

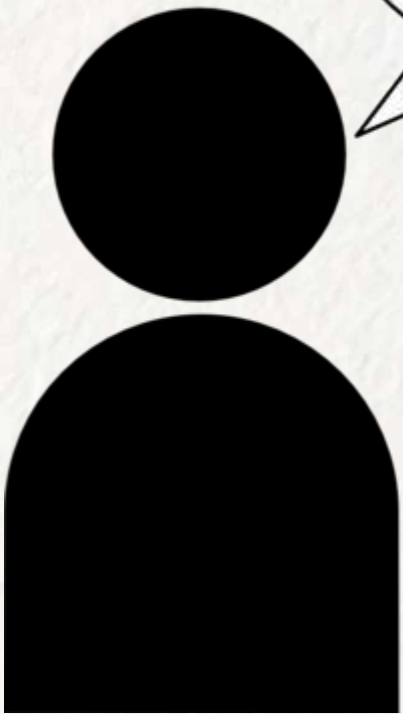


Filling The Gap

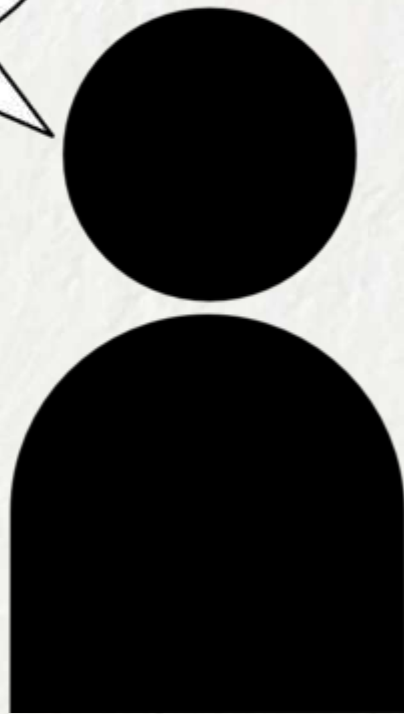
Marywood University

Team Leader: Christina Menn

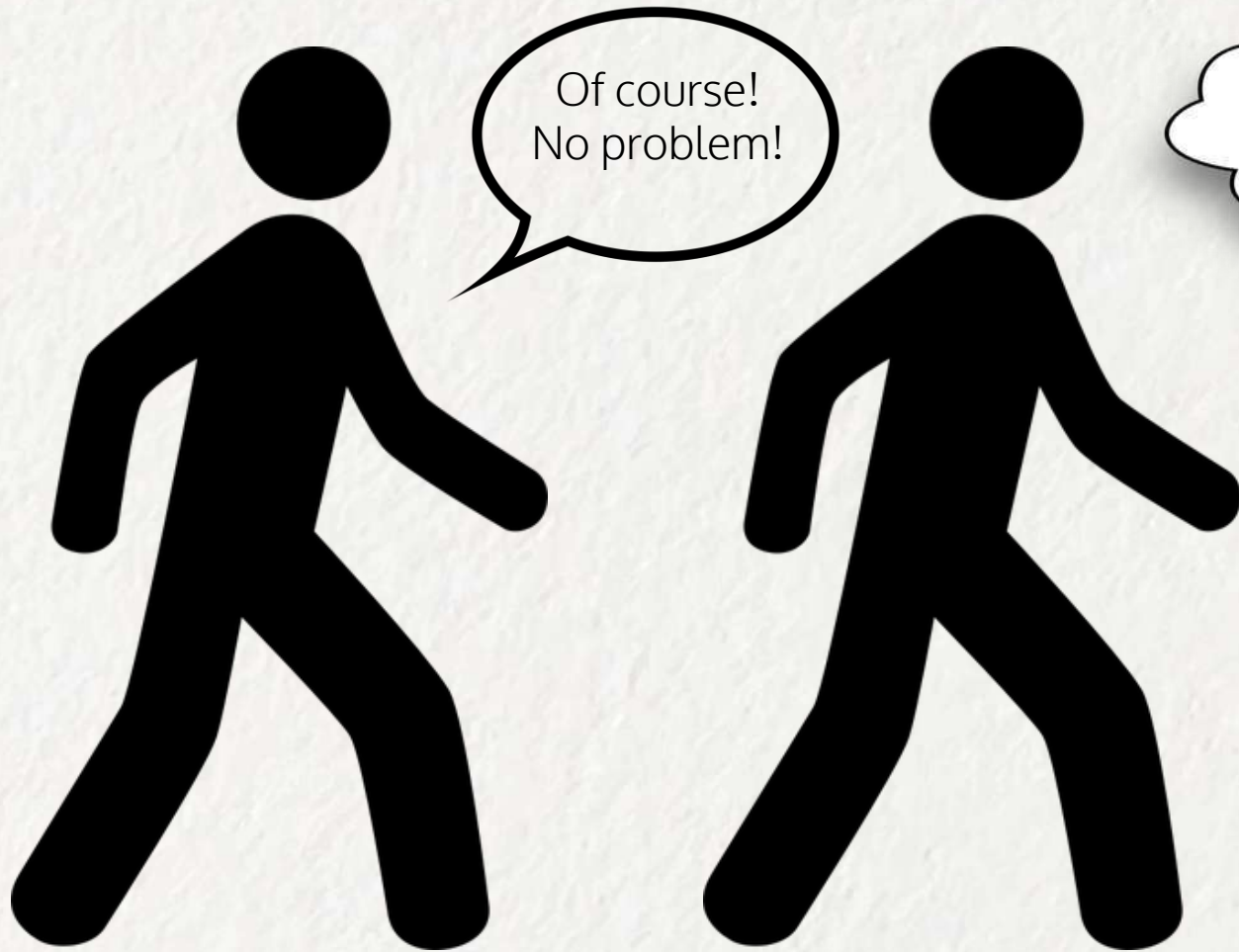
Team Members: Haley Cheetham & Nicollette Bordo



