



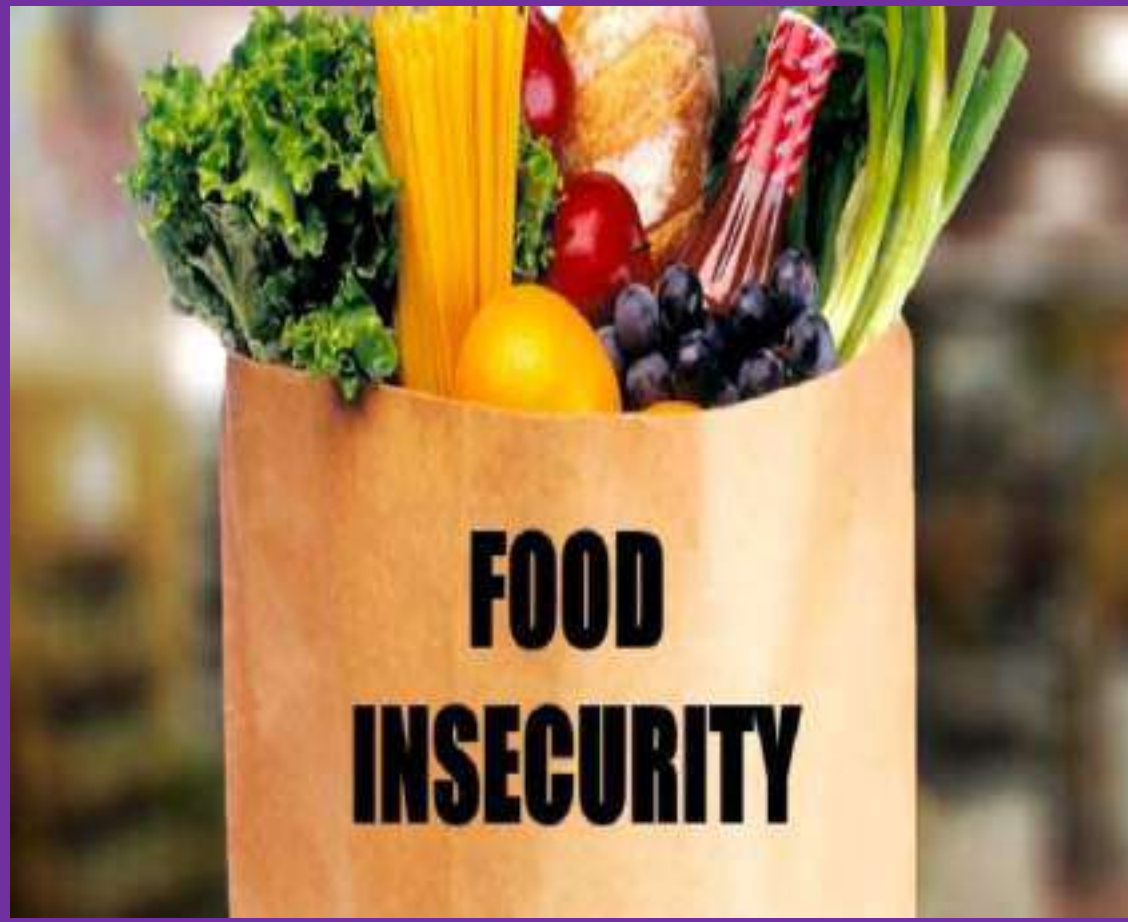
STEPHEN F AUSTIN STATE UNIVERSITY

Team Leader: Melanie Mercer

Team Members: Jamaica Ethington, Dakota Steele

Topic: Food Insecurity

OVERVIEW



- About Fontville College
- Mission of Fontville College
- Committee
 - Members
 - Purpose of Committee
- What is Food Insecurity
 - Definition of Food Insecurity
 - Definition of Hunger
 - Why Food Insecurity important
 - Types of Food Insecurity
 - What causes Food Insecurity
- Food Insecurity and College Students
- Our Strategy to Fight Hunger
 - Educate
 - Assessment Survey
 - Food Pantry
- Going Forward
- Questions?
- References

ABOUT FONTVILLE COLLEGE

Fontville College is a comprehensive, regional institution that was founded in 1966. Located in Pineywoods of Deep East Texas. The college enrolls approximately 16,000 students.



