

Tackling Food Insecurity
at Fontville College



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Overview

- ▣ History and Demographics of Fontville College
- ▣ What is food insecurity
- ▣ Federal Support
- ▣ Dimensions of Wellness
- ▣ Current Role of the Division of Student Affairs
- ▣ WELLFED
- ▣ WELLFED APP
- ▣ Budget



FONTVILLE COLLEGE

MISSION

EQUITY. EXCELLENCE. EMPATHY.

Often called the state’s “home-grown” school, Fontville is dedicated to fostering an environment that kindles **passion, empathy, and excellence** within the next generation of **community builders, innovators, educators, leaders, and creatives.**

With **equity and inclusion** at the heart of our mission, we institute practices that ensure that we are not only positively impacting our students, but also the surrounding communities and the greater global society.



HISTORY

Fontville College, a part of the state's larger university system, was created following The Morrill Act making it the **state's second largest land-grant institution**. Created to serve and represent the rural, more diverse parts of the state, the school has been called the "home-grown" school, with **89% of the students being in-state students**. Primarily granting baccalaureate degrees, the school grants a diverse array of degrees within STEM, liberal arts, and fine arts, while also having a doctoral granting veterinary school.





DEMOGRAPHICS

Fontville College is a minority serving institution located in a rural county in the Southeastern part of the United States. Considered the state's most LGBTQ+ friendly institution, the college has equally welcomed numerous students from across the gender spectrum.

Student Population: 24,734

In-State Students: 20,356

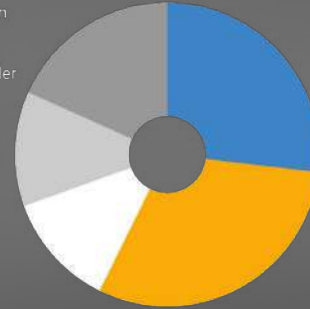
Out-of-State Students: 4,378

Undergraduate: 22,569

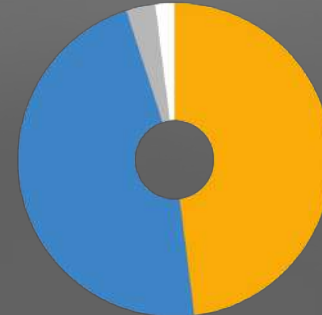
Graduate: 2,165



- Black/Afro American
- White
- Asian/Pacific Islander
- Native
- Hispanic/Latinx



- Cisgender Female
- Cisgender Male
- Transgender Female
- Transgender Male





The "HOME-GROWN" VISION



“ The vision is simple. Our students are from **all over the state**, representing all different cultures, populations, and perspectives. But they all have one thing in common - a want to give back. We heavily recruit in-state students, because we see passion within these students who come to our institution looking to gain degrees that allow them to **go back to help the communities** we recruited them from. We want to equip our students with the ability to not only support their own families, but also the communities they come out of - and finally the greater global community.

Honestly, **it is all about giving back** and our students know this. ”

- Fontville University President



Food Insecurity on college campuses

- ▣ What is means?
- ▣ Who is affected?
- ▣ Why does it happen?
- ▣ When do students ask for help?
- ▣ How can they be helped?

What it means.

Most health organizations define Food insecurity as the disruption of food intake or eating patterns because of lack of money and other resources or when culturally-appropriate and nutritious foods are compromised. For our students, it can be long term or temporary and can be influenced by various factors including income, race, employment, and disability.

Who is food Insecure?

- ▣ College students are often overlooked when it comes to calculating the rates of food insecurity in American households.
- ▣ 11% of our students are food Insecure (lower than the national average)
- ▣ 9% of those students are people of color.
- ▣ College students from disadvantaged racial/ethnic minority groups or families with relatively low socioeconomic status are at an increased risk of food insecurity

Why does it happen?

- ▣ The increase in food insecurity in college students correlates with the rising cost of tuition of American Universities.

Food Insecurity: on college campuses

Students asking for Help.

- ▣ Common Issues:
 - Some students may feel ashamed of their food security status and do not seek help.
 - Other students may not be aware of the resources that are available through their university
 - Some universities may not have enough resources to support all of their students asking for help.
 - Most of the students who are food insecure are also housing insecure.

How can we help our students?

- ▣ It is the university's responsibility to make sure that our students are equipped with adequate resources to be productive.
- ▣ Now that this issue has been brought to light, it is of the utmost importance to address this issue for our students in need.
- ▣ This presentation will provide topical ways to help our students.

Food Insecurity: on college campuses

FEDERAL SUPPORT

- ▣ The United States Department of agriculture is aware of this national problem and has been researching who is food secure, where they live, and why they are in their predicament through the Economic Research Service.
- ▣ Since the recession of 2009, the percent of food insecure households has declined from 20.4% to 15.4%
- ▣ Though food insecurity among people with a college degree (about 3%) is less than those who have not finished high school (about 25%), college students fall somewhere in between at about 16%.

