

FULLfilled: Food Insecurity on College Campuses

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College is expensive and stressful!

On top of homework, tests, campus involvement, paying bills, activities, cost of books, room and board charges, and a variety of other stressors, many students have reported a limited access to the most basic resource needed to live:

Food

In order to make ends meet, many students report:

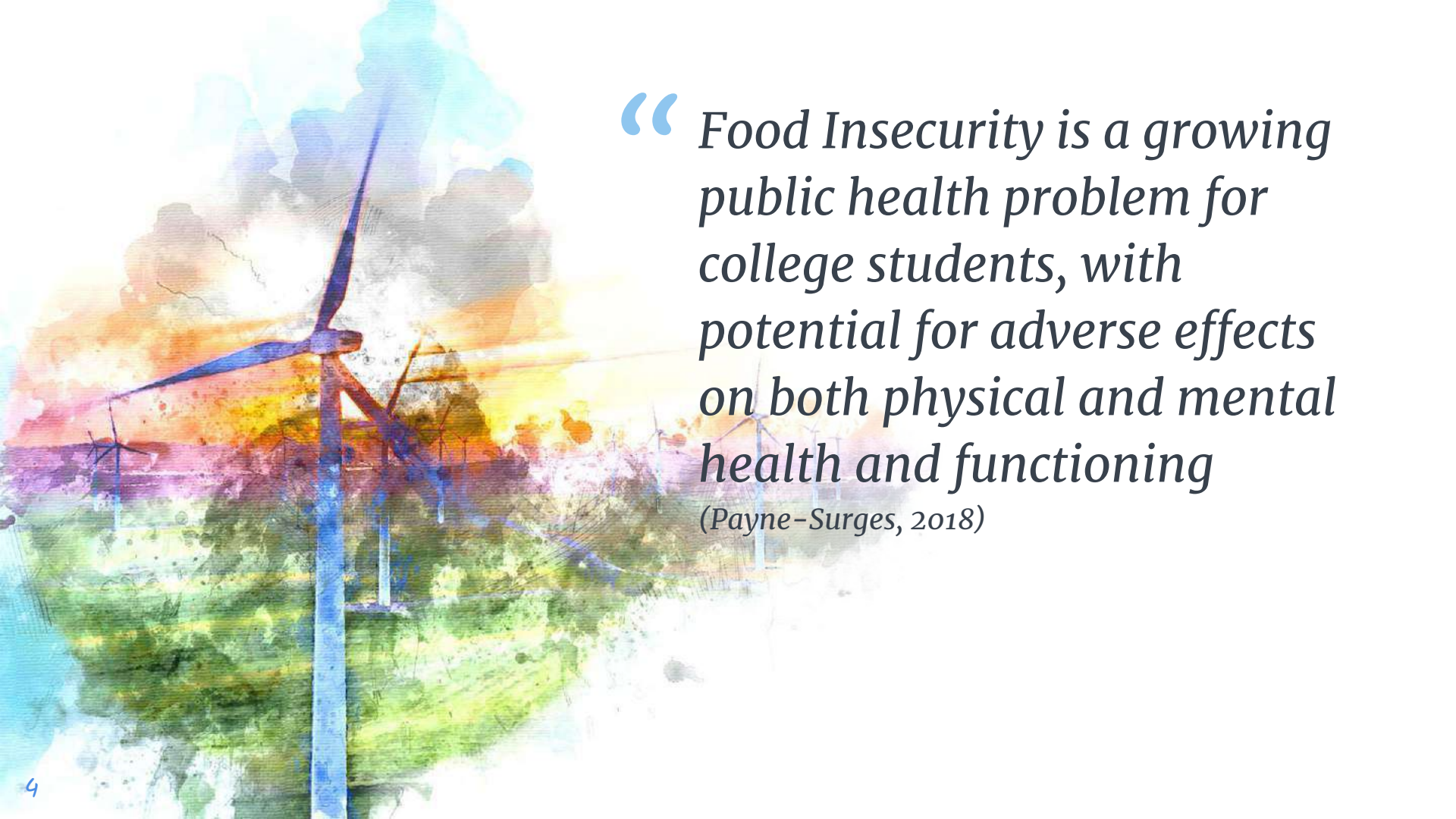
- Little or no access to food
- Feeling hungry
- Eating less than they think they should
- Changing overall eating habits
- Irregular grocery shopping trips

This is food insecurity...



Background on Food Insecurity

According to Devon C. Payne-Sturges (2018), food insecurity is defined as “limited or uncertain ability to acquire acceptable foods in socially acceptable ways due to a lack of money and resources.”

A watercolor illustration of a wind farm. The scene is dominated by a large wind turbine in the foreground on the left, with several others receding into the distance. The sky is a mix of soft blues, oranges, and yellows, suggesting a sunrise or sunset. The ground is depicted with various shades of green and blue, representing grass and shadows. The overall style is artistic and painterly.

