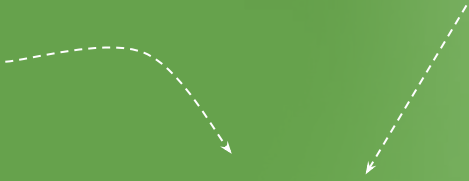




Institution:  
Stephen F. Austin  
State University

Team Leader: Molly Crespo  
Team Members: Jhon Santos & Ralie Sutton



It's Time to TALK



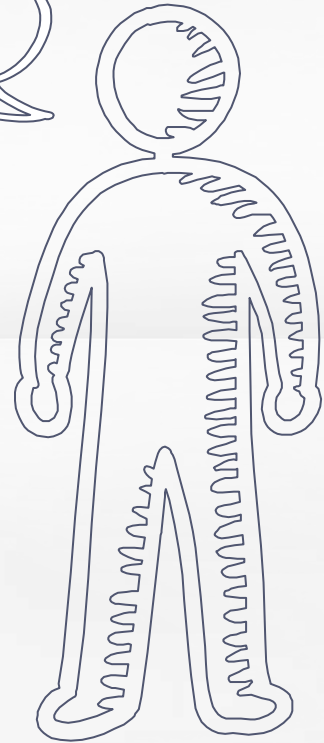
about

Food Insecurity



# Topics to Discuss

- I. Defining Food Insecurity
- II. Everyday Impact
  - A. Academically
  - B. Socially
  - C. Physically/Mentally
- III. Current Statistics of Food Insecure Students
- IV. Statistics of Institutions with Food Pantries
- V. Departmental Jurisdiction
- VI. Impact of Current Food Pantries





# Food Insecurity

- The limited or uncertain accessibility of nutritionally adequate and safe food, or the socially acceptable ability to acquire such food in a socially acceptable manner (Baker-Smith & Coca, 2019).
- The most extreme form is often accompanied by physiological sensations of hunger.



# Impact of Food Insecurity on Student's Academic Success

- ▣ Among working students, the ones who experience basic needs insecurity often work more hours than other students.
- ▣ While most students receive A's and B's, students who experience food insecurity often report grades of C or below.
- ▣ According to Nellum, "Students living with food insecurity reported being unable to purchase a required textbook, missing class and dropping courses" (Williams, 2019).



# Impact on Student's Social Life

- ▣ Social interaction has costs:
  - Students with little time and money to spare can not afford social time.
- ▣ Some students with low food security describe having so much work to do that they feel socially deprived (Fernandez et al., 2019)
- ▣ The sense of needing to socialize can also have academic implications.
- ▣ Social activities can rejuvenate students and those experiencing food insecurity do not get these benefits if they cannot be socially active.



# Impact on Student's Physical & Mental Well-being

(Phillips, 2019)

- ▣ Students with food insecurity often tend to experience:
  - Depression
  - Anxiety
  - Somatic symptom disorder
- ▣ Acquiring foods in socially stigmatized ways can induce feelings of shame, powerlessness, and guilt.
- ▣ These feelings usually come with thoughts of death or suicide attempts.

# Statistics of Food Insecurity

(Williams, 2019)