FONTVILLE MISSION STATEMENT

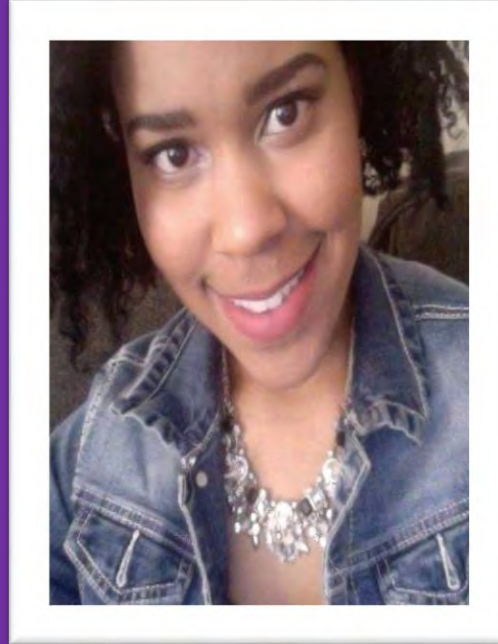
“Fontville College is dedicated to student success by empowering and engaging students with the skills and knowledge to thrive in their personal lives and offer opportunities to prepare them for their chosen fields of endeavors.”

(Mission Statement is adapted from Lamar University; 2020)

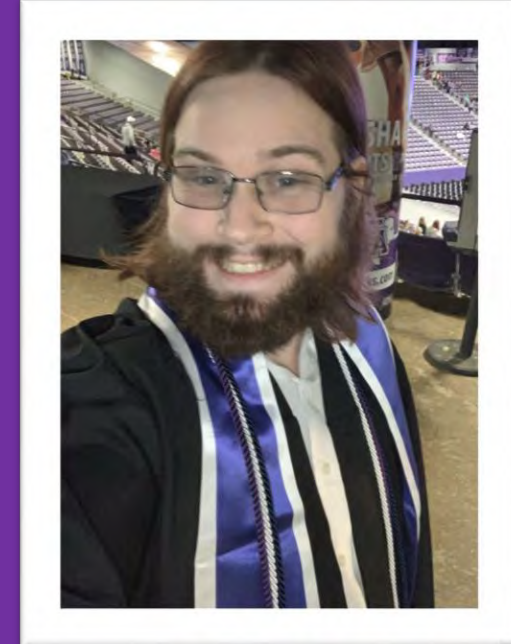
FOOD INSECURITY COMMITTEE MEMBERS



Melanie Mercer
2nd Year Graduate Student
Accounting Clerk III
Assessment & Accountability



Jamaica Ethington
1st Year Graduate Student
Hall Director
Residence Life



Dakota Steele
1st Year Graduate Student
Community Assistant
Residence Life

PURPOSE OF COMMITTEE



“The purpose of the committee is to educate faculty, staff, and students about food insecurity. The committee will develop programs that will help aid in reducing hunger among students on our campus.”

WHAT IS FOOD INSECURITY?

The US Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life.

Hunger and food insecurity have distinct concepts and are closely related.

Food insecurity refers to lack of available financial resources for food at the household level.

Food insecurity affects individuals of all ages and backgrounds

<https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>



WHAT IS HUNGER?



