



Fontville University

Old Dominion University

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1st Year Graduate Student

**Meet The
Team**

Amanda Sandley

1st Year Graduate Student

Steffon Jones

1st Year Graduate Student

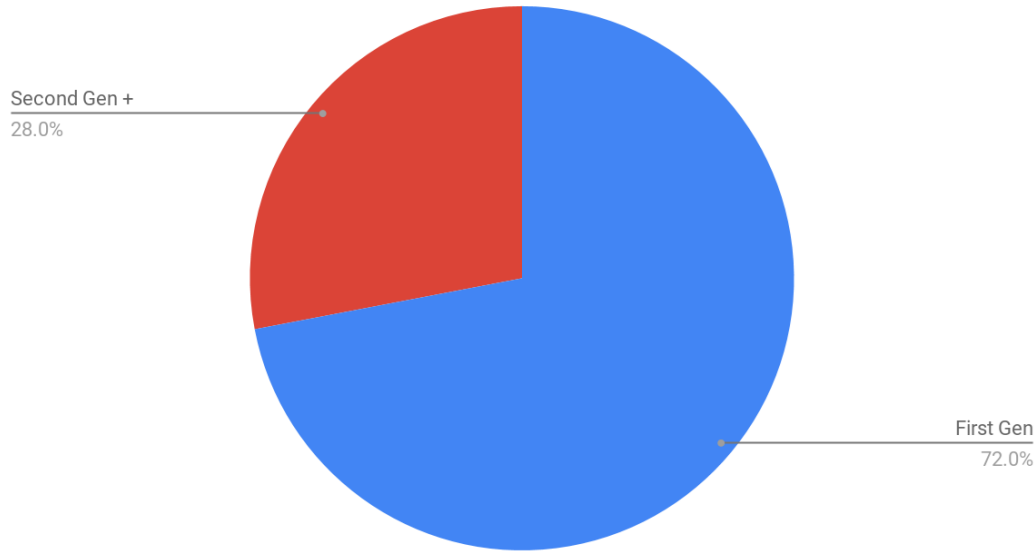
Mission Statement

Fontville University is a public 4-Year institution located in the metropolitan city of Fontville, Virginia. Our institution serves various populations of students such as first-generation, transfer, and adult learners.

Fontville University serves students by providing an enriching experience to impact the world through rigorous academic programs, strategic partnerships, and active civic engagement.

(Mission Statement adapted from Old Dominion University)

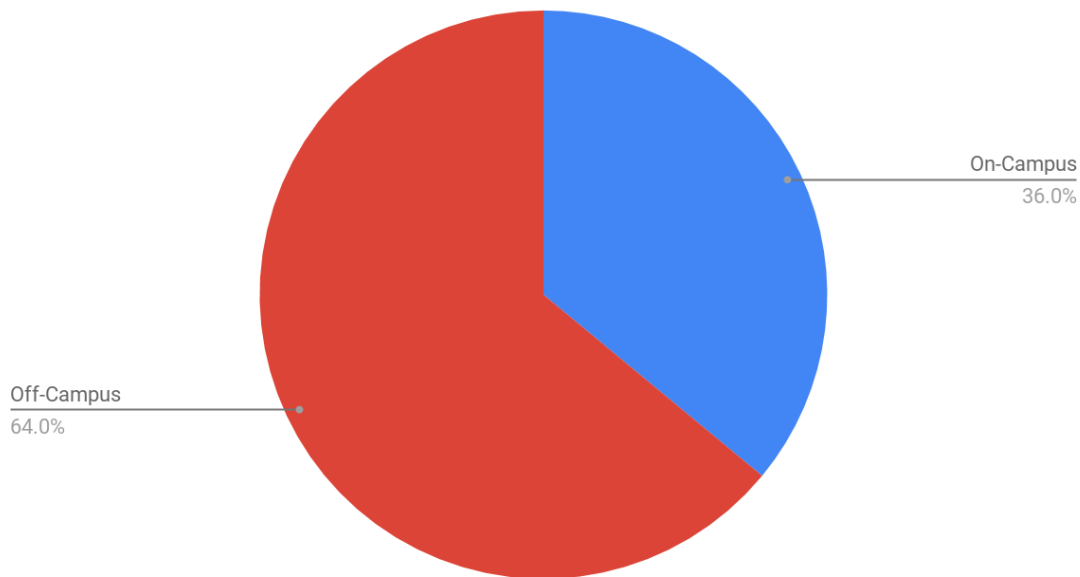
Fontville University Demographics



72% of Fontville's students are primarily first-generation with only 28% of our students as second generation +. Because first-generation students do not typically have the support that second generation + students have, it is important to recognize patterns and provide programs and resources to ensure their success and remove barriers that will hinder their track to graduation.