30%

of College  
Students are  
Food Insecure

56%

of Food Insecure  
Students Are  
Employed

43%

of Food Insecure  
Students Have a  
Meal Plan

75%

of Food Insecure  
Students are on  
Financial Aid





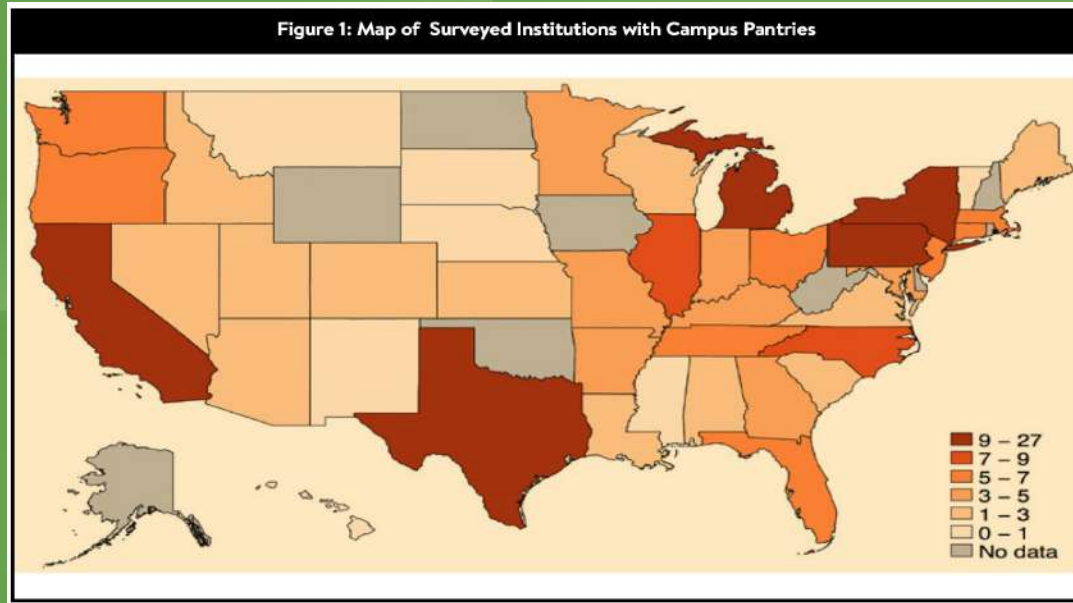
# Food Pantry Statistics

After conducting a survey in the fall of 2017 that included 262 members of the College and University Food Bank Alliance (CUFBA),

83%

of the members reported having a fully functioning Food Bank (Goldrick-Rab, 2018).

40 different states & 199 cities were accounted for while also



maintaining a fairly equal representation based on Geographic Region

(Goldrick-Rab, 2018).

# Who Runs A Food Pantry

46%

Advisory  
Committees

38%

Dean of Students  
or Student Affairs

21%

Student Government  
or Student  
Organization

Other  
Departments:  
Service Learning  
/ Health &  
Wellness

88% of Those Involved in Campus Pantries are Volunteers

(Goldrick-Rab, 2018).

# Who Else Is Involved In A Campus A Food Pantry?

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70%

Were Created  
By Students

82%

Are Operated By  
Staff

67%

Are Operated by  
Administrators

54%

Are Operated by  
Faculty

2 in 5 Campus Pantries Are Supported by Community Partners

(Goldrick-Rab, 2018).



# Impact of Current Food Pantries

(Goldrick-Rab, 2018)

- 41% of pantries distribute less than 5,000 pounds of food annually.
- 21% distribute more than 20,000 pounds per year.
- 88% of pantries offer personal hygiene products in addition to food products.
- About 1 in 5 pantries serve fewer than 100 students per year; while 15% of pantries serve 1,000 or more per year.

# Number of Students Served Through Surveyed Campus Pantries

(Goldrick-Rab, 2018).

7%

600-999

14%

300-599

21%

Less Than  
1,000

10%

Unknown  
Amount

15%

1,000 or  
More

32%

100-299



**Any questions?**

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# Campus Food Pantry

Institution: Stephen F. Austin State University

Team Leader: Molly Crespo

Team Members: Jhon Santos & Ralie Sutton



# Overview

**Proposed Program:** A Campus Food Pantry that will Serve Food Insecure Students By:

- ▣ Catering to their basic nutritional & health needs.
- ▣ Serving as an opportunity for these students by providing them a place to work.

# Our Mission

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The Campus Food Pantry is dedicated to serving our currently enrolled students at our university who are experiencing food insecurity. We will strive to educate students regarding a balanced diet, and providing supplemental assistance for a budgeted lifestyle.