- ▣ The US Government offers a few hunger and food security Programs
- ▣ National Institute of Food and Agriculture
 - Community Food Projects Competitive Grant Program (CFPCGP)
 - Food Insecurity Nutrition Incentive (FINI) Grant Program
 - The Expanded Food and Nutrition Education Program (EFNEP)
 - Agriculture and Food Research Initiative (AFRI)
- ▣ These programs do not cater to all students. It is the responsibility of Fontville College to ensure that our students are equipped with the resources necessary to be productive and successful.

Food Insecurity: on college campuses



We will only focus on four.



intellectual

The openness to new concepts and ideas. Having a curiosity and strong desire to learn. Valuing many experiences, staying stimulated with new ideas, and sharing.

Other Implications:

- Creativity
- Critical Thinking Skills
- Adaption to Change
- Educational Goals

Students experiencing food insecurity are at a higher risk for a low grade point average because of a lack of ability to focus in the classroom due to hunger.



Dimensions of Wellness + Food Insecurity



physical

Maintenance of a healthy body through good nutrition, regular exercise, and avoidance of harmful habits.

Other Implications:

- Regular physical activity
- Dietary intake
- Adequate sleep

Students experiencing food insecurity physical wellness may be negatively impacted due to a lack of nutrients from healthy foods.



Dimensions of Wellness + Food Insecurity



emotional

The awareness and acceptance of feelings and emotions. The degree to which one feels positive and enthusiastic about oneself and life.

Other Implications:

- Stress management
- Expression of emotions
- Positive attitude and outlook of life
- Intimacy

Students experiencing food insecurity are at a higher risk for developing a negative emotional wellness.



Dimensions of Wellness + Food Insecurity



financial

An understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes. It is an intricate balance of the mental, spiritual, and physical, aspects of money.

Other Implications:

- Financial Planning
- Financial stability
- Stress management

With the rising cost of college, and the decrease in state and federal support, students experiencing food insecurity may struggle with balancing their finances and purchasing healthy food.



Dimensions of Wellness + Food Insecurity

Role of the Division of Student Affairs

Dining:

“ Fontville dining is tasked with providing quality, locally sourced food to the university community. There are 3 dining halls, one for every main part of campus, as well as 15 a la carte style locations. University dining currently works closely with students to ensure that all dietary restrictions are met and is now willing to further collaborate with the university in order to meet the needs of our students experiencing food insecurity. ”

- Fontville University
Dining Services

Mental Health Resource Center:

“ The Mental Health Resource Center of Fontville College recognizes the strain food insecurity places on college students in addition to their daily challenges as young adults. We plan to further educate ourselves on this issue and become familiar with the current and future resources that will be provided by the university. ”

- Fontville Mental Health
Resource Center

Role of the Division of Student Affairs

Student Activities:

“ Student Activities is dedicated to developing community-conscious individuals. We believe that every student has a place at Fontville, whether that be with our various clubs or working in the student union. In order for students to find their place it is essential that we meet students where they are and contribute to helping them find their sense of belonging. Student Activities is dedicated to creating programming that will help students experiencing food insecurity be comfortable at Fontville and find their sense of belonging. ”

- Fontville University Student Activities

Residence Life:

“ Our residence halls offer close-knit communities, and inclusive social experiences. It is imperative that our students are able to live healthily, comfortably and authentically in their chosen residence hall. The Residence Life Office at Fontville College is eager to work with University Dining and Student Activities to ensure we aid in the movement to meet the needs of students experiencing food insecurity. ”

- Residence Life at Fontville College



SOLUTIONS



WELLFED Student Activities Program

WELLFED will use a holistic approach to address all of the Dimensions of Wellness and encompass the resources provided by multiple campus entities. The goals of this large initiative are to address food insecurity in a way that will be useful and feasible over years to come:

- Remove stigma associated with food insecurity
- Educate students about food insecurity
- Inform students about campus resources (associated with relieving food insecurity)
- Establish practices that have longevity influence students to create their own programs to service their community.

- Powered through the Office of Student Activities
 - Partner with other university departments
- Mostly funded through existing resources.





WELLFED ^{at} Dining - "Cheffin' It up On a Budget"

What?

Dining services and WELLFED with partner together to host a weekly signature program for students every Wednesday from 4 PM -5 PM.

Where?

The cooking courses will take place in a private room within the dining hall so their daily operations are not disrupted.

How?

There will be cooking courses for Fontville students to attend by reserving a spot through the WELLFED app or website. Each class will be led by a chef from the dining hall with a capacity of 30 students per course. There will be an opportunity for multicultural student organizations to partner with our cooking courses to showcase their traditional signature dishes. The food will be donated by the dining hall with fresh veggies from the WELLFED garden. Each course will be live-streamed and saved online if students cannot attend due to time conflicts. All meals will be cost-efficient for college students and dietary restrictions can be made upon request.



WELLFED & Residential Life - Microwave Meals + Movies

What?

