



FOOD INSECURITY

St. Cloud State University

Team Leader: Kayla Coronella

Group Members: Scott Vosen, Bruno Xue, Der Yang

University Background

Campus Name

- Great Lakes University

Campus Size

- Medium

Student Body

- 7,000-8,000 student

Campus Location

- Twin Cities, Minnesota

Institution Type

- Four Year Liberal Arts College

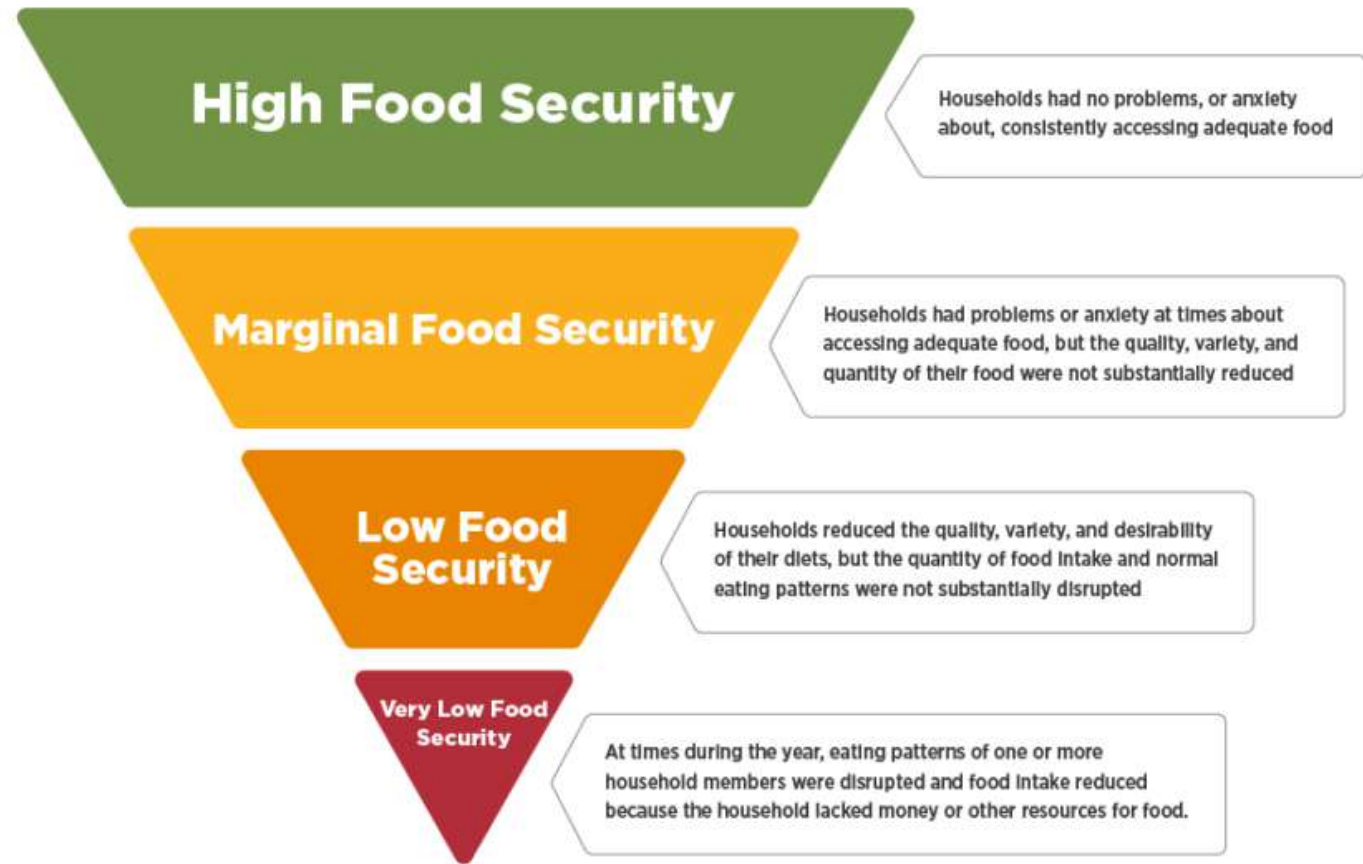
What is Food Insecurity?