- First Generation
 - Students who have not had at least one generation of immediate family attend college/university
- Second Generation +
 - Students who have had one or multiple generations of immediate family attend college/university

Fontville University Demographics

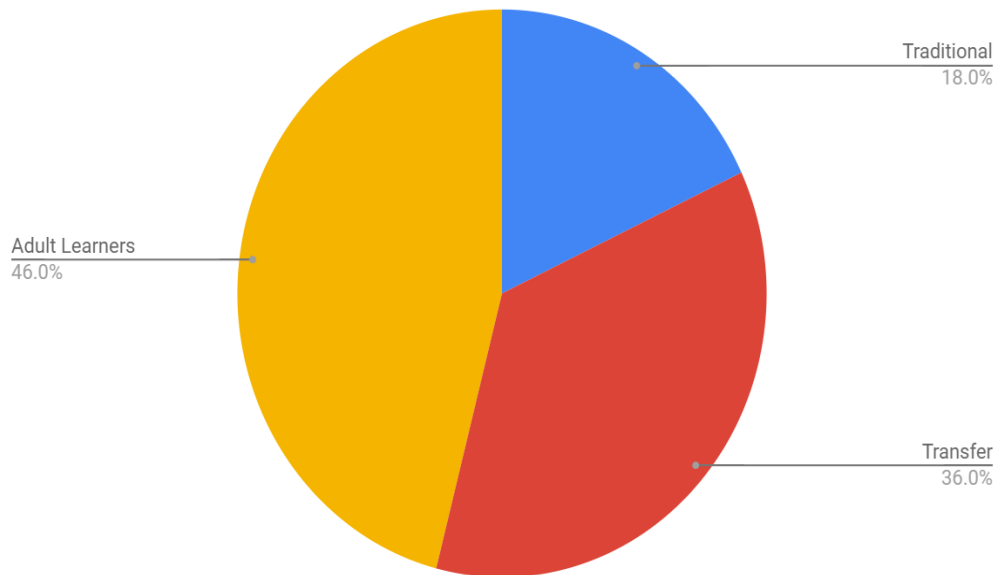


With 64% of our student population not living on campus and only 36% of students living on campus, it is vital to recognize the potential needs off-campus students have (e.g. no meal plan, lack of 24/7 staff support, distance from campus).

Students who do not live on campus live within a mile of the campus (53.4%), within five miles of the campus (13.2%), or more than five miles from the campus (33.4%).

- On-Campus
 - Students who live in on-campus housing
- Off-Campus
 - Students who did not live in university-owned housing

Fontville University Demographics



With 82% of our student population as adult learners and transfer students, Fontville University must recognize the needs of non-traditional student populations. These can range from academic, childcare, financial, and social.

Having appropriate programs and resources in place is again a necessary and immediate priority to ensure Fontville University student success.