It is our mission that this program will provide students with a better understanding of the purpose behind The Campus Pantry and how food insecure students can be impacted by utilizing it.

# Outsourcing

- We plan to partner with a local food bank in our community for funding (Goldrick-Rob, 2018).
- All Food Pantry resources & products will be based off of what our local food bank partner will be willing to provide to us.

# Food Pantry Workers



- ▣ We will hire students who are food insecure and in need of employment.
  
- ▣ Volunteer opportunities would be available to all students.
  - We would gain volunteers by presenting to freshman classes and recruiting from student organizations.



# Where Will Our Food Pantry Be Located?

A centralized location  
on campus



Ease of access for students  
who utilize our pantry

A prominent well known  
area on campus



An adequate space is  
obtained to store our food  
& products



# Pantry Style



## Rules:

There will be a limit of 15 items per student per distribution.

(This will be adjustable based on household size)

## Type:

Choice Pantry

Students will have the option of *choosing* what they want to take from the pantry at the time they visit.

## Who:

ANY student who is currently enrolled at our institution will be eligible to utilize our food pantry.

# Hours of Operation

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- There will be two designated distribution days during the course of one month.
- Students may stop by at any time during the designated days & hours of operation to receive food.
- Distribution days will be modified prior to an institutional break
  - Those modified hours will be posted on our website (attached to dining services and financial aid on the institution webpage)

## Campus Food Pantry

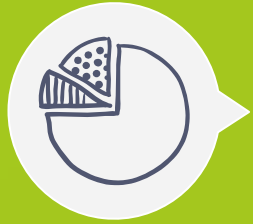
### Distribution

### Dates & Hours

The 3rd & 16th  
of Every Month

Open From  
8AM to 6PM





# Budget Overview

We Plan to use the \$3,000 allocated to us in the following areas

Area	Details	Allocated Funds
Student Workers	2 Student Workers will be paid at a rate of \$7.25/hour with a maximum of 5 Hours/ Week for 30 Weeks a Year ( Two 15 Week Semesters)	\$2,175
Properly Equipped Pantry	Barcode System, Shelving, Organizers for Items, Decorations in The Campus Pantry	\$300
Marketing & Digital Promotionals	Tangible Flyers, Posters, & Advertisements/Infographics	\$300
Marketing Programs to End the Stigma of Food Insecurity	Art Murals, Forums, Events	\$225

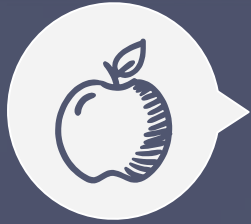
# Further Financial Overview



-With the assistance of an area food bank regarding the stock of our food products, we will allocate our budget to other areas we feel would be most impactful for The Campus Pantry to reach Food Insecure Students at our university.

-Tangible Marketing & Digital Promotionals: We would like to invest in tangible flyers and physical advertisements, as well as exploring the digital market through the students' portal or self service banner.

-Removing the Stigma of the Pantry: We hope to create an inviting and inclusive space for the food pantry on campus. In order to achieve this, the space could benefit from investing in mural graphics, school spirit or emblems, and photos of students interacting with the food pantry (Henry, 2017).



# Specific Pantry Details

## Employing Student Workers:

We believe that by incentivising students with an hourly wage, the on-campus food pantry will greatly benefit by achieving consistency of how tasks are completed and whom they are completed by.

## Equipping the Pantry:

In order to meet all food safe storage needs that will be required to receive distributions from a local area food bank, we plan on equipping the campus food pantry with the appropriate shelving, food organizers, and adequate storage to outfit the space.

## Barcode System:

In order to keep track of who utilizes our pantry, prior to entry, we will require students to provide proof they are a student with their student ID.

Each product on our shelf will have an assigned barcode which will be scanned twice: First- when we receive it & Second when a student checks out.

The transaction will then be cataloged into an electronic system, which will display the frequency of "purchase" and the popularity of each product.

In addition, products could also display an indication of when they need to be restocked.