- The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life.
- It is important to know that though hunger and food insecurity are closely related, they are distinct concepts. Hunger refers to a personal, physical sensation of discomfort, while Food Insecurity refers to a lack of available financial resources for food at the household level.
- Seniors, children, rural communities and college students are at a high risk of food insecurity.

USDA Level of food security

- High food security
- Marginal Food Security
- Low food security
- Very low security



Source: Adapted from the USDA Economic Research Service.

What are the Effects of Food Insecurity in General?

Food insecurity can have a wide impact, depending on everyone's circumstances. Here are some of the most common, yet complex, effects of food insecurity include:

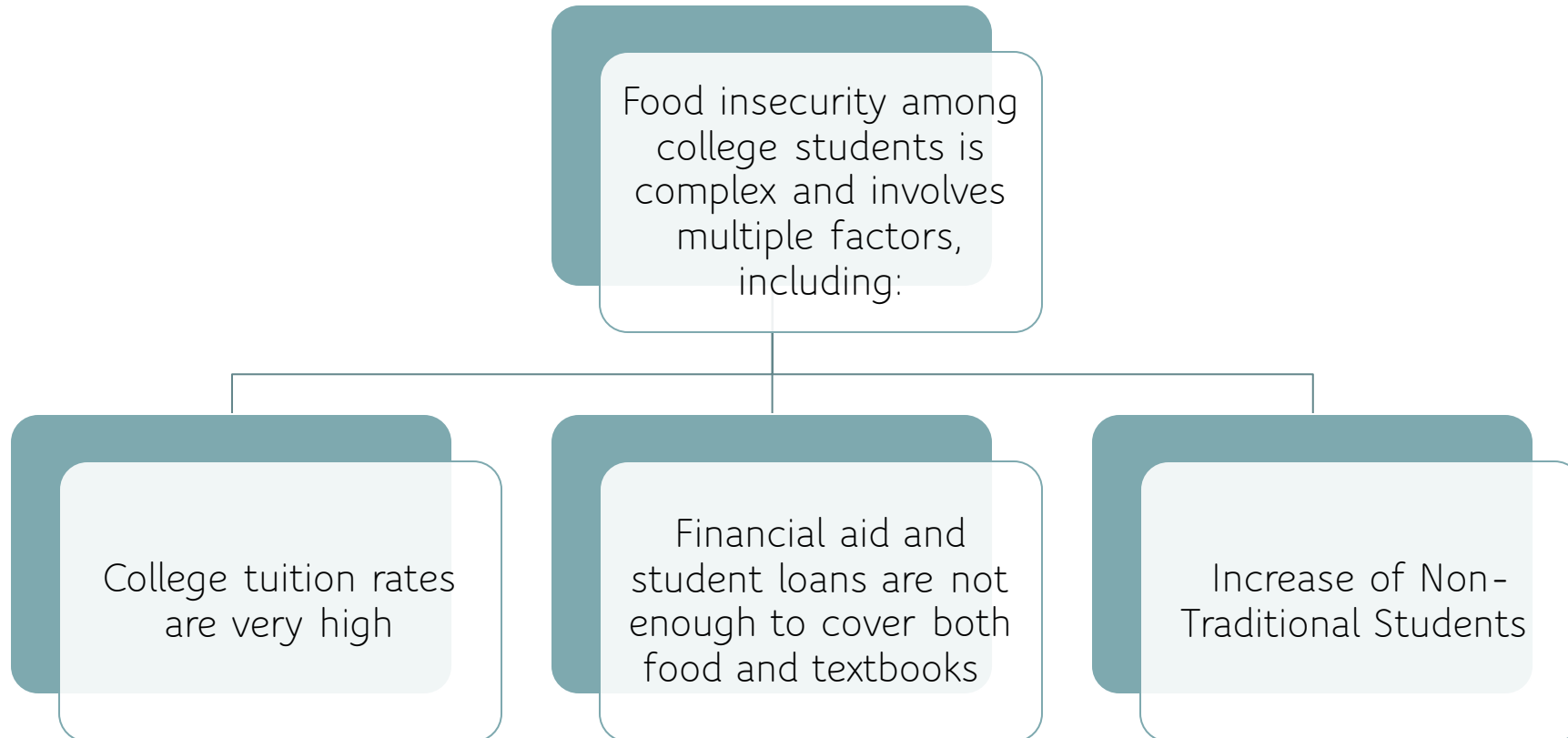
- Serious health complications
- Damage and prevent children's ability to learn and grow happily and effectively
- Difficult life decisions - often living on fixed incomes - such as choosing between paying for food and essential items