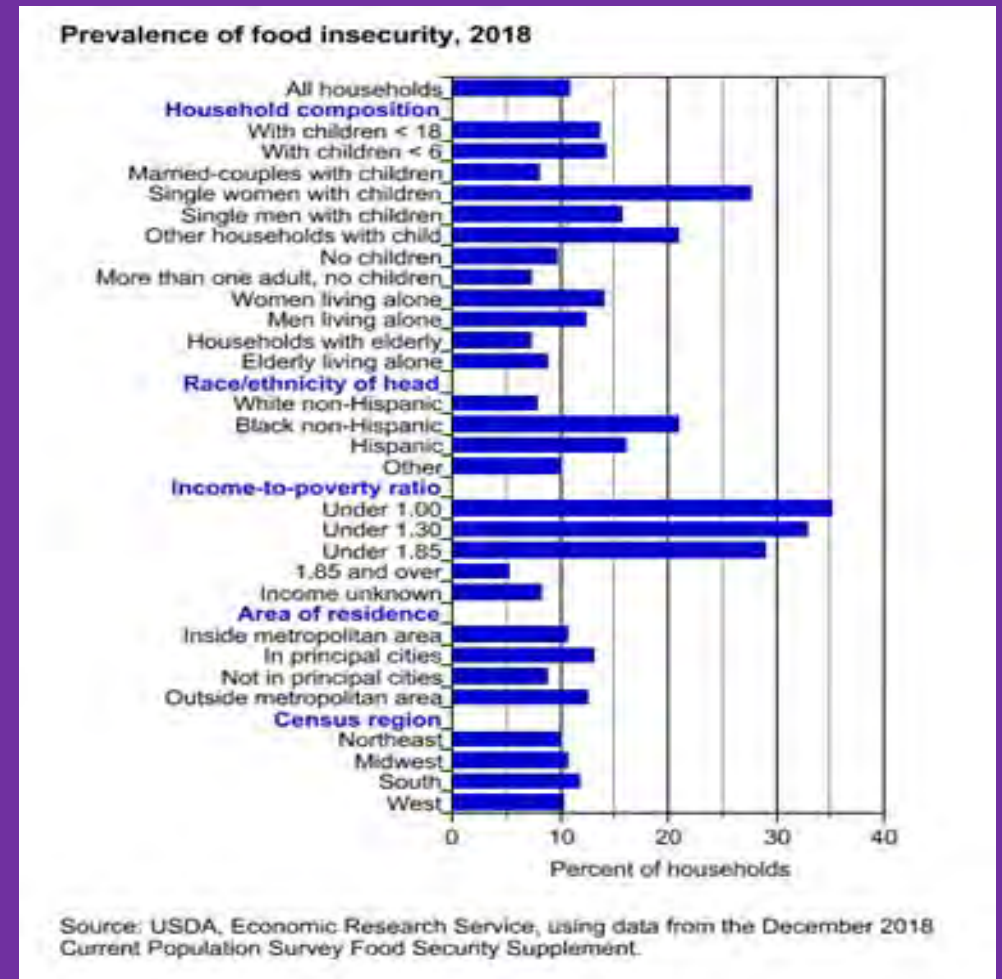
Definition of Hunger:

- A craving or urgent need for food or a specific nutrient.
- An uneasy sensation occasioned by the lack of food.
- A weakened condition brought about by prolonged lack of food.