Residential Life and WELLFED with partner together to host a signature program for students to attend monthly from 6 PM - 10 PM. Dates will be chosen by resident advisors.

Where?

Microwave Meals will take place in every residential hall at Fontville College.

How?

Microwave Meals is similar to Cheffin' It Up On a Budget. The student programming board and resident advisors will partner up to teach Fontville Student how to make various meals in a microwave. Not all students living on campus have access to a full kitchen but every student living on campus has a microwave in their dorm. Students will not have to reserve a space for this event. Microwave Meals will not be live streamed but all the meals will be saved digitally on the WELLFED app and website. The first hour will be spent utilizing the microwave while 7 PM - 10 PM will be the movie showing. Ten microwaves will be provided at each event along with popcorn for the movie.



WELLFED & Student Engagement and Responsibility

As a land-grant institution our WELLFED community garden will not only feed Fontville students but the surrounding communities as well. It is important that at its core, this program and activity align with the institutional mission.

Located on the institution's veterinary campus, the garden will be dually managed by students of the Agriculture and Veterinary Science programs. Student interns from the Campus Activities Board and Service Learning program will help to maintain the garden and manage crops. Students will be paid for long term participation, while volunteers can lend a helping hand at any time. By sharing the responsibility, we create **a tangible partnership between both academic and student affairs.**

Other programs such as entomology will play a part in maintaining the garden, as well as, controlling functions such as the BugCam which allows students to view and study the various bugs and insects who maintain the garden on a biological level. Additionally, the garden will be home to other **LiveCams** that allow students to watch the growth of crops, see what is growing, and see their peers' active participation and involvement.



WELLFED & Sustainability

We plan to utilize:

- Natural Pesticides
- Composting
- Rain Barrels for Watering
- Recycled Garden Supplies
- Reclaimed Wood Fencing

The WELLFED community garden will improve the overall sustainability of our campus while providing delicious organic vegetables to the entire community. We are caring for the current and future community of the Fontville area by parking in sustainable practices.



WELLFED & Mental Health Resources

- Healthypeople.com states that reduced frequency, quality, variety, and quantity of consumed foods may have a negative effect on children's mental health. This effects can matriculate into early adulthood.
- Students may also feel ashamed of their food security status. This may hinder them from seeking help and finding resources.
- WELLFED seeks to remove the stigma surrounding food insecurity through educational and informative programming.
 - University Counselors will be trained to help students experiencing food insecurity through understanding their situation and providing them with appropriate resources.



Meeting the Needs of Grad Students

FUTURE PROGRAMMING

Despite having a very small graduate student population, Fontville College understands that this very specific population of students will require their needs to be met through alternative methods. Fontville College graduate students, solely housed within the School of Veterinary Science, are not unlike their graduate peers at other universities - they too **feel less connected with the institution as it pertains to accommodations and services**. With this in mind, we believe that future research must be done to specifically assess the needs of these students. **Graduate students are less likely to be active in campus-wide programming or connected to campus resources**, thus addressing their needs must be the focus of an institution specific assessment that surveys this population to gauge not only the need, but the best way to meet those needs.

Students ATHLETES

FUTURE PROGRAMMING

At Fontville College, student athletes are not unlike their peers in the fight against food insecurity. While we understand the need is similar, we note that meeting that need will have to be done differently. Further research must go into assessing how we address the needs of this specific population while not violating any NCAA guidelines and compliance policies, as it pertains to the purchasing of food for student-athletes.



WELLFED APP & WEBSITE

This app and website will give students and community members virtual access to the WELLFED Garden. The free app, **accessible** on all smart devices, is additionally downloaded onto all university computers (within the college's public library) and **marketed at campus-wide events**. The app and website let students know about **all resources related to the greater WELLFED programming and other related resources**. Created by students in the computer science department and maintained by the agriculture and entomology department, the app even has a **LIVE GardenCam**, so students can see all the hard work that goes into upkeep!



WELLFED APP capabilities

- **“What is in season”**
 - Lets users know what is currently growing in the garden and what will be growing in the future
 - Users can also request for new, different produce to be added
- **“Grab & Gos”**
 - Lets users know what foods they can drop by and grab and the hours in which the garden is open
 - App will also offer produce delivery by student bicyclists (produce is free, small delivery fee)
- **“Lend-A-Hand”**
 - Students can volunteer to lend a hand in garden maintenance, while other students will be paid for larger, long-term roles
 - Cyclists will be paid to deliver fresh produce within a small campus radius



BUDGET

- ▣ Funds coming from existing university resources
 - App Development: Student Activities Marketing and Communication Team
 - Mental Health Counselor Training
 - Monitoring Garden

- ▣ \$3000
 - \$700- start up seeds and planting materials for garden
 - \$1000- specialty foods for cooking classes
 - \$1000- sustainability resources
 - \$300 Training Student Activities Ambassadors to lead *WELLFED* campus activities.

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