Why is there Food Insecurity?

- "One 'bad month' can be enough to plunge a household into food insecurity. Lay-offs at work, unexpected expenses or an accident on the job can suddenly force a family to choose between buying food and paying bills. Working families across America face countless situations that can result in food insecurity and hunger."



Why is there Food Insecurity on College Campuses?



How does Food
Insecurity
Affect College
Students?

Mental Health
Functioning

Academic Success

Graduation Rate



What Happens
When College
Students Can't
Afford To Eat?
One student
Shares Her Story

- <https://www.youtube.com/watch?v=M7jpSnnlVZ8>

Certain populations face a Higher Risk of Food Insecurity

Even though we are looking at the entire student body when it comes to food insecurity. However, it is good to note that students of color, first-generation students and other marginalized student populations are more than likely to experience food insecurity compare to other students.

"Part of what makes food insecurity so difficult to solve is that the underlying causes. Poverty, unemployment/under-employment and inconsistent access to enough healthy food are often deeply interconnected".

However, there are organizations and programs helping people who are suffering from food insecurity to fight back and. As University, we are also devoted to helping college students to fight food insecurity by providing a series of programs and services. As well as collaborating with community partners.

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Snack Shacks Program

St. Cloud State University

Team Leader: Kayla Coronella

Group Members: Scott Vosen

Bruno Xue

Der Yang

Snack Shacks

- Designated areas are in multiple building across campus for students to take items they need to help them have some food through the day.
- Snacks are for all college students.
- Signs state: Take only what you need please so other can have some too.
- Only in buildings that do not go against the campus food contract.
- Each building will have a "drop off" storage site for the surplus of items.
- Items will only be given to the designated people on the pickup list.
- All items will be non-perishable.
- Attached to the items will be Tips and Tricks Information



Collaborations



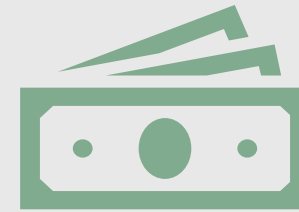
Sponsorship

Second Harvest

United Way

Walmart

Cub Foods



Donations

Students, staff, and faculty may bring items to the different office locations. As well as donate or purchase meals through the campus food company.

Local grocery stores

Monetary donations are appreciated

Potential Food Options

- Veggie Straws
- Granola Bars
- Fruit Cups
- Apple Sauce
- Fruit Snacks
- Crackers
- Puff Popcorn
- Trail Mix
- Mac and Cheese cups
- Mashed Potato cups
- Ramen Bowls
- Microwavable Soup
- Rice Bowls
- Quinoa Bowls
- Cookies
- Dried Fruit and Vegetables
- Chef Boyardee
- Tuna Fish
- Jerky
- V8 Juice
- Non-refrigerated protein drinks
- Cereal bowls
- Powdered milk
- Bottled Water
- Oatmeal Bowls

Ending the Stigma: Trainings and Presentations



All Presentations will have access in person or online.