Hey! Want to go
grab a bite to
eat after class?



Can I take a rain
check? I have a ton
of homework
tonight.



Of course!
No problem!

Ugh. Really wish I
could go - I am
starving! I just don't
have the money.

This student is experiencing food insecurity.

It's important to understand *what* food insecurity is, *why* it exists, and *how* it affects college students, so that we can better

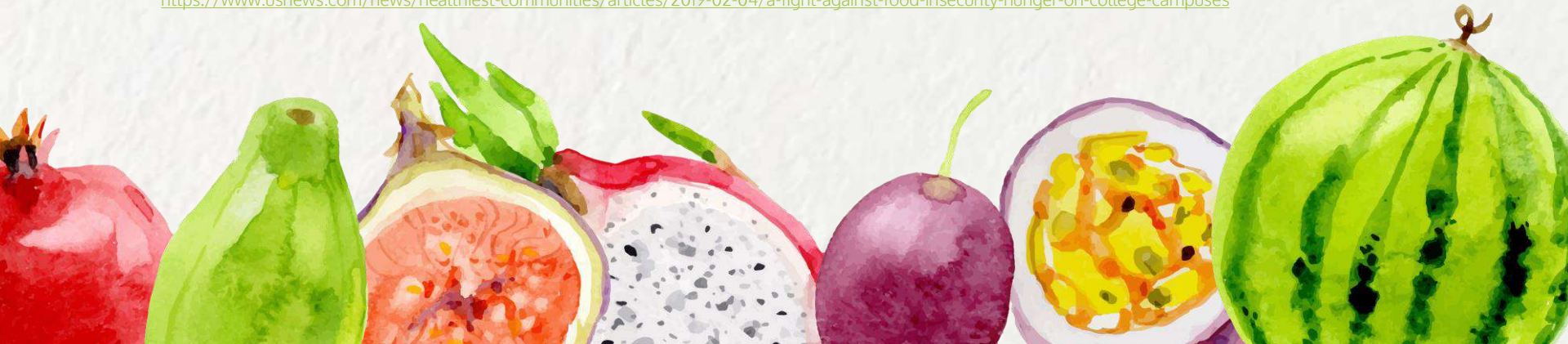
formulate a plan to address the issue.