*“ Food Insecurity is a growing public health problem for college students, with potential for adverse effects on both physical and mental health and functioning
(Payne-Surges, 2018)*



Food Insecurity and College Students

- Food Insecurity is associated with lower academic achievement, behavioral and attention problems, and adverse psychosocial development among college students (Payne-Sturges, 2018, p. 350)
- Food Insecurity is associated with increased physical and mental health problems such as depression, obesity, diabetes, and poor sleep habits among college students (Payne-Sturges, 2018, p. 350)



Food Insecurity and College Students Continued...

- Characteristics of food insecurity are reduced caloric intake, lack of dieting, hunger, and weight loss due to a low consumption of calories (Henry, 2017, p.7)
- Food insecurity is associated with poor health and wellness as well as housing instability (Kushel, et. al, 2005, p. 71)
- Food insecurity impacts overall academic performance on a college campus negatively (Henry, 2017, p. 8)

Who is impacted?

In a study done at the City University of New York, 39% of students experienced food insecurity in the past year...

Those at a higher risk for experiencing food insecurity were

- » Students with fair or poor health
- » Those with incomes less than 20,000
- » Hispanic students
- » Black students
- » Financially independent students
- » Students who work 20 or more hours per week

(Brnton, 2016, p.18-19)

According to research led by UC Nutrition Policy Institute, The College University Food Bank Alliance, and the National Campaign Against Student Hunger and Homelessness...

*42% of students are food
insecure*

(Goldrick-Rab, et. al, 2018, p. 5)



Clearly, this is a growing issue that needs to be addressed...

What can we as a campus do?



Our Idea: FULLfilled

The “FULLfilled” Program was created to combat rising food insecurity on our college campuses geared towards college students and to educate campus stakeholders.

» We have a two pronged plan to address food insecurity on-campus...

- 1. The FULLfilled Program*
- 2. The FULLfilled Workshop*



FULLfilled Program: Swipes On US

- Swipes On Us is a initiative put together in collaboration with various on-campus departments. This program allows students to donate meals and dining dollars from their meal plan to students in need while raising awareness around food insecurity on college campuses through our FULLfilled workshops.
- According to a research study conducted by the Wisconsin Hope Lab, 1 in 3 college students face food insecurity nationally (Goldrick-Rab, et al, 2018, p. 10).



How Does It Work?

- Students will have the opportunity at the beginning of each month to donate meal swipes. The donation period will last for 1-2 weeks.
- This can be done online or students can donate in-person at our table next to the dining hall entrance.
- After the donation period has closed, the swipes will be distributed to students who have signed up for the program.



Why Does this Matter?

- As previously mentioned, 1 in every 3 college students will face food insecurity at some point in their collegiate career.
- Not all students come to university with the same opportunities. There are those who come from low socioeconomic status, parents can no longer afford to provide financial assistance, students working multiple jobs to support themselves and family, etc.
- Through this program students with an excess of meal swipes will be help to help those in need.



Enrollment Process

- Students can sign up online or through the Swipes On Us app
 - Sample questions on form:
 - How often in a 30-day period have you gone without a meal due to a lack of money?
 - Do you live on-campus or off-campus?
- Once the meal swipes donation period has ended and the meals have been allocated, students will receive a notification either through the app or text that meals have been added to their student ids.



Who Will Be Involved?

- » Students
 - Planning and organizing meal swipe drives, spreading awareness of food insecurity through events, and eventually leading FULLfilled workshops
- » On-Campus Departments
 - Residential Life (helping to promote the program through Resident Advisors)
 - Dining (managing and allocating donations)
 - Student Life (outreach)



FULLfilled Marketing Plan

- Fliers included into acceptance packages for new students
 - Returning students will also receive a flier about the program
- On-Campus Events
 - Tabling
 - Grocery Bingo
- Social Media Campaign
 - Facebook, Twitter, TikTok, and Instagram

Who is impacted by food insecurity?

ALL of US

In addition to the FULLfilled program, we are creating an education component...

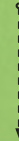
The FULLfilled Workshop

The FULLfilled Workshop

Our goal is that by the end of the FULLfilled workshop, each student, faculty, staff, and community member that participates receives a FULLfilled Ambassador Certification, which demonstrates...

- » Knowledge and **education** of food insecurity and how it impacts our college campus
- » Ability to **collaborate** with local community, other students, and staff to combat food insecurity
- » Sense of dedication to the cause and common commitment to **advocacy**

Educate



Collaborate



Advocate

The FULLfilled Workshop

Educate



- What is food insecurity and how does it impact students?
- Give information about food insecurity on campus
 - How many students are impacted?
 - What is the university doing to support students?
- What is the FULLfilled program and what are FULLfilled Ambassadors?

Collaborate



- Partner with local grocers and food shelves to combat food insecurity in the community and on campus
- Brainstorm with other students and staff on ways that campus can eliminate food insecurity

Advocate



- Become a FULLfilled Ambassador
 - Advocate and promote the FULLfilled program
 - Get the message out to students, parents, and community
 - Recognize common commitment to cause

FULLfilled Workshop- Day 1

Morning Session: EDUCATE

- » Introductions and welcome
- » Ice breaker
- » Session: What is food insecurity?
- » Discussion: How does food insecurity impact college students?