Supplemental Nutrition Assistance Program (SNAP) application assistance



Bus and Transit training



Guest Speakers for food insecurity panel

Tips and Tricks

- Community food pantries and grocery stores: locations and directions.
- Bus route information
- Contact information for the donated campus meal plans
- Locations for other Snack Shacks on campus
- Counseling resources on campus
- Locations for Shelters
- Dates for SNAP presentations
- Affordable and healthy meal preparation tips

Promotional Options



Digital signage throughout campus



Campus social media accounts such as Twitter, Facebook, and Instagram.



Campus phone app posting and contacting



Campus wide email (E-blast)



11x17 in posters and ¼ Quarter Sheets



Contacting Deans' of Academic Affairs for them to send out the poster to all professors under them. The professors would make an announcement and show the poster to their students.

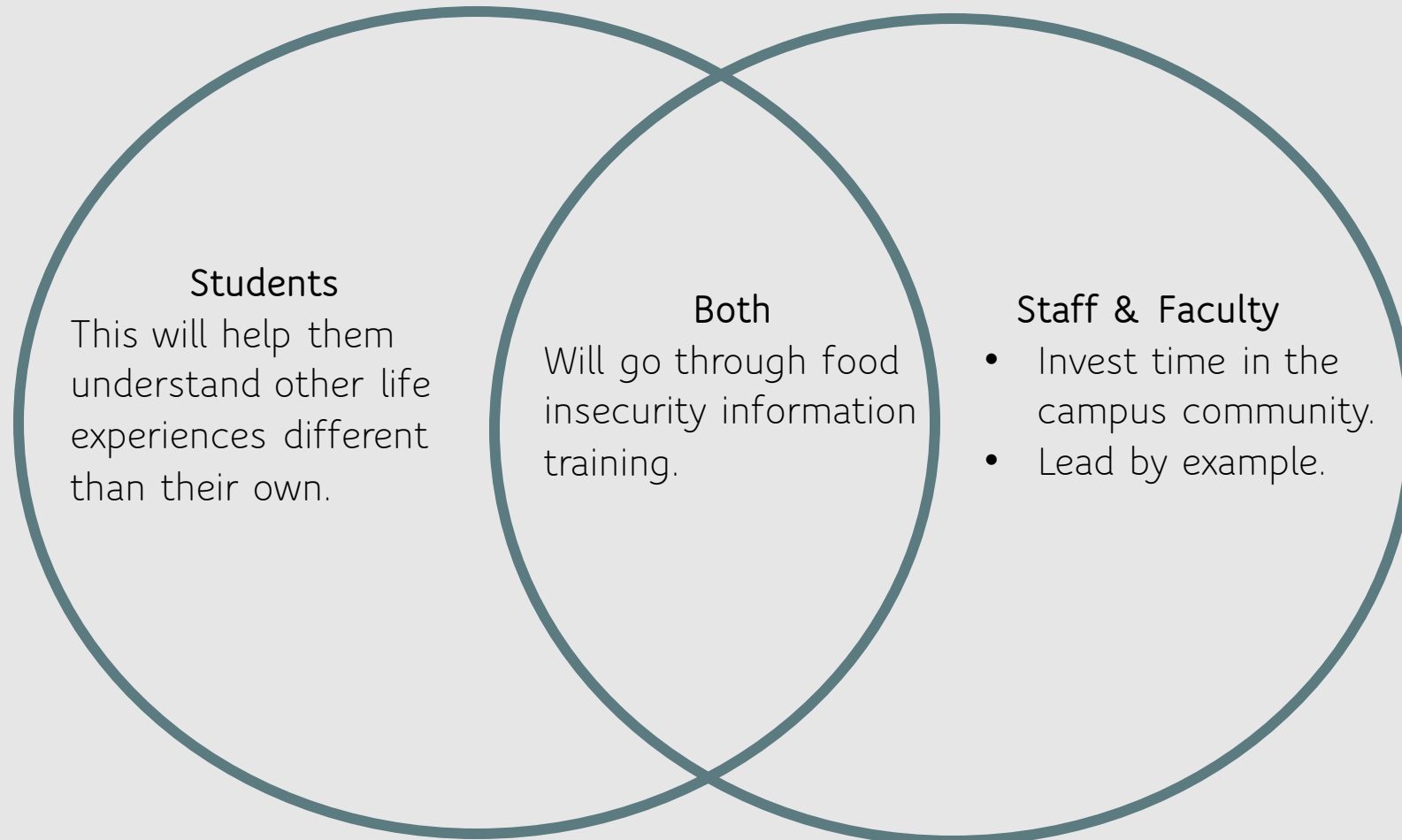
Budget Break Down



Items	Estimated Cost	Total
Shelving Units (x10)	\$54.75 (per unit)	\$574.50
Tips & Tricks cards (x6,000)	0.14 cents (per sheet of paper)	\$850.00
Promotional Packets (x600)	0.14 cents (per sheet of paper)	\$90.00
Plastic Bags (x3)	\$27.95 (for 1,000)	\$83.85
Posters 11x17 (x120)	0.12 cents (per sheet)	\$14.40
Total Allotted \$3,000		\$1,612.75

Extra funds will be used to replenish these items and for unforeseen circumstances

Volunteers



Students

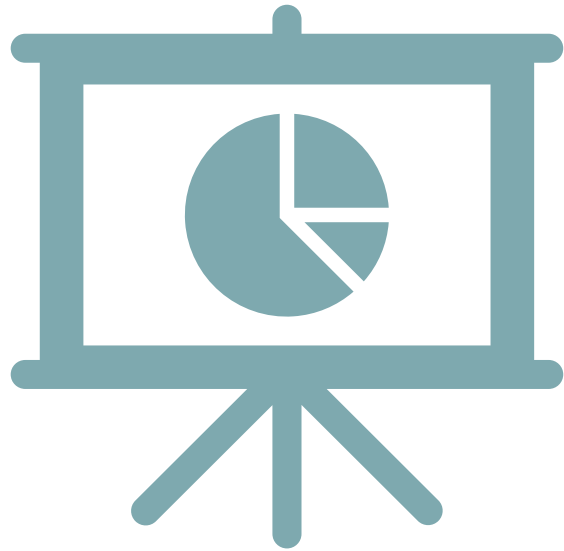
This will help them understand other life experiences different than their own.

Both

Will go through food insecurity information training.