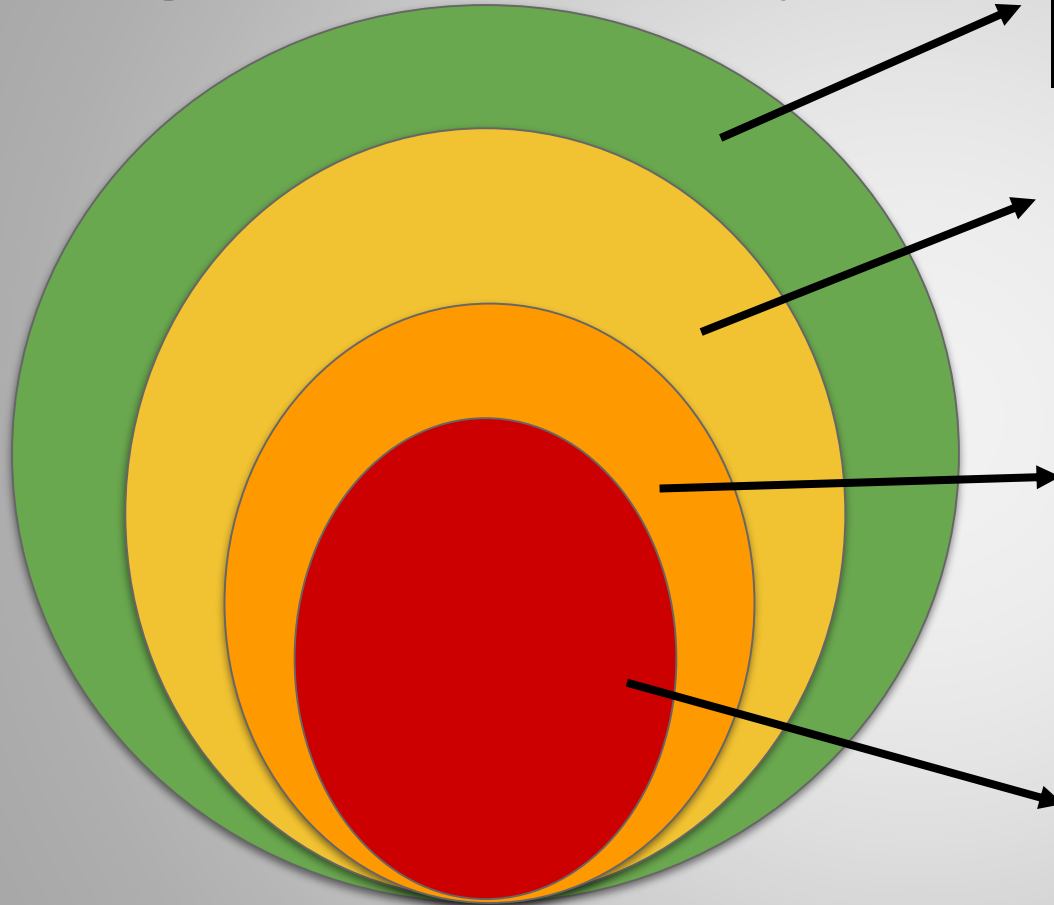
- Adult Learners - students over the age of 23 without prior higher education experience.
- Transfer - students who started at another college/university and decided to come to Fontville University to finish out their degree.
- Traditional - students who attend college directly after obtaining their high school diploma and are under the age of 23.

*Students who fit into multiple categories are based off priority; first priority is adult learners; second priority is transfer students; last is traditional students

Food Insecurity?

- The United States Department of Agriculture (USDA) defines Food Insecurity as “ the limited or uncertain availability of nutritionally adequate foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways” (USDA, 2019).
 - Furthermore, the USDA outlines a range of food security:
 - High Food Security
 - Marginal Food Security
 - Low Food Security
 - Very Low Food Insecurity
- In the U.S., 88.9% of households had no food insecurity issues in 2018, 11.1% were food insecure at some point during the year, and 4.3% (5.6 million households) had very low food security (USDA, 2019).
- On college campuses, the picture is vastly different. 60% of college students reported being insecure within the last 30 days (Goldrick-Rab, Baker-Smith, Coca, Looker, & Williams, 2019).

Ranges of Food Security



High Food Security: Households had no problems, or anxiety about, consistently accessing adequate food.

Marginal Food Security: Households had problems or anxiety at times about accessing adequate food, but the quality, variety, and quantity of their food were not substantially reduced

Low Food Security: Households reduced quality, variety, and desirability of their diets, but the quantity of food intake and normal eating patterns were not substantially disrupted.

Very Low Food Security: At time during the year, eating patterns of one or more household members were disrupted and food intake reduced because the household lacked money or other resources for food.

Signs Of Food Insecurity

(Meza, Martinez & Leung, 2019)

- Individuals may appear to have a lack of energy.
- Individuals may skip class or work obligations due to embarrassment as others around them might be able to hear their stomach growl.
- Individuals may sleep long hours or not sleep enough and appear to be constantly tired.

Impacts of Food Insecurity

(Broton & Goldrick-Rab, 2018; Dubick, Mathews & Cady, 2016; Payne-Sturges, Tjaden, Caldeira, Vincent & Arria, 2018)

- **Academics**

- Not able to buy required textbooks
- Not completing studies
- Dropping/missing classes
- Choosing between studying and eating

- **Health Issues**

- Fair to Poor Health
- More frequent depressive symptoms (little interest, feeling down, feeling tired, poor appetite, and feeling bad about oneself)
- Cutting down meals or skipping meals for a whole day

- **Money**

- Not being able to afford a balanced meal (fresh produce, meat, milk, bread)
- Only able to afford fast food meals/cheap groceries (Ramen, Vienna Sausages)

Theory

(McLeod, 2018)

- Maslow's Hierarchy of Needs is a motivational theory in psychology comprising a five-tier model of human needs.
- Needs lower down in the hierarchy must be satisfied before individuals can attend to needs higher up.
- Based off of Maslow's Hierarchy of Needs, students cannot obtain self-actualization until their basic needs are met.
- This theory will help us to best understand our role as an institution to ensure that we provide the resources and tools for our students to combat food insecurity, so they are able to adequately address other needs without constantly worrying about their next meal.