Food Insecurity: What is it?

- Food insecurity is when individuals do not have the money or resources required to maintain a consistent, nutritional diet.
- Although food insecurity can affect all populations, today's presentation will discuss food insecurity as it affects *college students*.

Williams, J.P. (2019, February 4). Fighting Food Insecurity on College Campuses. US News. Retrieved from: <https://www.usnews.com/news/healthiest-communities/articles/2019-02-04/a-fight-against-food-insecurity-hunger-on-college-campuses>



Food Insecurity

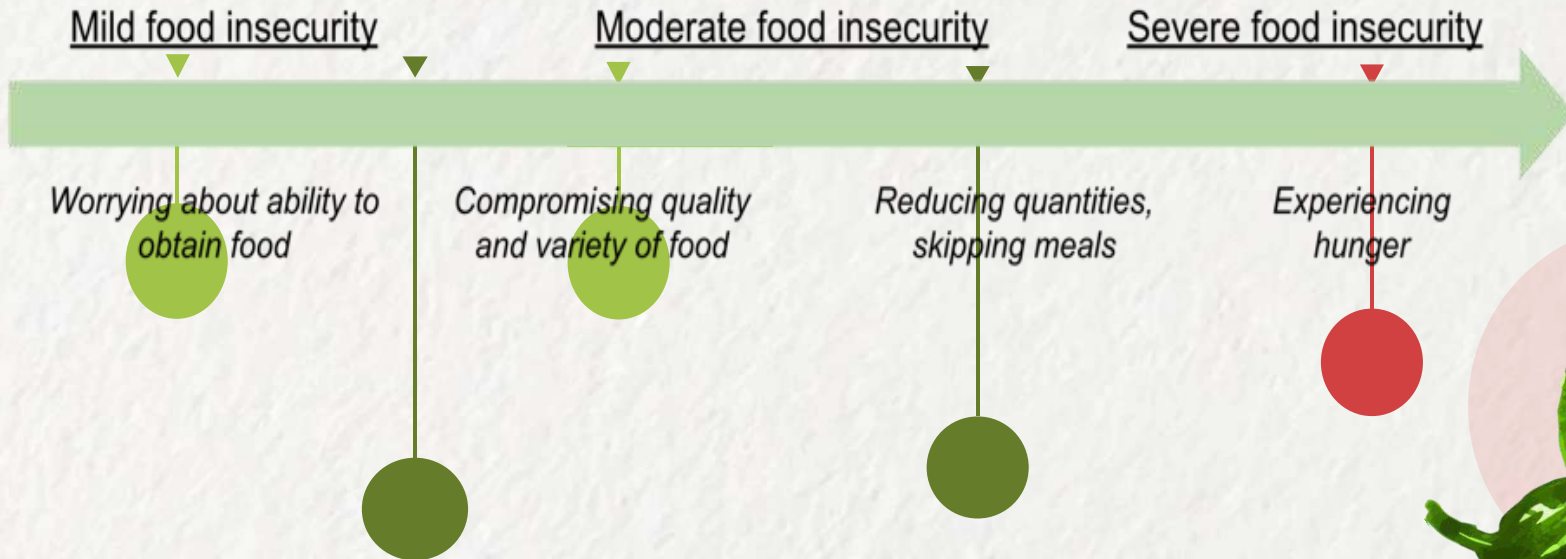


This video can help us to understand what food insecurity is, and just how common it can be on college campuses.



Types of Food Insecurity

Food insecurity can vary in severity, frequency, and duration



Types of Food Insecurity

The three main types of food insecurity are:



Chronic Food Insecurity

Long-term and consistent. Individuals suffering from chronic food insecurity do not have the resources to access nutritious food year-round.



Transitory Food Insecurity

Short-term and temporary. Triggered by a sudden change in status or availability of food.



Seasonal Food Insecurity

Reoccurring food insecurity that happens at the same time each year. This may be during a time when many bills are due, or around the holiday gifting season.

College students can suffer from all types of food insecurity.

Why is there Food Insecurity?

