

Virtual Case Study Competition

Food Insecurities-Education

Institution: St. Cloud State University, St. Cloud Minnesota

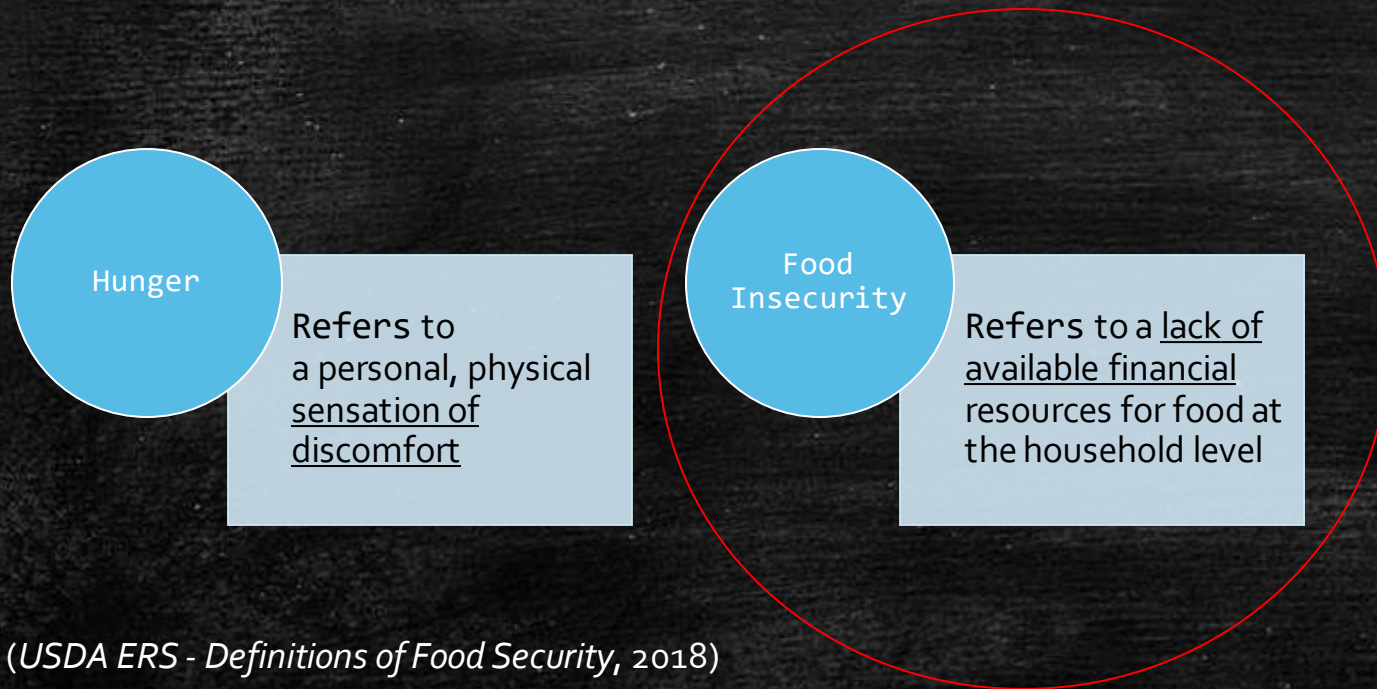
Team Leader: Carly McNiece

Team Members: Jaz Hofbauer, Josh Kujava, Angel Askie, Carly McNiece

Overview of Education

1. Definitions
2. Minnesota Statistics
3. St. Cloud State University
Overview
4. National and International
Statistics and Data
5. Behaviors to look for
6. Academics Affected

Educate – is our student population starving?



While our student population may or may not be experiencing hunger, we are focusing on the students experiencing food insecurities. Food insecurity is a measurable way for our campus to evaluate and offer resources to provide holistic support.