Staff & Faculty

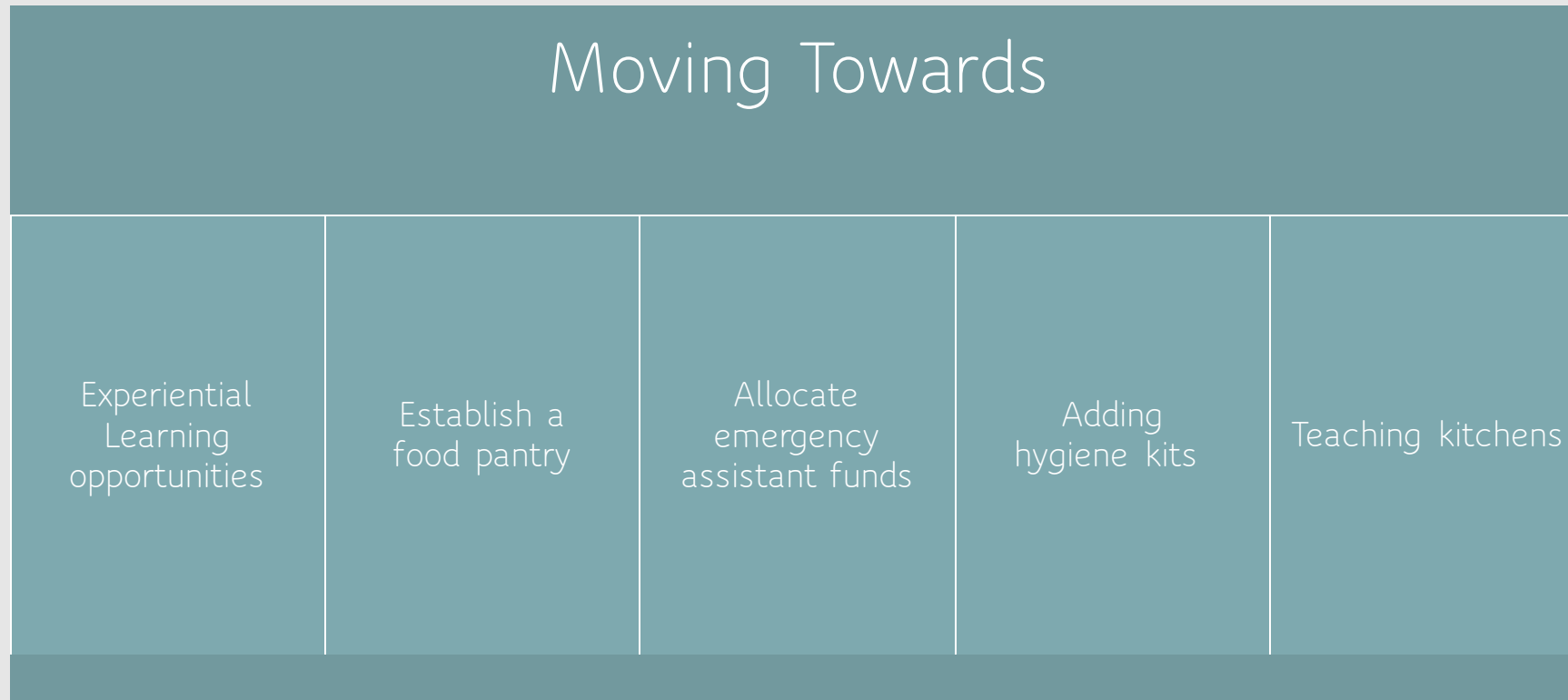
- Invest time in the campus community.
- Lead by example.



Tracking

- There will be a running count of all donated food items and by which company or partner each month.
- Another tabulation will be made for food distribution to each building.
 - How much food we receive at the start of each month.
 - How frequently each buildings supplies need to be replenished.
- At the end of the month we will calculate how much food was given out and how much is left.
- Charts and graphs will be developed at the end of the semester.

This is the start of something new...



Reference

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Food Insecurity Proposal
St Cloud State University
Team Leader: Kayla Coronella
Group Members: Scott Vosen, Bruno Xue, Der Yang

Presentation 1: What is Food Insecurity?

Slide 1: Introductory Slide

Slide 2: For our school we chose to work a medium sized student population of 7,000 to 8,000 in the Twin Cities, Minnesota area. We elected to be in a heavily populated area so that we have the options for support.

Slide 3: According to the U.S. Department of Agriculture (USDA), food insecurity is defined as a lack of consistent access to enough food for an active, healthy life.

Slide 4: According to the USDA, there are 4 levels of food security. “High food security typically indicates that food access is not a problem or limitation for individuals. Marginal food security typically indicates low reports of food shortage or limitation inside the home. Low food security typically indicates a reduced quality, variety or desirability of food within the home. Very low food security typically indicates high level of disrupted eating patterns and food intake”. (USDA)

Slide 5: Three major ways in which food security can affect individuals include serious health complications, damage to children’s development, and difficult life decision making. (Haskett, M. E., Kotter-Grühn, D., & Majumder, S. (2020)

Many students affected by food insecurity often make difficult decisions related to their academics. Many students experiencing food insecurity report having to decide between working more shifts or attending class and completing assignments on time. Students also make hard decisions on how they should allocate their money. Many students report that sometimes they cannot afford to buy both food and academic materials such as textbooks and supplies. (Dubick, J., Mathews, B., & Cady, C. (2016, October)

Slide 6: There are a wide range of reasons for food insecurity. Some of the major reasons include but is not limited to poverty, unemployment, unexpected job loss, low-income, and homelessness.