“Hilary Seligman, an associate professor at the University of California–San Francisco, says the problem of food insecurity among college students is “complex” and involves multiple factors, including the runaway costs of higher education, gaps in the social safety net and an increase in nontraditional students who didn’t enroll in college immediately after high school.”

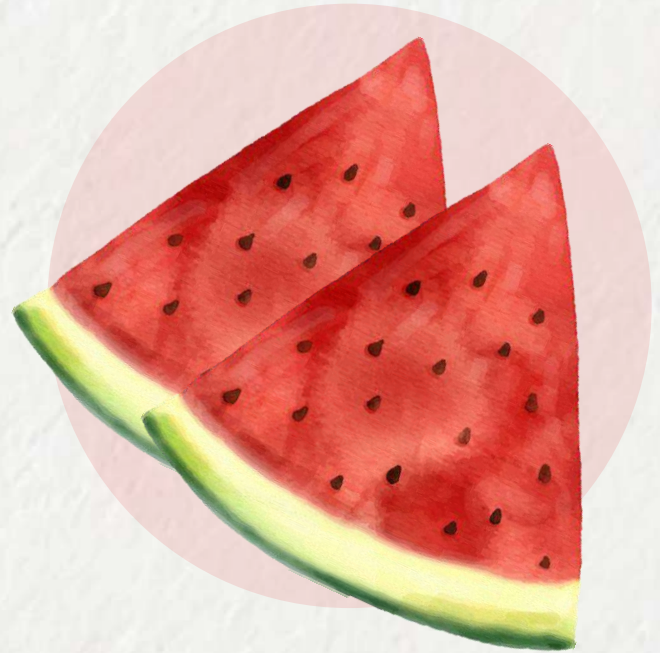


Why is there Food Insecurity?

There is a Government Accountability Office (GAO) report where researchers reviewed 29 studies based on campus surveys and found that food insecurity in college students ranged from 9 percent to over 50 percent.

“The GAO report also concluded food insecurity hits hardest on community college campuses and at trade schools, institutions that attract students who are more likely to be a single parent, receive federal food-assistance benefits or be the first in their family to attend college.”

“Some researchers have suggested that reductions in federal and state funding of higher education relative to the increasing cost of college have coupled with these student demographics to increase the share of college costs borne by students, which can reduce the amount students have to support their basic needs, such as food and housing,” the report says.



Why is there Food Insecurity?

Tuition rates are increasing and financial aid has not kept up.



**Increase of non-traditional students attending college
Childcare costs become a factor
It is expensive for students juggling both school and childcare costs.**



Higher percentage of students are coming from households with lower income at or below poverty level.



Obtaining a Pell Grant has decreased over time



Students now are working multiple jobs to afford tuition.



Lee, Shannon (2020). Support for College Students Experiencing Food Insecurity: How to Make Sure Everyone Has the Food to Succeed. Retrieved from:

