensive, costing students thousands of dollars per academic year. Students may choose to live off campus, but can't afford groceries on their own. Additionally, not all campuses have food halls open during campus breaks or holidays (Community, 2017).



CAMPUS FOOD BANKS/PANTRIES ARE SOLVING THE PROBLEM

Food banks play an important role in immediate hunger relief, but they are unable to "solve" food insecurity (Community, 2017).



FOOD WASTE AND HUNGER ARE DIFFERENT PROBLEMS WITH DIFFERENT SOLUTIONS



By reducing food waste in America, we can also help reduce hunger. Seventy-two billion pounds of good food goes to waste each year in America, while at the same time, 37 million people struggle with hunger.

PEOPLE WHO ARE HUNGRY SHOULD JUST GET FOOD STAMPS



Individuals can struggle to afford food and not qualify for SNAP benefits because of income, and SNAP benefits are not always enough (Feeding, n.d.).

WANT TO KNOW MORE INFORMATION?

Come to one of our info sessions on Friday, February 28 at 6pm in Alumni Hall in Jarty Memorial Union



Food Insecurity and How it Affects the Fontville Community

EFFECTS OF FOOD INSECURITY ON FONTVILLE'S COMMUNITY

Mental Health

Shame and embarrassment
Poor mental health
Stress
Depression
(Gundersen & Ziliak, 2015)
(Martinez et al., 2018)

Physical Health

Lack of nutrients -
Deficiency in iron and other
daily vitamins and minerals
Obesity - Reliance on cheap,
unhealthy food options,
such as fast food or boxed
meals
Heightened risk of diabetes
and hypertension
(Payne-Sturges, 2018)

Academics

Missing classes or dropping
out of classes
Not being able to focus or
participate in courses
because of hunger
Lower grade point average
Negative effect on course
assignment quality
Inability to afford textbooks for
courses
(Phillips et al., 2018)

RESOURCES ON AND AROUND CAMPUS

Food Stamps & How to Apply

Individuals must apply for SNAP benefits in the state where they currently live

Each state has a different application form and process

Once the application is completed and processed, the individual must complete an eligibility interview with a SNAP agent either in-person or over the phone

If eligible, the individual will receive benefits based on the date of the submitted application

New: Fontville's Food & Nutrition LLC

FFN LLC will bring students together from all across campus to learn, cook, and share meals

Cheaper meal plan for participants

Students pledge two food shifts a week per semester

Farmers Market Partnership



BE A PART OF
Fontville's 1st Food & Nutrition Living
Learning Community in Chestnut
Residence Hall. Could this LLC be your
new home on campus?

LEADERSHIP GROWTH OPPORTUNITIES



Be a part of the first year of a brand new initiative on campus



Learn the ins and outs of implementing a local farmer's market and collaborating with community partners



Learn grocery, meal prep, and cooking skills that will last a lifetime



Cook and eat with a new community on campus!

FINANCIAL BENEFITS



Average cost of Room & Board at Fontville = **\$12,000**



Cost of Room & Board in FFN's LLC = **\$9,000**

For more information, contact Shelby Kuepker in the Department of Residential Life at (999) 876-1111.

Fontville's Food and Nutrition Living Launch Year 2020-21 Learning Community

Fontville's Food & Nutrition Living Learning Community (FFN LLC) is an effective plan for addressing food insecurity because of its combined short and long term benefits. Living Learning Communities encourage cooperation and collaboration which helps students learn and engage (Chickering & Gamson, 1987). Because Chestnut residence hall is open to all students, this collaboration will also help to eliminate stigma surrounding food insecurity. The shame from the stigma of struggling with food insecurity is why many students do not seek out help (Henry, 2017). FFN LLC will bring students together from all across campus to learn, cook, and share meals.

Student Takeaways:

The skills learned from being involved in FFN LLC will prepare students valuable life skills such as grocery shopping, meal preparation, and cooking skills, working as a member of a team, self-efficacy and independence. Fontville's Food & Nutrition LLC will help to fight the stigma of food insecurity on campus by creating a highly-sought-after community that students from a variety of backgrounds and interests are excited to be apart of.

Price:

Room and Board in US public colleges has increased 20% in the last decade, and this initiative seeks to provide a more affordable option for Fontville students who may not be able to afford the consistent increases ("Trends in College Pricing", 2019). Because students in Chestnut are cooking as a group, their funds are able to be streamlined solely for food and equipment purchases. The price was modeled after the \$4,040 charged by the Oberlin Student Cooperative Association (2019).

However, FFN LLC will have less food costs due to our partnership with the Farmers Markets. This will lead to more savings for our students with a meal plan cost of \$3,500 per year and a pledged commitment to help cook for 6-7 hours per week. Given that housing in Chestnut is \$5,500 per year the students will have a total cost of \$9,000 which is well below the \$12,000 average ("Trends in College Pricing", 2019). This \$3,000 savings will also allow students to have more money for books, tuition, or any other expenses that may be important to them.

Farmers Market Partnership

One of the great perks of Fontville's Food & Nutrition Living Learning Community is the impact it will bring to the campus and larger Fontville community as a whole. The Student Council will work with local and state-wide farmers to create and implement a weekly farmers market. This will take place on the edge of campus near a parking lot so that members of the school and local community will have access to fresh and local foods. Farmers will benefit from this because they will have a larger audience to share their goods with. FFN LLC will benefit because they will ask the farmers to donate food in lieu of paying a fee for a booth spot. This food will be used in FFN LLC's meal plan to reduce costs for students.

Marketing:

While the community is open to all students, marketing during the creation of the program will be targeted to groups the community would have the greatest impact on. These groups would include but not be limited to: TRIO, Fontville First Gen, Dean of Students, transfer students and shared with academic advisors to reach out to students who they think may be interested in the program. FFN LLC will not be marketed as a program exclusively for students experiencing food insecurity because research shows that students who are food insecure do not like to seek or accept extra assistance because they believe other students may need it more than them (Henry, 2017). This way, Fontville's Food & Nutrition community will be able to provide support without students feeling guilty for accepting "help".

Long Term Goals:

Sustainability - Creation of campus garden where FFN students will compost and grow fresh foods--cutting costs in purchasing. Additionally the garden and farmers market will limit waste leading to lower Waste Management costs for the university

Expansion - Foundational cohort will be 50 students. FFN LLC will expand to serve the entirety of the Chestnut Residence Hall (500 students). Eventually, this model will spread and there will be themed housing based on student interests and food and dietary preferences. Additionally, there will be a kitchen and community created for off-campus and commuter students.

Upgrades - Reserve funds will be used to upgrade the kitchen to industrial standards to serve more students and store refrigerated foods and leftovers. Eventually, funds will be spent on the creation of a Kitchen Library for students across campus to check out cooking equipment

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