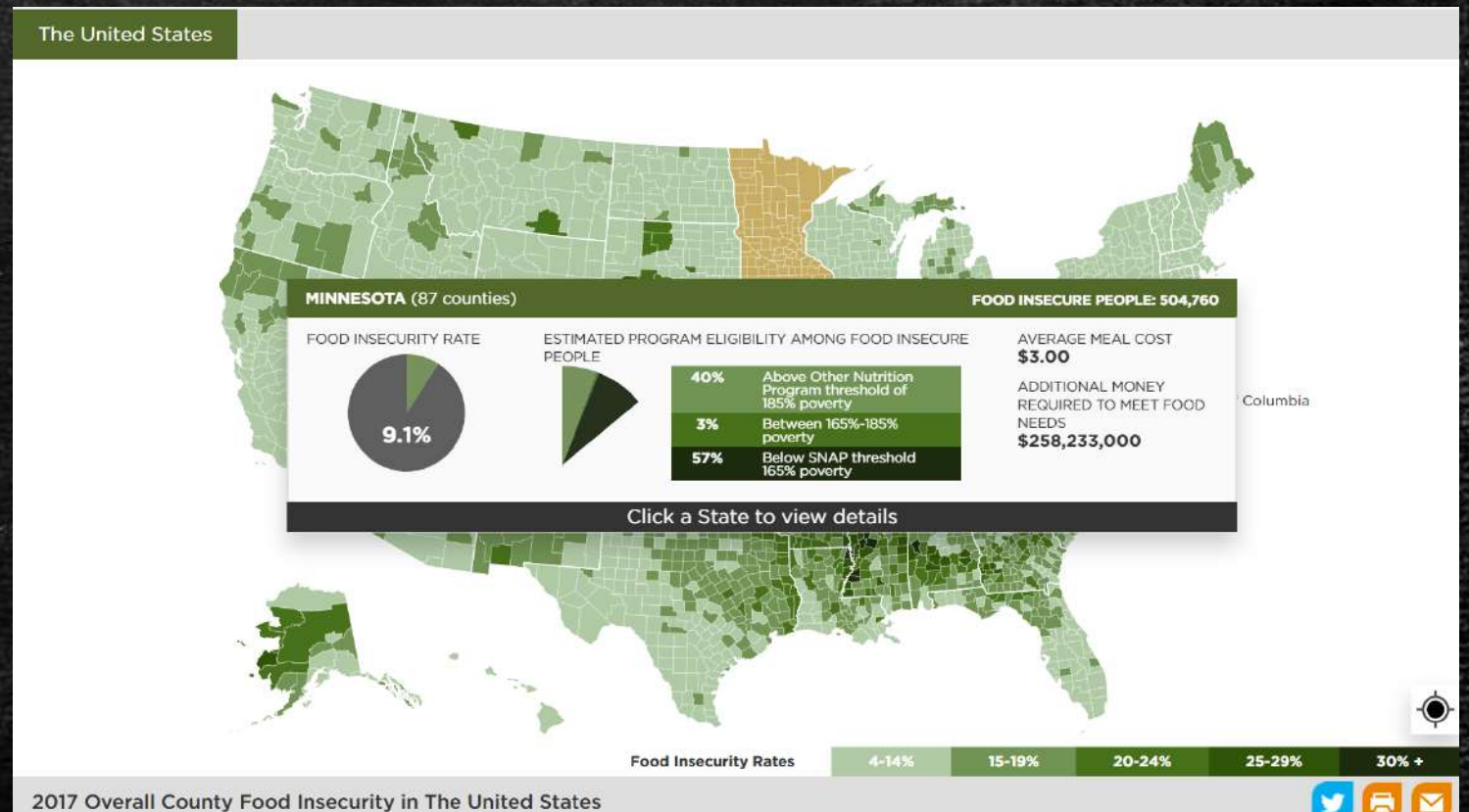
(USDA ERS - Definitions of Food Security, 2018)

Focusing on Minnesota

Overview of 2017 MN food insecurities:

- 9.1% food insecurity rate
- 504,760 estimated people experiencing food insecurity
- MN is ranked 7th worst in the nation for food insecurities

(“Map the Meal Gap”)



St. Cloud State University Overview



- Mid-sized coed institution located 1-hour northwest of the Twin Cities Metro area
- Tuition and fees
 - In-state \$8,656
 - Out of state \$16,948
 - Room & board \$8,882
- 12,218 undergraduate students enrolled in Fall 2018
- 967 international undergraduate student body enrolled in Fall 2018
- Gender distribution of 46% male and 54% female
- 2018 86% acceptance rate
- 20 % 4-year graduation rate
- 19:1 Student to faculty ratio
- Endowment: \$30.4 million
- DII Sports teams
 - DI Men's and Women's Hockey

(College Navigator - Saint Cloud State University, n.d.)