<https://www.feedingamerica.org/hunger-in-america/food-insecurity>

Slide 7: College students are amongst the highest group of people who faces food insecurity. Many first-year students are impacted as they transition from living at home to their new college residence hall. Some first-year students experience cooking, budgeting, and active decision making for the first time. The lack of nutritional knowledge, budgeting skills, and poor eating behavior can add to higher risk of food insecurity.

(Dubick, J., Mathews, B., & Cady, C. (2016, October) (Lee, S. (2020, February 21).

As reported by students and research, the three major reasons for food insecurity on college campuses include, high tuition rate, a limited amount of financial support, and an increase of Non-Traditional Students. (Haskett, M. E., Kotter-Grühn, D., & Majumder, S. (2020)

Slide 8: The three major areas that may be impacted by food insecurity is academic success, student's mental health, and rate of graduation. Many students who report to be food insecure have a hard time balancing a job and academic work. Due to not having enough money for food some students may choose to work instead of attending classes, completing assignments, or getting involved in extracurricular activities. The stress of having to figure out where to get food or afford food strongly impacts student's mental health. Students who experiences food insecurity also reports having to leave college to work and save money to afford both food and college tuition ultimately, affecting their rate of graduation. (Zein, A. E., Shelnett, K. P., Colby, S., Vilaro, M. J., & Zhou, W. (2019, May 29)

Slide 9: We thought it would be a great way to learn more about food security on college campus through this video that highlight one college student's experience with food insecurity.

<https://www.youtube.com/watch?v=M7jpSnnlVZ8>

Slide 10: According to a multi-institutional study in the U.S, research show that student who are racial minorities, off-campus residence, Pell grant recipients, or first-generation students are more likely to be affected by food insecurity. These students typically experience higher stress level, poorer sleep quality, increase eating disorder behaviors, lower grade point average and lower annual income in comparison to their food secure counterparts.(Zein, A. E., Shelnett, K. P., Colby, S., Vilaro, M. J., & Zhou, W. (2019, May 29)

Slide 11: Food security is a mainstream issue that impact many individuals. It is important for us to be aware of food security and how it affects people to be able to support our students who may be experiencing food insecurity.

<https://www.feedingamerica.org/hunger-in-america/food-insecurity>

Presentation 2: Food Insecurity Proposal

Slide 1: Introductory Slide

Slide 2: We know food insecurity is a problem across American college campuses. Our group is also aware that this widespread dilemma will not be solved overnight. Our goal with the "Snack Shacks" to help, even in a small way, until the campus can come up with a more concrete option. The Snack Shacks will be in designated areas across campus that do not interfere with our school's current food contract. Any student can select what they need throughout each weekday. We do not want to limit who has access to the items being we do not know what everyone's situation is. There will be signs encouraging students to only take what they need, so everyone can be helped. This may increase the amount of food necessary, but that is why there will be tips and tricks cards attached to the food items. Students can get the information they need without feeling embarrassed as they choose items. (St. Cloud Technical and Community College, 2020)

Slide 3: This initiative will require us to work with both our campus and the community so the Snack Shacks can stay operational. We plan to reach out to companies such as Second Harvest, United Way, Walmart, and Cub Foods for sponsorship. These companies are known for their

work of fighting food insecurity. They help supply food items and food vouchers for stores. We will also request food and monetary donations from students, staff, and faculty who may want to contribute. Donors are also encouraged to donate unused meal plans if they can. We also would like to work with community's local grocery stores for donations and grocery vouchers. Outreach to all these groups should be enough to keep the Snack Shacks sustained. (United Way, 2020) and (Running a Campus Food Pantry, N.D.)