<https://www.merriam-webster.com/dictionary/hunger>

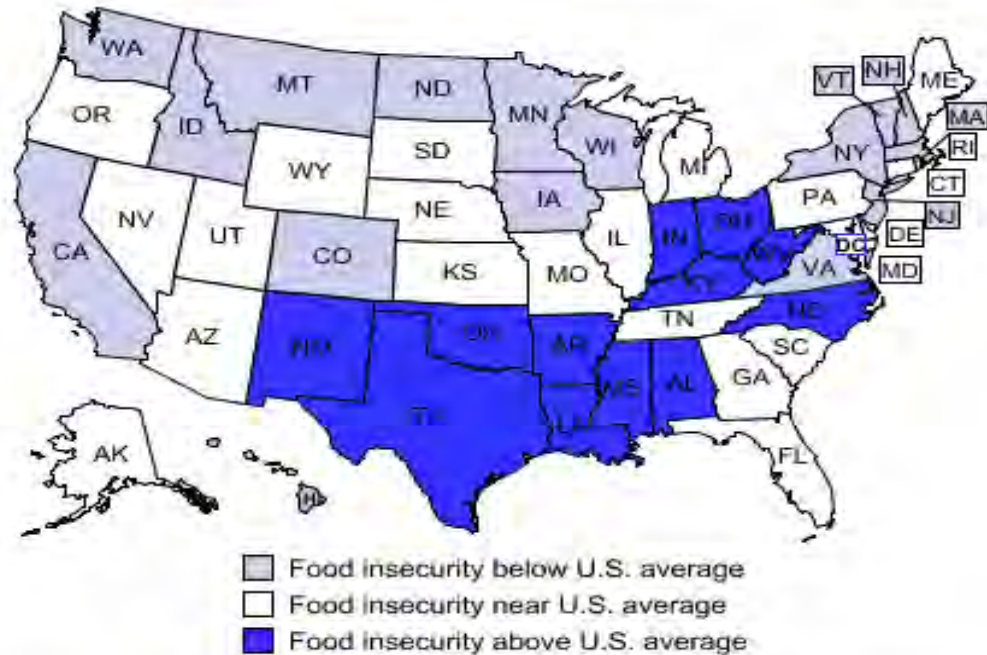
WHY IS FOOD INSECURITY IMPORTANT?

- 37.2 million people live in food-insecure households.
- 9.5 million adults live in households with very low food security.
 - Very low food security is when normal eating patterns are disrupted and food intake is reduced during the year because of insufficient funds or resources for food.



WHY IS FOOD INSECURITY IMPORTANT?

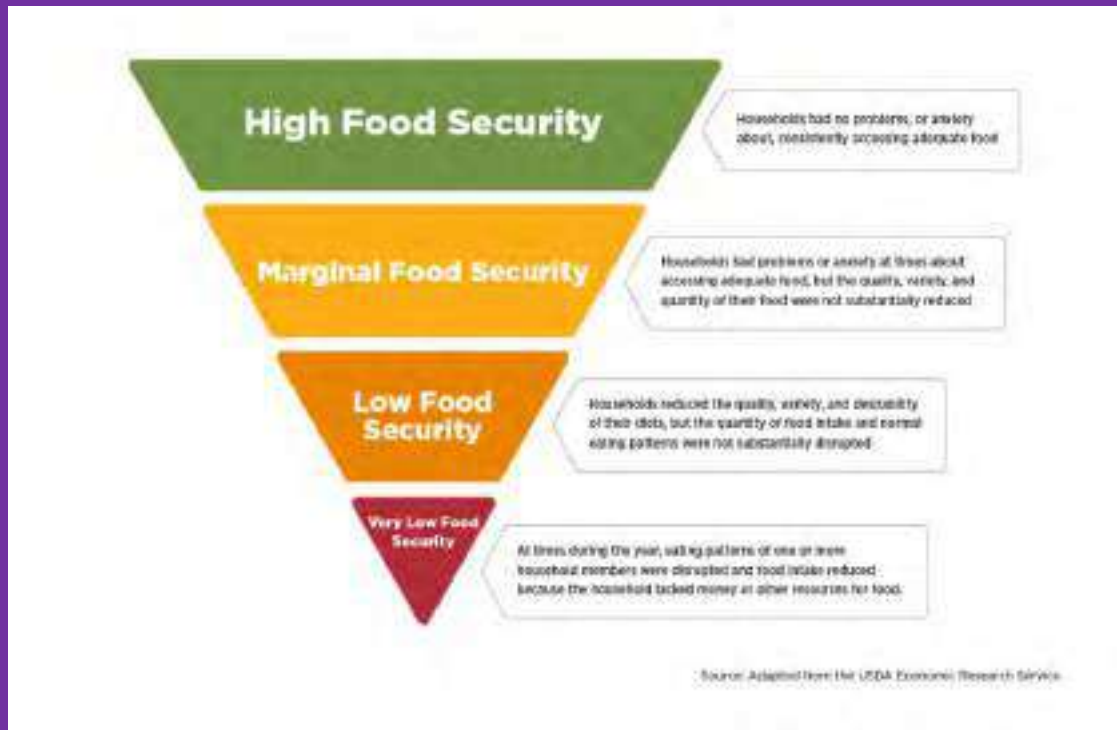
Prevalence of food insecurity, average 2016-18