(Fall 2018 Center for International Students, 2019)

(How Does St. Cloud State University Rank Among America's Best Colleges?, 2020)

Student Life and Development Core Commitments to Student Population

Advocacy and Support

- Create opportunities and minimize barriers to proactively support students

Diversity and Inclusion

- Champion the promise of equity and justice in our diverse community

Transformational Learning Experiences

- Encourage students to think critically, engage in new experiences and consider multiple perspectives

Holistic Development

- Foster a sense of identity, resilience, and life purpose

Health and Well-Being

- Affirm and model wellness as an essential component for student success

Community Building and Leadership

- Cultivate a community that offers space for every student to connect and contribute

(Core Commitments | St. Cloud State University, n.d.)

Taking the funds and focus on SCSU's food insecurity aligns heavily with the Student Life and Development's commitments. By expanding the holistic development of our students to include the health and well-being of combating food insecurities, we build upon the campus community and advocate for those in need.

Information that Matters

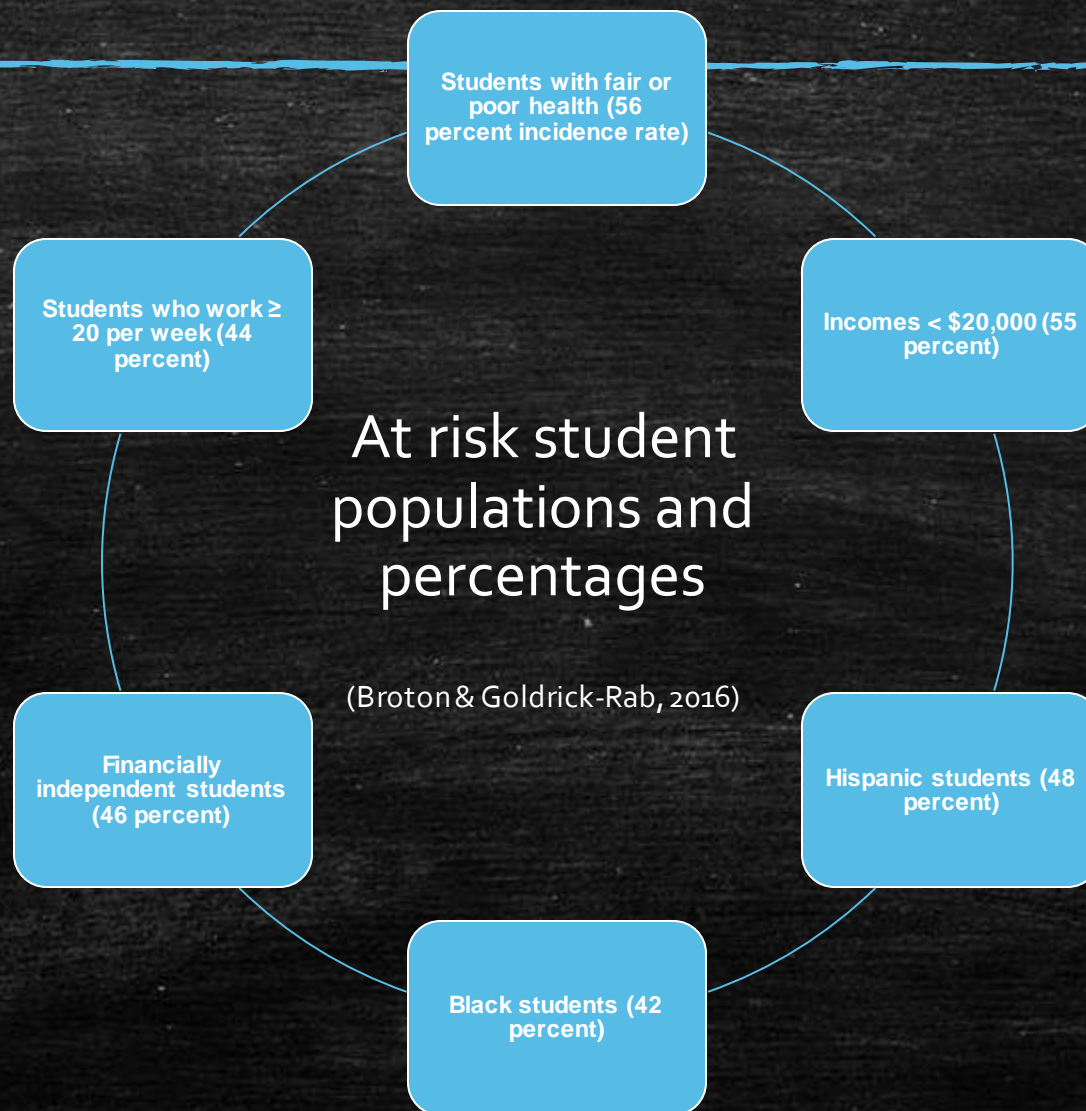
- According to a study by Wisconsin HOPE Lab (Broton & Goldrick-Rab, 2016), **90%** of the students that they surveyed worry about not having funds to pay for the items needed to attend college; **78%** stated they cannot make ends meet to pay bills.
 - 71% of these students changed their eating habits to make ends meet
- Study of 4,000 undergraduate students across 7 different states indicated that approximately half of the students are food insecure (Broton & Goldrick-Rab, 2016).
 - 20% of those students claimed experiencing hunger