SNAP OUT THE STIGMA

Supplemental Nutrition Assistance Program (SNAP)

A Fontville University program designed to address food insecurity issues.

SNAP OUT THE STIGMA: Mission Statement

SNAP Out the Stigma is a program that will build a culture of understanding of food security, the Supplemental Nutrition Assistance Program (SNAP), and remove the stigma surrounding food insecurity. This information will help students, staff, and faculty recognize when individuals are dealing with food insecurity and need help or resources.

SNAP OUT THE STIGMA: Goals

- Students, faculty, and staff will feel that the campus is a safe place that addresses and helps individuals dealing with food insecurity.
- Faculty and staff will be trained to help individuals fill out a SNAP application.
- Students will be able to identify faculty and staff who help them with issues of food insecurity.
- Faculty, staff, and students will be provided with an electronic cookbook that will help them make large, inexpensive, and nutritious meals.
- Students, faculty, and staff will be provided with easy access to an app located on the university's website that will help them check prices at nearby stores to help with smart shopping skills.
- SNAP out the Stigma will hold several events to help educate faculty, staff, and students on food insecurity and the stigma attached to it.
- SNAP out the Stigma Event will also change faculty, staff, and students' mindsets on food insecurity and SNAP to start a culture of acceptance at Fontville University.

SNAP Learning Outcomes

- Faculty, staff, and students can clearly articulate what food insecurity is.
- Faculty, staff, and students can identify signs of food insecurity.
- Faculty, staff, and students can identify and direct individuals in need to departments and resources for individuals facing food insecurity.
- Faculty, staff, and students will gain the knowledge of how to break down the stigma around food insecurity and SNAP.
- University staff are well informed about the process of applying for the Supplemental Nutrition Assistance Program (SNAP) and how to educate individuals on the application process.

SNAP OUT THE STIGMA: Budget

- Total Budget: \$3,000.
- **University chefs** will be directed to create an **online cookbook** with **inexpensive and nutritious recipes** that can be cooked in **large quantities** and **stored for longer periods of time** (at least **5 days**).
 - Cost: **free**.
- **\$3,000** will be used in **SNAP Out the Stigma events**.
 - **\$1,000** for **meal vouchers** for on-campus dining locations for distribution during the **two educational SNAP programs**
 - **\$200** for **marketing** (posters, fliers, etc.) and SNAP Out the Stigma **buttons and stickers**.
 - **\$1,800** for establishing a **food pantry** located in a **discrete location** that will be **subsidized by Fontville Dining** and **monetary donations** leveraged from the Development Office.

SNAP OUT THE STIGMA: Training

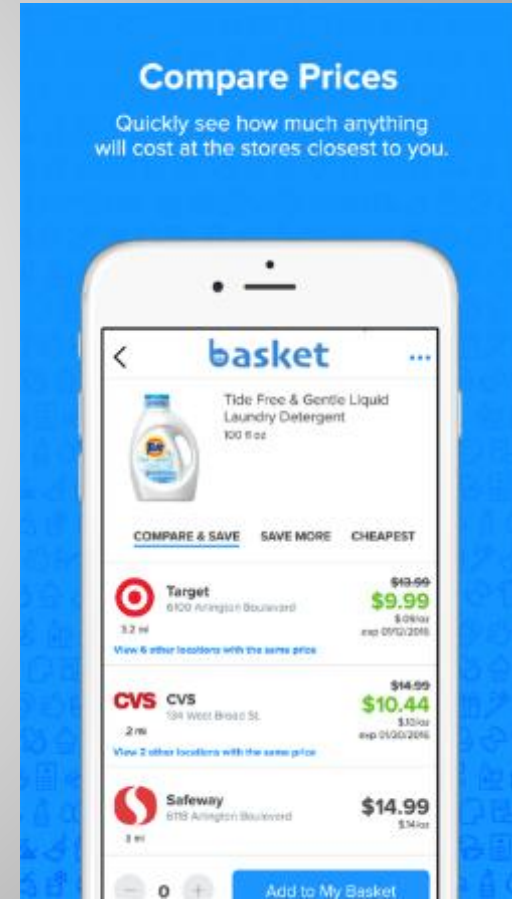
- Training will be added to the preexisting onboarding process for all university staff and faculty.
- All students will be informed of university officials who are trained to help students with food security issues.
- The training will be comprised of:
 - Defining Food Insecurity.
 - Educating on what Food Insecurity looks like on our campus for students, staff, and faculty.
 - Defining what the Supplemental Nutrition Assistance Program (SNAP) is and what it does for individuals.
 - Explaining the multiple ways an individual can apply for Supplemental Nutrition Assistance Program (SNAP).
 - Ex. In-person, online, mail, and phone
 - Explaining all the information an individual will need in order to complete the application for Supplemental Nutrition Assistance Program (SNAP).
 - Providing SNAP applications and information for all staff and faculty who participate to have in a central location in their department.