Source: USDA, Economic Research Service, using data from the December 2016, 2017, and 2018 Current Population Survey Food Security Supplements.

- 6.0 million children along with adults lived in food-insecure households.
- 27.8% of households with single mothers were food insecure and 15.9% of households with single fathers were food insecure.
- 21.2% of Black households and 16.2% of Hispanic households were food insecure.
- Food insecurity can vary considerably state by state.

TYPES OF FOOD INSECURITY



- High Food Security: Households that have no problems or anxiety about having consistent access to adequate nutritious food.
- Marginal Food Security: Households had problems or anxiety about having access to food, but the quality of their food is not significantly reduced.
- Low Food Security: Households reduced the quality of their diets, but the quantity of their eating patterns were not reduced.
- Very Low Food Security: During the year, one or more household members had disrupted eating patterns due to lack of money or resources for food.

WHAT CAUSES FOOD INSECURITY?

- Situational Poverty: generally caused by a sudden crisis or loss and it is often temporary. Examples of this would include environmental disasters, divorce, layoffs at work, accident or severe health issues.
- Chronic Poverty: an individual or group that is in poverty for an extended period of time.
- According to Feeding America they serve more than 40 million people, including 12 million children and 7 million seniors.



FOOD INSECURITY AND COLLEGE

Portland Community College identified the need of support for food insecurity among their students. They developed an application program for the Supplemental Nutrition Assistance Program (SNAP) and a food pantry. They partnered with their Women's Resource, Multicultural, and Veterans Centers on campus to promote the program.

According to a recent study by Wisconsin HOPE lab, 42% of community college students are food insecure.

Portland Community College Video



https://youtu.be/4sCHR_UY-OO

FOOD INSECURITY AND COLLEGE



Food insecurity affects college students academic performance because they are not able to focus on course work when they do not have the proper nutrition.

Affects retention rate because students may have lower test scores which means they would have a lower chance of graduating.

There is a saying when you are in college you live off of Ramen noodles and Totino's Pizza because your money went to tuition. We laugh about this, but in reality, this is a serious situation.

FOOD INSECURITY AND COLLEGE



How can we help students with having access to more nutritious and healthier options?

What strategy could we use to help students with their food insecurity?

Would this strategy help students become more aware and have food security?