"One out of four students sometimes or often worry about having enough money to buy food, are unable to eat balanced meals, or actually skip meals" (Silva et al., 2015).

Looking into Demographics

- In 2018 a study was done by the Sociology in Action class and they found that (Reporter, 2019):
 - 2/3 of the student on Minnesota State University, Mankato who faced food insecurities were students of color/International students
- Another study was done in California called the CaliFest. According to the study (Park, 2015):
 - 74% of all international students receive their primary funding from outside the United States
 - International students contribute \$24.7 billion to the U.S. economy through tuition, living expenses and more
 - About 42% of the participants had participated in food assistance program during the study

What to look for..



Institutional Specific Data

- Based on the SCSU University Chronicle report completed by the Health Student Services Survey in November 2019, St. Cloud State's Food Insecurity is about 22% (Janostin, 2019).
- When comparing St. Cloud State to the institutions in the previously mentioned Broton & Goldrick-Rab 2016 study, we can generalize the following information;
 - Fall 2018 (*College Navigator - Saint Cloud State University, n.d.*): SCSU's Undergraduate population listed:
 - 7% Black or African American
 - 4% Hispanic/Latino
 - 4% Two or more races
 - 2% Race/Ethnicity unknown
 - 8% Non-Resident alien
 - Hispanic/Latino students are 48% more likely to experience food insecurities (Broton & Goldrick-Rab, 2016)
 - Black or African American students are 42% more likely to experience food insecurities (Broton & Goldrick-Rab, 2016)

St. Cloud State is comparable to Minnesota State University – Mankato where 2/3 of their international student population has experienced food insecurity at some point.

Falling short with food? Fall short with academics.

Students that experience food insecurities are less likely to be successful in college. Why?

- Work hours may interfere with class time
- Less time to study because of work hours

Difficulty attending classes

Affects class performance overall

- Concentration
- Fatigue
- Anxiety
- Irritability

(Roustit et al., 2010)

Maroto et al. (2015) found with the study they conducted that students who self-reported food insecurity and access to food were 22% less likely to earn a GPA between 3.5-4.0. The authors also found that after controlling other background factors, those students were more likely to earn a GPA of 2.0-2.49.

References

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Our Plan to Combat Food Insecurity on Campus

Institution: St. Cloud State University, St. Cloud Minnesota

Team Leader: Carly McNiece

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Overview of Programming Proposal



1. Student Farmer's Market

- Goals
- Objectives
- Resources

2. Student Swipes Program

- Goals
- Objectives
- Proposal

3. Federal Grants

4. Future Plans

Student Farmer's Market Goals:



-
1. Educate St. Cloud State University Students about the concept of food insecurity.
 2. St. Cloud State University will collaborate with community businesses to address food insecurity.