Afternoon Session: EDUCATE

- » Speaker (Student/ Staff/Community member impacted by food insecurity)
- » Discussion: Reactions to speaker?

Night: FULLfilled Event

- » Grocery Bingo (food donated by local grocery stores to eliminate food waste).
- » Food drive
- » Booth fair of local grocery stores/companies

**This event is optional for receiving the certification AND exists outside of this workshop (open to all)

FULLfilled Workshop- Day 2

Morning Session: EDUCATE/ADVOCATE

- » Session: What can we do? What is our role in this?
- » Discussion: How can we advocate for food security?
- » What is the FULLfilled program?

Closing: ADVOCATE

- » Session: What are FULLfilled Ambassadors?
- » Certificate distribution

Why the FULLfilled workshop?

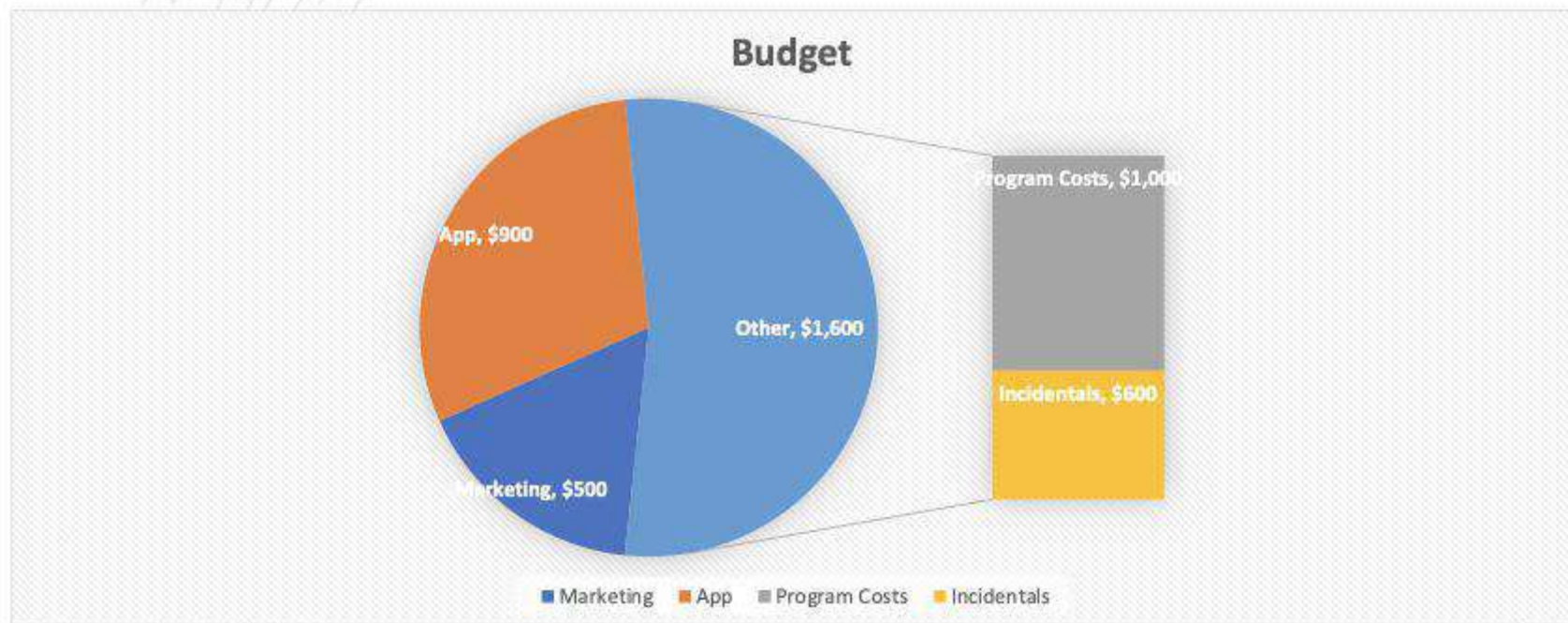
“We are all responsible for and impacted by food security on campus”

- » Increases student, faculty, and community buy-in
- » Initiate conversation around food insecurity and the FULLfilled program
- » The more constituents know, the more they are equipped to spread the message

Ideas for workshop/certificate utilization:

- » Resume builder/Point in an interview
 - Shows campus involvement/commitment to cause
- » Clubs and organizations might be interested in participating?
- » FULLfilled Student Organization?
- » Curriculum tie-in
 - Completion for a course? Completion for a major? Completion for a minor?
- » Professional development training opportunity for staff and faculty
 - Similar to a Safe Space training?
- » Opportunity for collaboration with other departments?
 - An element of Orientation?
 - Required for Honors Programs?
 - In Residence Halls?

Fullfilled Program Budget





Our hope

In creating this two-pronged program, we hope to not only initiate a program that abolishes food insecurity, but also demands attention from all corners of campus.

In order to fight food insecurity, we not only have to build resources and programs for those impacted, we also must educate all students, faculty, staff, and stakeholders.

Then, and only then, will we all be FULLfilled!



References

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