OUR STRATEGY TO FIGHT HUNGER



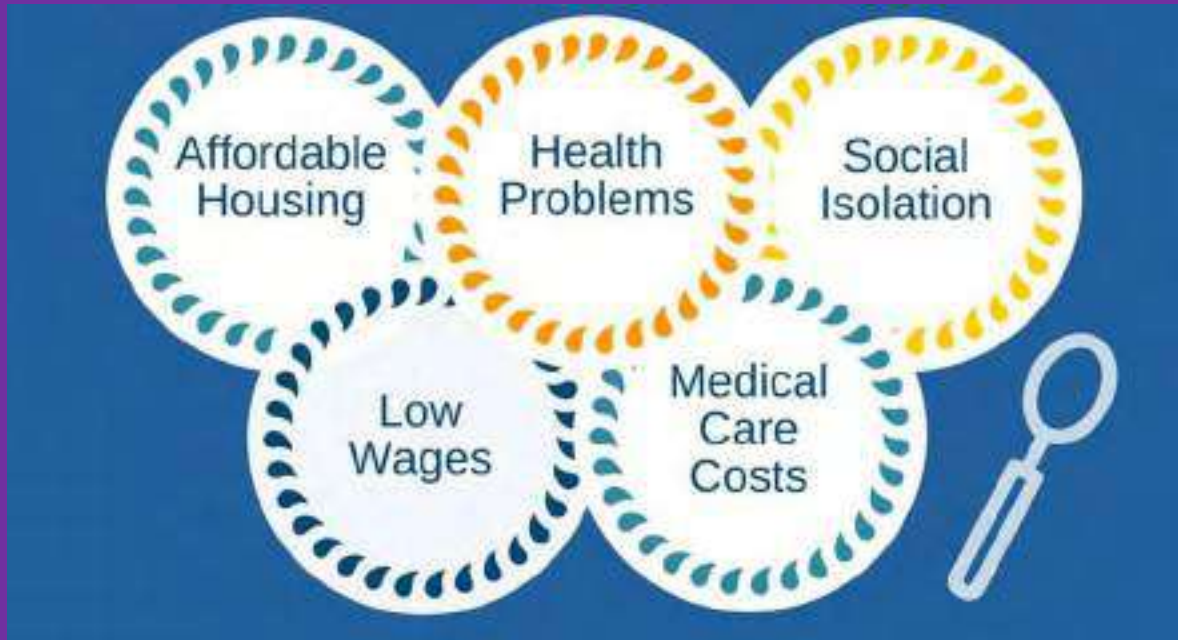
1. Educate faculty, staff, and students about food insecurity on our campus by holding training workshops.
2. Assess the severity of food insecurity among our population of students using anonymous surveys.
3. Provide a food pantry on campus for students who have food insecurity.

EDUCATE: INCREASE AWARENESS

- All faculty and staff will be required to attend a workshop about food insecurity each semester.
- An educational pamphlet about food insecurity will be created and distributed at various departments for students to take on the go.
- Starting in Summer 2020, new student orientation will include a brief session on food insecurity.
- Starting in Fall 2020, all Fontville 101 instructors will provide information about resources available to students that are food insecure.