Student Farmer's Market Objectives:



- Diminish the number of food insecure students
 - Create a non-threatening, stigma free opportunity on St. Cloud State University campus for students to access fresh produce.
 - Host a Fresh Food Farmer's Market 2 times per month which students can access fresh foods for reduced or no cost.
 - Collaborate with local vendors in providing St. Cloud State University Students with reduced cost fresh food
 - Purchase overstock fresh food from 4 local grocery stores at a reduced price
- Provide students with educational resources to help stop food insecurity and the stigma associated with it
 - Marketing the Fresh Food Booth at Huskies First Four orientation and freshman move-in event.
 - Provide students information for Supplemental Nutritional Assistance Program (SNAP), encouraging food insecure students to seek relief assistance.
 - Provide resources aimed to help students learn how build budget friendly meal plans using nutritionally dense foods.
- Cultivate Sense of Belonging through volunteer service hours
 - Volunteers will be utilized to staff the Student Farmer's Market
 - St. Cloud State University Greek Life (9 organizations)
 - St. Cloud State University Student Clubs and Student Organizations (250)
 - St. Cloud State University faculty and staff
 - St. Cloud State University student body
 - Proposal to Student Senate, Vice President of Student Life & Development and to University President the graduating class of 2024 and beyond complete 20 hours volunteer service prior to graduation.

Student Farmer's Market Resources:



- Community Partnerships all located in St. Cloud, MN
 - Lunds & Byerly's
 - Coborn's
 - Cashwise Food & Drug
 - Fresh Thyme Farmers Market
 - Aldi's
- Financial Support
 - \$3,000 Virtual Case Study startup budget
 - $\$150 \times 2 \text{ month} = \$300 \times 9 \text{ months} = \$2,700$
 - \$300 Marketing materials and miscellaneous
- Volunteer Support
 - St. Cloud State University Greek Life (9 organizations)
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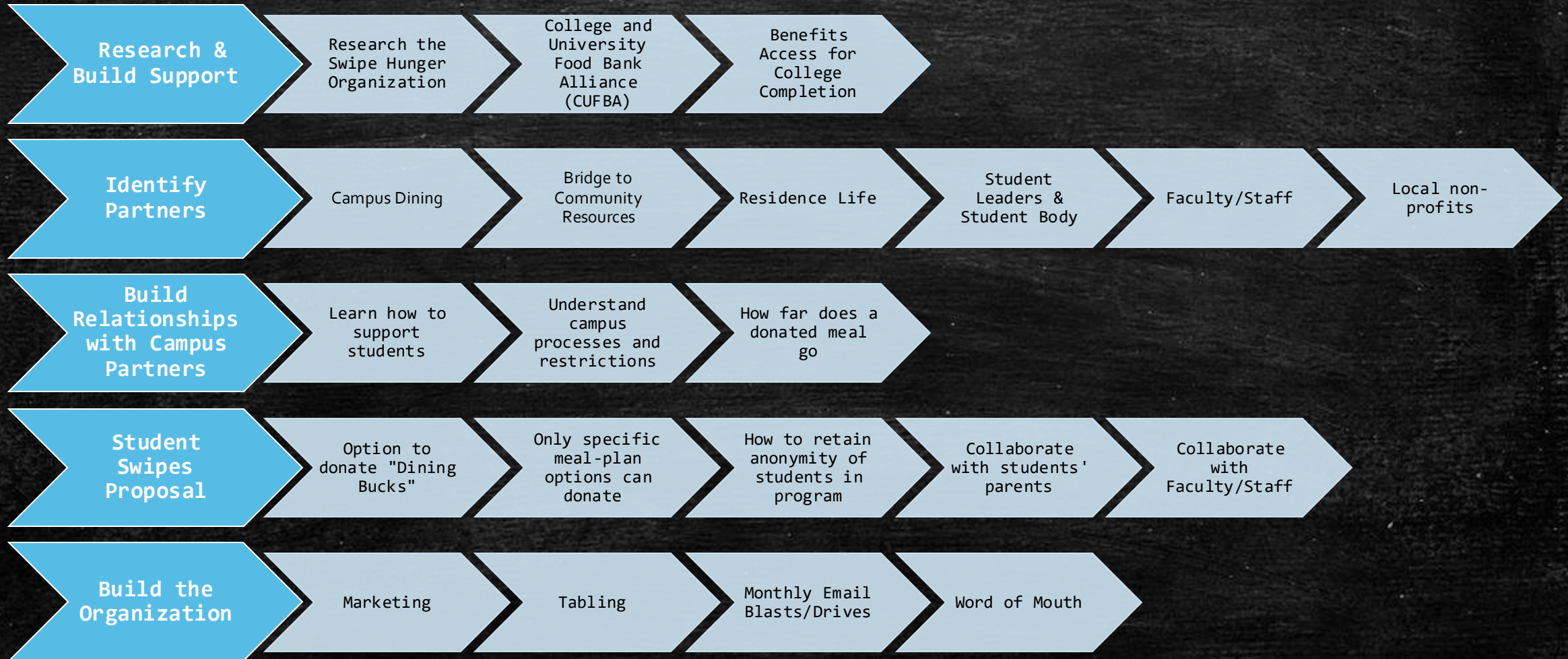
Student Swipes Program Goals:

Campus-Wide:



- Establish anonymity for participating students
- Encourage ease of access to sign up through multiple mediums (app, website, paper forms)
- Initiate protocol that all unused meals from semesterly block meal-plans are automatically donated to the Student Swipes program
- Conceptualize a plan that allows unlimited meal-plan holders to donate meals
- Incorporate Faculty and Staff meal donations through payroll deduction options
- Increase awareness of and education about the Student Swipes program & Food Insecurity on campus

Student Swipes Program Objectives:

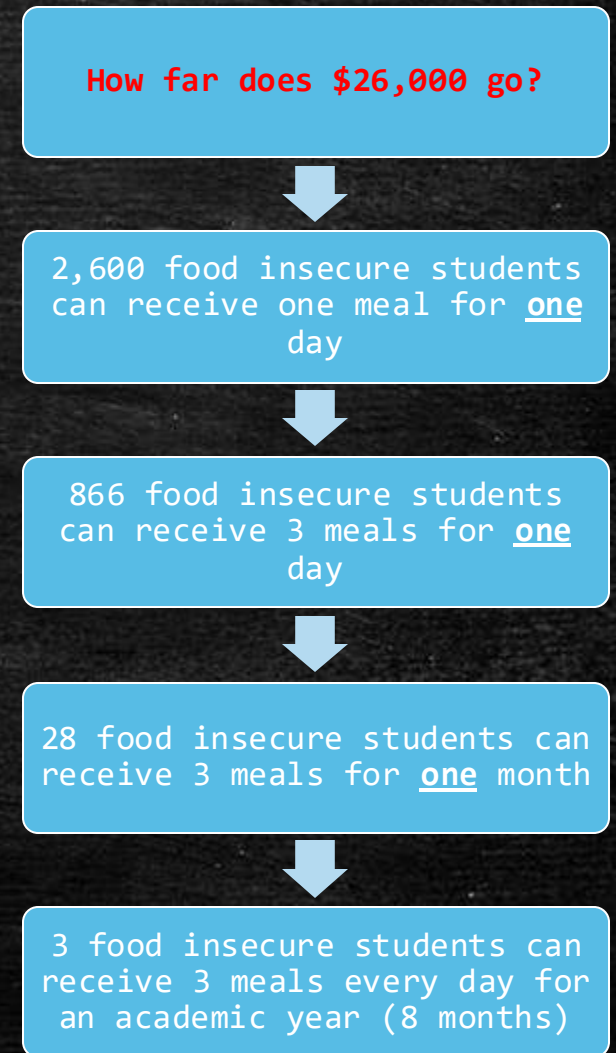


(Global Food Initiative, n.d.)

Student Swipes Program Proposal:

Payroll Deduction- Faculty/Staff

- Allow Faculty/Staff to opt into a payroll deduction of \$10 from biweekly paychecks that provides funding for the Student Swipes Program
- Send out monthly email blasts to encourage enrollment in the Deduction Donation Program
- Initial Goal: 100 enrollees



Student Swipes Program Proposal:

External Swipe Donations

- When initially purchasing a block meal plan- the purchaser will be encouraged to buy additional Swipes that will be donated to the Swipes Program during the check-out process
- Primarily reaching out to first-year incoming students
- Reach out to Alumni for monetary donations that will be turned into Student Swipes

Approximate entering first-year students: 1,237

1 meal = \$10 donation

Goal: For every entering student to donate/purchase 1 additional meal

= \$12,370 for Student Swipes Program

That does not include Alumni donation or students purchasing more than 1 donated meal!