# Assessment Plans

-Qualitative Student Assessment: This assessment would consist of written anonymous testimonials from the students who receive distributions from the campus food pantry. The purpose of this assessment is to analyze the thoughts and feelings of the students regarding their personal food insecurity and how the food pantry has impacted their university experience.

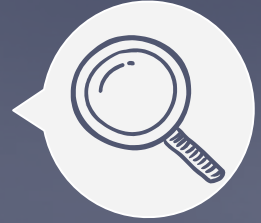
-Quantitative Student Statistics: This form of assessment would serve as a review of the data collected from the academic year. By collecting a student's ID number and utilizing a barcode system, we could compile demographic information of students who frequent the pantry, as well as what products are frequently chosen in a student's distribution. This information could assist us to understand not only who is using the food pantry, or if a certain population is affected more than others.

## Based on The Results of Our Assessment We Could:

- I) Analyze if a request of an increase in funding is appropriate based on the size of the student population who receive distributions.
- II) This could also assist in funding more student workers, should the program require growth.



# Future Thoughts Continued



- ▣ Based on the results of our experience from the first year of operation, we would like to further expand our marketing efforts by educating the student body on:
  - The definition of food insecurity,
  - When they should utilize a campus food pantry,
  - How they can help others in need, and
  - How our campus food pantry operates.

Any questions?

# References

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**2020 VCS Supplemental Paper**

Molly Crespo\*, Jhon Santos, and Ralie Sutton

Stephen F. Austin State University

February 26, 2020



## Case Study Supplemental Paper

We have been faced with the challenge to identify food insecurity on college campuses and create a program to assist students who are in need at our own institution. The purpose of this paper is to expand upon the ideas presented in our slideshows and complete the links between research on food insecurity and the program we have chosen to implement to address food insecurity on our campus.

Food insecurity is defined as the limited or uncertain availability of nutritionally adequate and safe food, or the ability to acquire such food in a socially acceptable manner. The most extreme form is often accompanied by physiological sensations of hunger. It can affect various aspects of students' lives such as academic success, social life, and health. Students who experience basic needs insecurity are active participants in the labor force, around the 70% of students who experience food insecurity are employed. Those who experience basic needs insecurity often work a lot more hours than regular students, this can affect the student's academic success and sometimes they even end up dropping courses (Williams, 2019). Most students usually report A's and B's, while students with food insecurity often report C's. Between school and employment, some students with low food security describe having so much work to do that they feel socially deprived (Fernandez et al., 2019). Lima states that "lack of time often compounds with physical distance from campus (for commuter students) to impede campus social belonging" (Fernandez et al., 2019). The feeling of needing to socialize can be part of academic implications. The tight finances common to low food security can constrain social participation. This is most often caused because of the costs involved in social activities.

The very first national study of food pantries was conducted in September 2017 through an online survey by the College and University Food Bank Alliance (CUFBA). The results yielded that 83% of the 262 participants reported having a fully functioning food pantry on their campus. Of the 217 participants, 40 states, 199 cities, and fairly equal representation per geographic location were accounted for (Goldrick-Rab et al., 2018). States with institutions who had a higher number of undergraduate students - California, Texas, Michigan, New York, and Pennsylvania - had a larger number of CUFBA members respond than that of members from smaller states (Goldrick-Rab et al., 2018).

Food pantries can be operated by a variety of different departments. There is not a specific department that has been identified as being responsible for the creation and operation of a food pantry. However, CUFBA's survey did help illuminate which departments are involved; 46% are run by advisory committees, 38% are run by the dean of students or student affairs departments, 21% are run by the student government association or a student organization, and other departments identified included service learning and health and wellness departments (Goldrick-Rab et al., 2018). When it comes to the creation and operation of food pantries, 70% were created by students, 82% are operated by staff, 68% are operated by administrators, and 54% are operated by faculty. Without community support, 2 in 5 campus pantries would not be able to function fully to serve the students at their institution (Goldrick-Rab et al., 2018).