Slide 4: There will be few options for items that we will be asking for from the companies. The items selected consider different types of food allergies such as gluten intolerance and nut allergies. We also took the food pyramid into consideration while selecting non-perishable goods.

Slide 5: No student should feel embarrassed about needing help. To help explain, a guest speaker will come in to talk about what it means to be food insecure and how common it is for college students. Our goal with the trainings and presentations are to help end the stigma around food insecurity. We also aim to make people aware of their resources. One way to accomplish this goal is to have a guest speaker from SNAP present on how to apply for that service. The process can be complicated so a subject matter expert can walk students through the process. Students may think they do not qualify when they do. The same principle can be applied to public transportation. With a valid student ID, each person can use the metro bus to the local community. (Freudenberg, 2019)

Slide 6: We want to make sure students have the proper information, so they can access food without being self-conscious. These tips and tricks will be attached to each food item for quick access. Students do not always know who or where they can get help. They may not want to come to the trainings we put on in fear someone may see them. The tips on the slide are chosen based on what we have seen and read what students need.

Slide 7: Getting the word out there is key to making sure students access the Snack Shacks. To help cut down on cost we plan to utilize digital signage across campus, send email blasts to all students, and use school social media accounts to spread the word. Another option is for it to be posted on the campus phone app. On the app, students can discretely contact us directly for help. For those without easy access to the internet, we still put posters up around campus. Reaching out to the Deans' of Academic Affairs for classroom presentations and poster distribution will also be helpful. Provided leadership approves, professors could make an announcement and show the poster to their students. We are electing to not have table or staff kiosks because of time commitments and potential embarrassment of students to approach us.

Slide 8: We developed an estimated budget for essential items we may need, but not the nonperishable items because of our strategic partnerships. Shelving units would be like the units on the Snack Shack slide. We would like to have two Snack Shack areas per building across five buildings on campus. The "Tips and Tricks" will be double sided quarter sheets with information about bus routes, local food pantries, and easy meal recipes. We thought this would be enough since we will be utilizing digital signage, social media, email, and posters across campus. The promotional packets are only for the trainings held for volunteers and presentations for the campus. This way we can print as needed. The plastic bags are for the students who may need to

take a little more and want to be discrete. We did not want to use the entire budget and wanted to have extra funds as a contingency. (Amazon, 2020) (Copies Plus Atwood, 2020)

Slide 9: This project requires time for the Snack Shacks to be replenishes every weekday, to have trainings and presentations, and to conduct outreach. This cannot be done with just our team. We would like to reach out to students, faculty, and staff would like to be a part of the initiative. Everyone would go through training on what it means to be food insure and why we are staring this program. Student volunteers get a new perspective about other people's life experiences. Staff and faculty volunteers are inviting time into their campus community by leading by example.

Slide 10: Initially, tracking will be difficult to establish. We will keep track of what food items we receive from each company. There will also be a system for how many items are going to each building. We will also note if there needs to be extra food brought to a building sooner. This way we know what building require more food due to more foot traffic. At the end of the month we will calculate how much food we went through and how much is left to see what our full needs are. (Running a Campus Food Pantry, N.D.)

Slide 11: This is just the start. As a campus, we need to find a more concrete way to help our student population. In the future, we would like to offer this initiative as an internship. Some majors like social work, health, and science broad fields could benefit. Once we get more funding, it is important to open a food pantry on campus for students to have easier access to a more complete food source. Along with these funds for the food pantry, there should be part of the budget allocated for emergency assistant funds for students. Students who are suffering from food insecurity may have other hardships. Eventually we would like to add hygiene kits for students to have access to deodorant, shampoo, condition, toothpaste, etc. Lastly, we would like to have teaching kitchens for students to learn how to make affordable healthy meals. As we make the plans for the Snack Shacks, we need to make an action plan for longer than a few months or years.