Increasing Awareness

- Monthly Email Blasts
- Monthly Tabling Events
- Presenting at primarily first-year classes
- Collaborating with Residence Life

Federal Grants:

Funded
through the National
Institute of Food
and Agriculture (NIFA)

1. Community Food Projects Competitive Grant Program (CFPCGP)

- "Meet the food needs of low-income individuals by improving access to food as part of a comprehensive service. Promote comprehensive responses to local food access, farm, and nutrition issues. The creation of innovative marketing activities that mutually benefit agricultural producers and low-income consumers" (National Institute, 2019).

2. The Expanded Food and Nutrition Education Program (EFNEP)

- "It is a Federal Extension (community outreach) program that uses education to support participants' efforts toward self-sufficiency, nutritional health, and well-being. EFNEP combines hands-on learning, applied science, and program data to ensure program effectiveness, efficiency, and accountability" (National Institute, n.d.).

Future Plans:

Register and create the Hungry Huskies Student Organization

- In partnership with Swipe for Hunger
- Created to establish a platform that allows for students to help other students combat food insecurity on campus
- To address and inform students about the effects of food insecurity

Partner with Future Farmers of America and local farmers

- Work with them to access unsellable or leftover produce
- Help to encourage healthier meals for food insecure students

Register for College and University Food Bank Alliance (CUFBA)

- Used to develop a multi-faceted approach to battling food insecurity
- Gives statistics, resources, starter tools, literature and constant support through the knowledge gained by having over 700 working food pantries

Research the Benefits Access for College Completion (BACC) Initiative

- Although over, this initiative helped create policies to make accessing public benefits easier
- This program identified financial strategies, brought to light existing benefits, raised awareness, and helped create on-campus informational centers

(Become, n.d.)

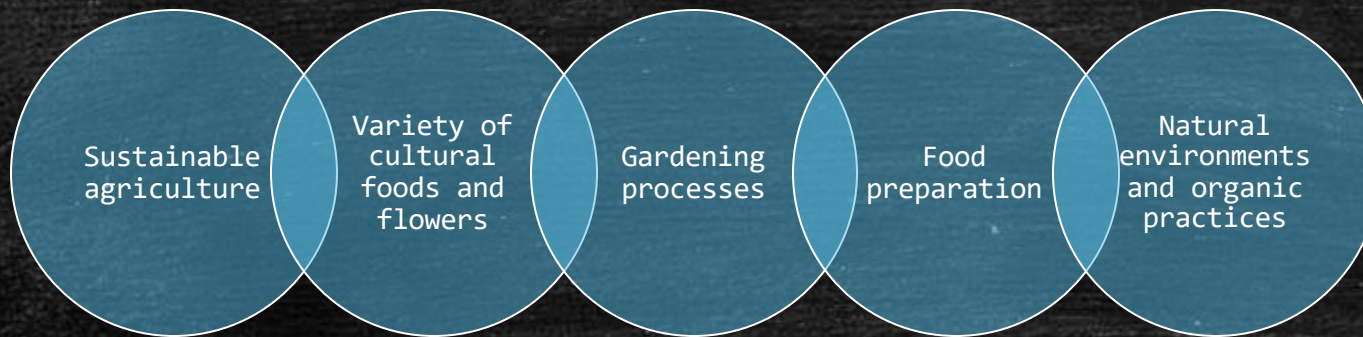
(Benefits, n.d.)

Future Sustainability Potential for the Student Farmer's Market:



Expansion of St. Cloud State University Community Garden to help support Student Farmer's Market:

- The Mission of the Community Garden: "St. Cloud State staff, students and faculty, and St. Cloud community members, are creating a unified network to envision, plan, plant, tend and harvest food and flowers" (Community Garden, n.d.).
- Community Garden Goals of Educating and Expanding knowledge about:



Partnership with Munsinger Gardens located in St. Cloud, MN:

- St. Cloud State University partnership would allow the ability to rent and maintain greenhouse growing space
- St. Cloud State University partnership would allow our university to grant fund a university-run greenhouse
 - Natural Resources Conservation Service a program of United States Department of Agriculture
 - All students provided with learning opportunity of planting, growing and harvesting

Volunteer Support

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