The impact of on-campus food pantries is vast. One in four pantries partner with local food banks and, therefore, do not have to pay for the food given to them while 50% of the pantries surveyed by CUFBA receive their food at a discounted/market rate (Goldrick-Rab et al., 2018). Forty-one percent of pantries are distributing less than 5,000 pounds of food annually,

while 21% are distributing more than 20,000 pounds of food per year (Goldrick-Rab et al., 2018). Eighty percent of pantries are open to the entire student population; word of mouth and referrals are reported to be the most common way institutions inform their students about the resources available followed by the utilization of social media. While the number of students who actually utilize a campus pantry varies, 15% of pantries are serving 1,000 or more students a year. Neither the hours that the pantry operates nor the budget of the institution have any significant impact on the number of students served. The most common challenges faced by campus pantries are insufficient funding, food, and volunteers (Goldrick-Rab et al., 2018). By connecting with local food banks and community partners, recruiting volunteers from the students, faculty, and staff of the institution and beyond, it is a hope that the existing challenges will begin to diminish. It is also the hope that as we begin to learn more and gain a better understanding about food insecurity we will start to find effective ways to tackle this issue and drive the percent of students struggling with food insecurity down.

It is clear that food insecurity is a problem on college campuses and our campus has started an initiative to establish a food pantry to help those in need. Based on the findings of the CUFBA survey, we plan to reach out to a community food bank to receive funding and resources for our campus food pantry. We want to utilize the food pantry to provide assistance for students experiencing food insecurity as well as employing some of them. For ease of access, our pantry will be located in a central, prominent area of campus. The food pantry will be in an area that is easy to find with adequate space for proper storage and shelving. We want to create a choice pantry with a limit of 15 items per student so they are able to pick the foods they need. We will be open five hours a day Monday through Friday wherein students will be able to stop and shop.

Before breaks, there will be distributions made with enough food for the length of the break when the food pantry would be closed. Our food pantry will cater to any currently enrolled student at the university so as not to exclude anyone who might be in need at any point in time. To address some of the student-reported barriers of accessing a food pantry, we will be active on social media and have tabs on the campus website with dining services and financial aid (Zein et al., 2018). We want to be completely transparent in our efforts to help any student in need and we need to be accessible to accomplish that goal.

Since we have been allotted \$3,000 for our program startup and we intend to receive assistance from a community food bank with resources, we would allocate this money to employing student workers, equipping the pantry, investing in marketing, and destigmatizing pantry usage. We would start the pantry out with two student employees working five hours a week making \$7.25 an hour which would take up \$2,175 of the \$3,000 budget. We want to implement a barcode system as well to be able to track products that are the most popular and frequently needed. We will allocate \$300 to the barcode scanning and check-out systems. Another \$300 would go toward purchasing the proper food-safe storage and shelving for the pantry. The final \$225 will be allocated to any marketing needs such as flyers, physical advertisements, and murals for a welcoming environment.

In order to assess the effectiveness of our food pantry we will use anonymous testimonials from students who have visited the pantry and the barcode and ID scanning system. The testimonials will provide a qualitative assessment that would give us more personal feedback about the student's thoughts and feelings of their own food insecurity and the impact of our food pantry on their college experience. The barcode and student ID system will work as our

quantitative assessment of popular foods and student demographics. By using the barcode system, we will be able to determine what foods are being “purchased” more frequently to make sure we keep those items stocked as well as tracking how much food is being given out. Assessing student demographics using student ID swipes will allow us to visualize our target audience and give us a better idea of who to market to and how to market to them in the future.

Based on the results of these assessments, we could determine if an increase in funding is appropriate. With additional funding we could hire more student workers, create a more atmospheric environment that expands marketing efforts to include educating the student body about what food insecurity is, when to utilize a food pantry, how to help others in need, and how our pantry works. We hope to see improvements in our campus population of students facing food insecurity and continue catering to those in need for years to come.

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