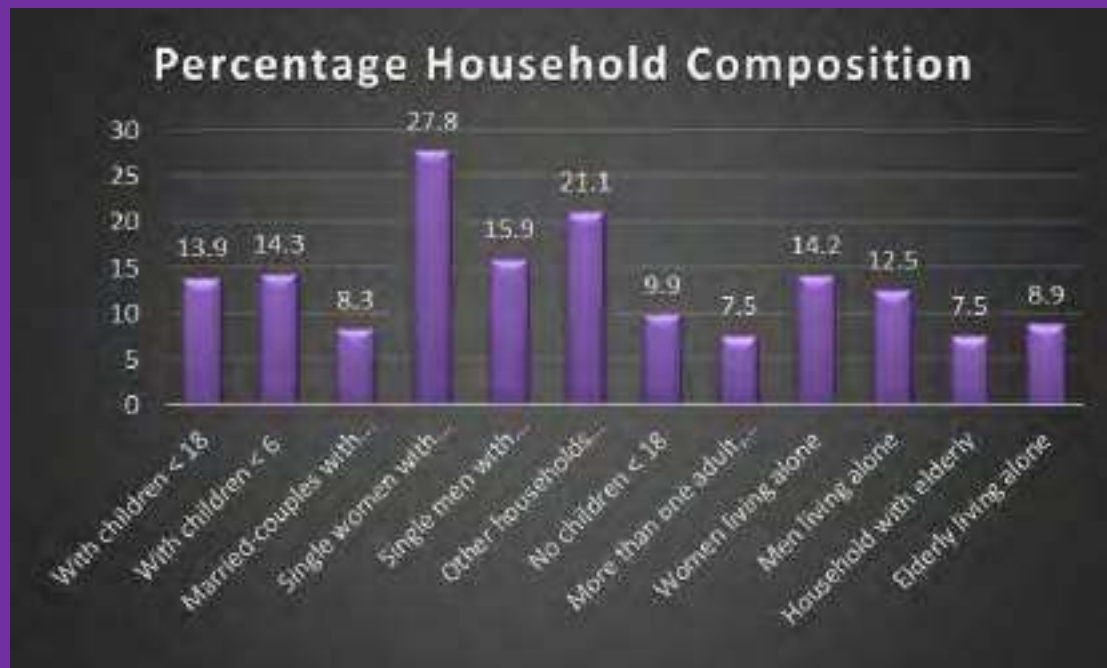


EDUCATE: INCREASE AWARENESS



- There is a correlation between food insecurity and housing insecurity and/or homelessness.
- Students who have food insecurity may also have poor mental health and suffer from substance abuse.
- There is a higher rate of obesity for students who do not have enough nutritious food available.

EDUCATE: INCREASE AWARENESS



- According to table 1.1; single women with children is at the highest percentage of food insecurity with 27.8% with the lowest being 7.5% for households with more than one adult or with the elderly.

Table 1.1

EDUCATE: INCREASE AWARENESS

- According to table 1.2; Race and Ethnicity of the head of household has black non-Hispanic with the highest percentage of food insecurity of 21.2%. While White non-Hispanic has the lowest percentage of 8.1%.

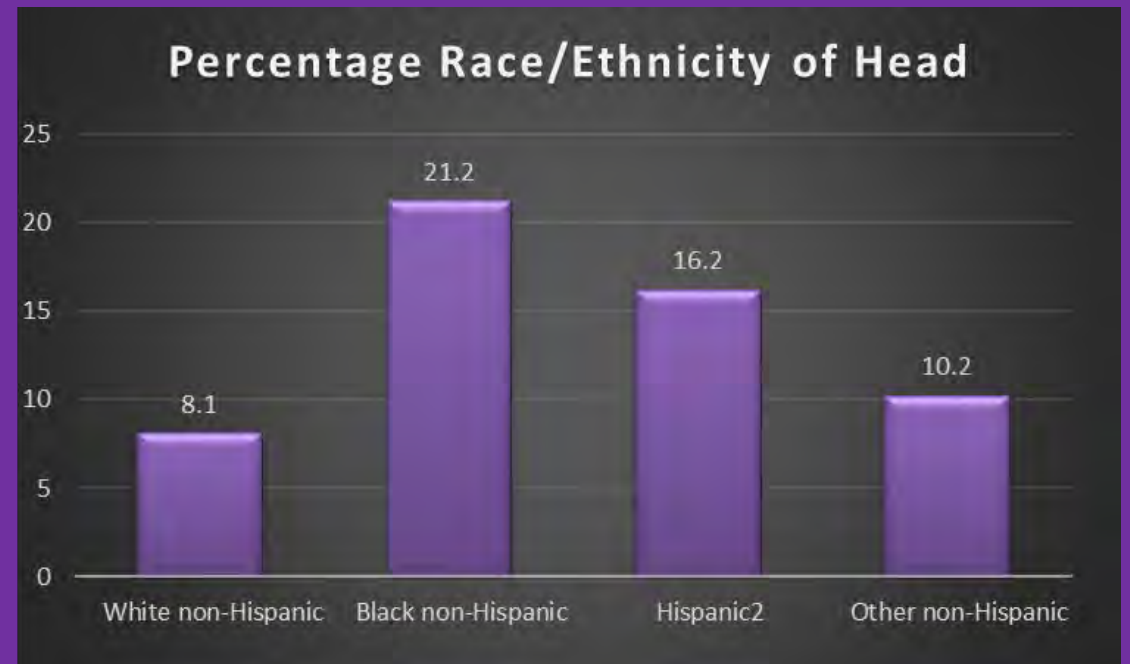
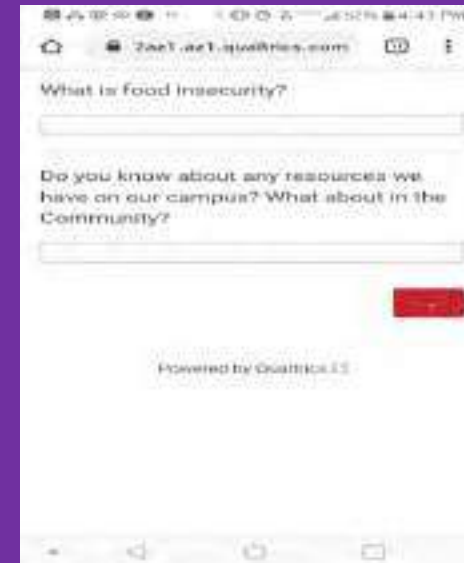


