



Fontville College's Remedy to Campus Food Insecurity

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Food Insecurity (*food in-se-cu-ri-ty*)

The USDA (United States Department of Agriculture) defines **food insecurity** as a lack of consistent access to enough food for an active, healthy life.

Food insecurity also refers to a lack of available financial resources for food at the household level. There is no definite face of food insecurity, all populations are affected.

There are **four** ranges of food insecurity: high food security, marginal food security, low food security, and very low food security.

What does this mean for college students?

The Hope Center for College, Community, and Justice reported in 2019 an estimate of **48%** of community college students and **41%** of four-year university students who responded to the survey are **food insecure**. (The survey was sent to nearly 1.5 million students at 123 colleges and universities. Nearly 86,000 students responded.)

Food Insecurity Nationally

- **13.4%** of people in the United States experience food insecurity
 - **6%** of people in the United States live in a “food desert”, low income areas that also have low access to grocery stores or food markets
 - People in these areas may have convenience stores or gas stations to get food but many lack nutritious and affordable options to buy food (Uhlarik, 2019)
- **4.5%** of people are in the very low food security category
 - These individuals and families are characterized by habits such as rationing food, eating less at each meal, or skipping meals (Keith-Jennings, Llobera, & Dean, 2019)
- Some of the most affected groups affected by food insecurity include
 - College students
 - Elderly
 - People living under the poverty line
 - People living in low socioeconomic areas

Food Insecurity - College Campuses

- Food insecurity lands at the intersection of numerous causes and detrimental effects.
 - It creates a social justice issue that intersects with race, class, and socioeconomic status.
- There's a contradiction of poverty in the midst of wealth.
 - Today's college students live in one of the wealthiest nations on the planet, based upon a per capita income of almost \$57,000.
- A large public university in the Southeast reported 14% of students as food insecure, while a rural university in the Northwest reported 59%.
 - One recent study of almost 4,000 students representing 12 community colleges and 26 four-year institutions Revealed.
48% of respondents reporting some degree of food insecurity, while 22% indicated high levels of food insecurity.
- Students of Color report food insecurity at a rate of 57% compared to 40% of their non-Hispanic White contemporaries.
- There is not a "one size fits all" solution to food insecurity, but it does require all leaders to contribute to securing the well being of all students (Shipley & Christopher, 2018).

Food Insecurity - College Campuses

- The percentage of students that are food insecure varies from institution to institution, but the numbers range from 14%-67% (Shiple & Christopher, 2018).
 - 56% of food insecure students are working full or part-time jobs
 - 75% of food insecure students receive financial aid
 - 43% of food insecure students have a meal plan (CUFBA, 2018)
- College Food Pantries are among the most popular programs to combat food insecurity on college campuses.
 - The College and University Food Bank Alliance (CUFBA) currently has 700+ institutions and organizations registered with their organization (CUFBA, 2018).

FoodShare Programming

- FoodShare programs strive to end hunger on all college campuses by providing resources and education
 - Provides assistance applying to SNAP programs, or to QUEST Card, which acts as a debit card to shop at grocery stores (Feeding Wisconsin, n.d.)
- FoodShare provides educational resources and a toolkit for colleges and universities to provide their students (Feeding Wisconsin, n.d.).
- By providing resources and education, FoodShare programs strive to better the lives of students throughout their time at the institution and beyond.
- Students on Fontville's campus will receive appropriate educational resources that they can utilize throughout their time with college, also giving them exposure to real world resources for if they experience food insecurity at other points in their lifetime.

SNAP (Supplemental Nutrition Assistance Program)

- This the government's largest federal nutrition assistance program.
- SNAP provides benefits to eligible low-income individuals and families through the use of a debit card to purchase food items in authorized food stores.
 - Eligibility requirements are found on the [benefits.gov](https://www.benefits.gov) website.
- SNAP is an opportunity for students on Fontville's campus to gain assistance from the state if they do not have the means to afford a meal plan on campus and are food insecure. independence -

**While SNAP can be very beneficial for college students, there is a barrier for undocumented and DACAmented students to receive this government assistance.