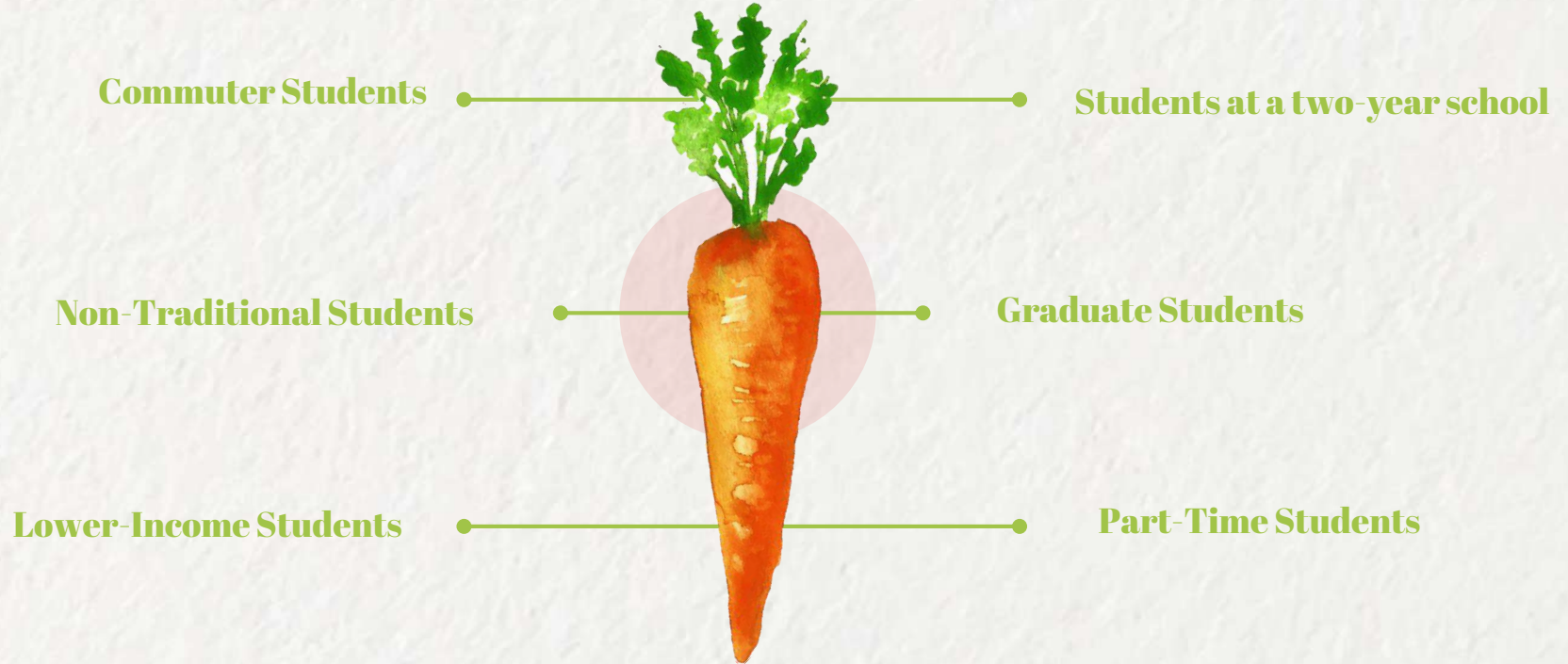
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<https://journalistsresource.org/studies/society/education/college-student-hunger-food-pantry/>

Who is Most Affected by Food Insecurity?

Food insecurity can affect various types of people when you are looking at the college population.



Who is Affected by Food Insecurity?

Food insecurity can affect a various types of people, however, when you are looking at the college population “If you are a first-year commuter, a student at a two-year school, an upperclassman, or a grad student, your meal plan may not be mandatory. And for low-income students, this is where many of the toughest choices are made. For some students, this means dispensing with the expensive meal plan and any number of other optional campus services in favor of go-it-alone status.”

The staggering statistics are showing that the more independent the student - the more you find them suffering from food insecurity. This puts a larger focus on the non-traditional, part-time, commuting, and grad students.

How Does Food Insecurity Affect Students?

Take a moment to think about how you feel when you have not eaten for a long period of time...

Do you feel drained? Are you irritable? Are you able to concentrate on the task at hand completely?

Consider Maslow's Hierarchy of needs. Basic physiological needs must be met before an individual can achieve self-actualization.

Air, water, and *food* are the most basic needs.



According to Shannon Lee, “Not getting enough to eat can have a dramatic effect on academics. Students who don’t get enough to eat might make lower grades, have lower test scores, and have a lower chance of graduating.”





Our students are suffering.

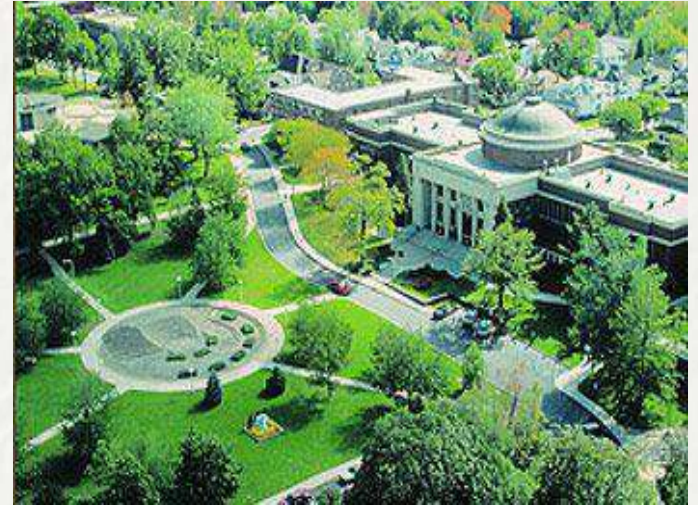
How can we address the issue of food insecurity at our own institution?