SNAP OUT THE STIGMA: "Food for Font"

- This portion of the program will be in **partnership with Fontville dining** in which **University chefs** will **create an electronic cookbook** that students, staff, and faculty (and the community) can use.
- This **cookbook** will be comprised of recipes for the purpose of **cooking large portions of meals using low cost and nutritious ingredients** to **last a week** and cooking meals created from items found in Food On Demand (F.O.D.) locations on campus for student with meal plans.
- This **electronic cookbook** will be **distributed** through the **monthly student announcements and online.**

SNAP OUT THE STIGMA- Shopping

- The university will also promote BASKET through adding a portal in the Fontville website that opens the BASKET app.
- This free app is used to make a grocery list and compare prices from all nearby stores.
- Furthermore, it will be promoted during the first four weeks of school in the daily student announcements and switch to monthly student announcements for the remainder of the semester.



SNAP OUT THE STIGMA:

Events

- These two events will be campus wide and receive support from all departments that chose to participate.
- The purpose of the event is to allow students, staff, and faculty to interact and work together to understand food insecurity and eradicate the stigma that comes with applying for and using SNAP benefits.
- During this event, students, staff, and faculty will be encouraged to participate in games and activities for prizes. One of the tables at the event will have anonymous surveys to where individuals can voice opinions about SNAP and how they perceive it. After this survey is completed a larger prize will be given (food vouchers for on-campus dining locations).
- There will also be a station for individuals to sign up for SNAP or take an application with them.

SNAP OUT THE STIGMA: Event Games

- SNAP Trivia: Faculty, staff, and students will be asked questions pertaining to SNAP and food security. If they answer correctly, they will be allowed to spin a wheel and obtain the corresponding prize the wheel lands (food vouchers for on-campus dining).
- Cereal Box Puzzle: Individuals will compete against others to reconfigure the front of a cereal box that has been cut up into 16 pieces. Each student will have the same box of cereal. It will be the first event for people in that they will create a map to show individuals all the departments and resources present.



SNAP OUT THE STIGMA:

Event Games

- **Stuff the Fridge:** Individuals will be given items (empty food containers) in which they need to fit into a microfridge (typically the size allowed in a residence hall). If they can fit the items in the fridge within 45 seconds they will receive a prize.
- **Bottle to Bottle:** Two 2-liter bottles will be taped together at the mouthpiece, one bottle is filled with 30-40 gumballs. The object of this game is to shake the bottles until all gumballs have been moved into the second bottle.



SNAP OUT THE STIGMA:

Assessment and Growth

- The SNAP Out the Stigma program will be assessed in the following manners:
 - Formative assessments:
 - Quantitative evaluation of educational programs
 - Qualitative focus groups and interviews dealing with talking about food insecurity and how to combat it
 - Summative assessments:
 - Evaluation of food pantry usage statistics and viability
 - Evaluation of knowledge of food insecurity at the end of year one.
- Program growth:
 - Establish funding through the City of Fontville and through alumni and community donations to supplement the SNAP Out the Stigma program and the food pantry.
 - Once the food security issue on campus has been improved, SNAP Out the Stigma will move toward other aspects like child care and student health.
- As Maslow's Hierarchy of Needs is the foundation of our assessment, we hope to see if individuals understand what food insecurity is and how this basic need has to be met before addressing other pertinent needs.

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