Emergency Food Network

- Initially created to help those in emergency to get needed food resources
 - Food Banks
 - Storage warehouses and distribution areas
 - Food Pantries
 - Local Distribution Points for individuals and families to access food
 - Variety of organizations run these access points with varying requirements for who can access them and the food they have
 - Non-profits
 - Churches
 - Voluntary network
 - Soup Kitchens
 - Serve prepared meals and food
- While there are community based Emergency Food Networks, there are also national networks such as Feeding America, who work with the USDA and provide support to Emergency Food Networks around the country (Precious, Baker & Edwards, 2017)

Food Pantries

- As food insecurity and obesity in low socioeconomic communities grow, food pantries are restructuring to focus on health and wellness as well as being an emergency resource
 - Focus on providing nutritious options and meals
 - Providing healthy eating information
 - Discussing ways to be more physically active (Blackstone & Herrmann, 2014)
- While some organizations place barriers to getting food (joining organization, application process, attendance requirements) many pantries are in place to provide options to better the community around them
 - Administrators focus on providing many options to support those with dietary needs, and preferences
 - These administrator's goals include
 - Reducing stigma of using a food pantry for those in need
 - Providing healthy options
 - Bettering the community around them (Precious et al., 2017)



Resources for Students at
Fontville College

Food Insecurity at Fontville College

- The severity of the problem at Fontville College is still unknown, the first step to combating food insecurity on campus will be to determine how many Fontville students are affected.
- Based on research from other mid-sized, private, four-year universities, we believe about 20-30% of Fontville students are or have been food insecure (Marquette University, n.d.).
- We plan to include information on food insecurity along with questions to determine how many students at Fontville College are food insecure on the upcoming campus climate survey.

Resources to address food insecurity on Fontville College's campus

- As food insecurity is a complex issue, we propose several ideas to address food insecurity on Fontville College's campus.
- These solutions could be done exclusively or together and still be relatively cost-effective and potentially have larger outreach than just the Fontville campus.
- With our social justice mission and dedication to the community surrounding campus, we have included options to reach out into the community and provide options for community members who could be experiencing food insecurity as well as students.
- According to Feeding America, we are located in a low socioeconomic, urban area which has high levels of food insecurity for our state (n.d).

Food Pantry

- A food pantry on Fontville's campus provide a place for food donations to distribute to students who are food insecure at any time of day.
- The \$3,000 budget would be used in part to purchase initial food items for students to receive.
 - The food banks would allow donations, either monetary or food, to provide students at Fontville with the necessary resources.
- In providing a food bank on campus, students would not need to find other transportation in order to find food resources.
 - This would help to create a more welcoming environment surrounding food insecurity.

Resource Fair

- The resource fair is an opportunity for students to deepen their understanding of food insecurity while getting helpful information about the campus initiatives to remedy this issue.
 - Food pantry on campus
 - SNAP benefits
 - Foodshare options
- The resource fair would include:
 - Booths and workshops through collaboration efforts of on-campus offices and community resources educating students on their options to be food secure.
 - The resource fair could also be an option for students/community members to apply for SNAP benefits or Foodshare options.
- The fair could be an option to collaborate with the Wellness Center, Counseling Center and Campus Ministry as well as with educational departments such as sociology, psychology, education and counseling to lead workshops and organize the details of the fair.
 - A practicum or internship opportunity for students studying dietetics and nutrition, sociology, social justice, student affairs, and education.

Fundraising Initiatives

- With a limited budget of \$3,000 we will need to come up with additional funding sources
- As we learn more about how food insecurity specifically affects the students of Fontville we plan to use the data to create a fundraising campaign
- We plan to raise funds for this program but leveraging alumni support at National Fontville Day
 - This day occurs every year where alumni gather in cities all over the country and world to watch the Fontville Football game
 - We plan on charging a \$5 cover to attend the watch parties organized around the country
 - Alumni will be given information of Food Insecurity at Fontville and informed that their \$5 donation will go towards supporting food insecure students on campus

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