Fontville College: Demographics

Fontville College is a small, private institution located in a small city in the Northeast. There are approximately 3,000 students who study at FC at the bachelor's level. About 50 percent of the student population commutes to campus.

Fast Facts about FC:

- Annual Tuition Fees: \$36,000
- Annual cost of living in the area: approx. \$14,000
- 97 percent of students receive financial aid
- Merit scholarships available





Program Ideas on a \$3,000 Grant.

Our No to Low Cost Ideas:



Meal Transfer App

- Students residing on-campus are required to have a meal plan.
 - Students can choose between the following options:
 - 10 meals per week + \$400 Dining Dollars per semester
 - 21 meals per week + \$200 Dining Dollars per semester
- The Office of Residence Life found that, on average, 3 meals per student are left unused each week.
- Commuting students have the option to purchase a meal plan
 - Around 75 percent of our commuters choose to opt out

What if there was a way to transfer and receive unused meals through a free app?



MealSwipeRight

Each week, unused meals can be donated by students to a virtual food bank and eligible students will have access to use these meals.

Fontville College offers an app for all students, this will be a added component to the existing app.

Eligible students are determined by the Financial Aid Office, and details about the eligibility can be found in a students' financial aid package.

Cost: approximately \$1,500





Program Ideas on a \$3,000 Grant.

Our No to Low Cost Ideas:



Free Cooking Class by Nutrition Department

- Our Nutrition Department has excellent food lab facilities on campus.
- The current student club will volunteer to host two **free** cooking classes per week:
 - Wednesdays at 6pm and Saturdays at 12pm.
 - Those who attend the classes will learn how to make simple, affordable, and nutritious meals, and they will get to take the meals home with them.
 - *All* ingredients will be available at *no cost* in the food pantry located in the food lab.
- The cooking classes are an opportunity for students from all backgrounds to come together to learn useful cooking skills, and have access to fresh and healthy ingredients.
- The goal of this activity is also to *destigmatize* a visit to the food pantry.
- Cost: \$0 - \$100 per week (based on donations and attendance)





Program Ideas on a \$3,000 Grant.

Our No to Low Cost Ideas:



Food Pantry hosted by Nutrition Department

- Our campus food pantry will be housed in our Nutrition Department.
- All items will either be donated by the community, campus ministry, or purchased using our stipend. This is a safe space where students can go to pick up the ingredients from their cooking class or find nutritious items that they need to succeed.
- The food pantry is open to all students 7 days a week.
 - Monday-Thursday 9:00AM-6:00PM
 - Friday-Sunday 11:00AM-9:00PM
- Cost: \$0 - \$100 per week (based on donations)



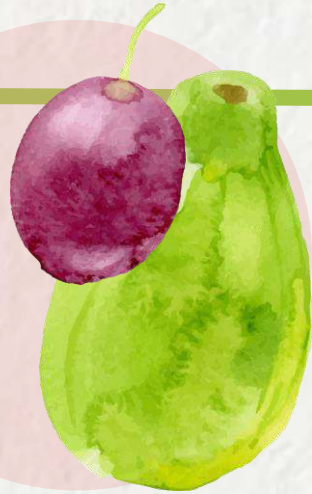
Thank you!

By implementing the app, cooking classes, and a food pantry for students on our campus, we are **increasing access to food** for students with limited resources.

These programming options are no to low cost options with an opportunity for a great outcome for our students.

We want students to be able to spend their time preparing for their classes, not worrying about where their next meal will come from.

Please consider providing us the resources needed to tackle the issue of food insecurity here at Fontville College.



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