Table 1.2

ASSESSMENT SURVEY

- All faculty/staff and students will be sent a survey via their college email account (see QR code)
- The purpose of the survey is to assess the awareness of what food insecurity is and for the committee to learn what percentage of our population is affected
- The survey is completely anonymous in the hopes that we have more accurate feedback

Anonymous Food Insecurity Survey
Scan QR Code





“Food is such a basic need, and if you're hungry and you're thinking about where your next meal is coming from, how do you focus on how to advance your education? Or how to help with your student's algebra at night?”

— JENNIFER WINTERMYER
executive director, Tri-County Community Action

OUR SOLUTION: FOOD PANTRY



- The solution that the committee will provide to move in the direction of alleviating food insecurity is the through a food pantry
- The pantry would be available as an unlimited resource for Fontville students
- The pantry will accept food donations and monetary donations

HOW TO CREATE A FOOD PANTRY

- We will utilize an space available in the Student Center that has some of the essentials that we need such as cabinet space and a refrigerator with a freezer.
- Initial donations will come from partnerships with various departments such as Athletics, Student Activities, Residence Life, etc.
 - Example: At a sporting event, attendees will be suggested to bring one canned and/or boxed good to donate to the pantry. This will be advertised via social media.



ADDITIONAL RESOURCES FOR FOOD PANTRY

- We could also reach out to the Texas A&M AgriLife Extension and Fontvilles School of Culinary Arts to have themed nights in the pantry to help teach students how to cook a healthy meal with the items that the food bank will hold.
- The students will be able to taste test the food and take a recipe card to be able to make the recipe on their own.



GOING FORWARD

To make sure we keep our goal of decreasing food insecurity and increasing the awareness of food insecurity on campus has been achieved; we will assess the food pantry quarterly for the first year.

For years two and three, we will move to semi-annual assessments.

All future assessments will be completed on an annual basis. This will help us determine if we need to reassess or expand in different areas to grow the pantry.



THANK YOU!



QUESTIONS?



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Case Study Competition: Food Insecurity

Melanie Mercer (Leader), Jamaica Ethington, & Dakota Steele

Stephen F. Austin State University

Introduction

The purpose of this committee is to educate Fontville College staff, faculty, and students about food insecurity and to create programs that will help to reduce hunger on our campus. Fontville College is a comprehensive, regional institution located in East Texas. The college was founded in 1966 and currently has an enrollment of 16,000 students. The President and Dean of Students assembled this committee of individuals from various departments to achieve two goals. First, to educate those attending and employed at the college about food insecurity and why it is important. Second, to create a program that would help the college move in the direction of fighting food insecurity. The committee was given a budget of \$3,000 courtesy of the president and three weeks to complete both endeavors. This paper is to supplement a PowerPoint that extensively shares our ideas and strategies for food insecurity.

What Food Insecurity is and Why it is Important

Food insecurity is defined as a lack of food to maintain and sustain a healthy and active life (“What is Food Insecurity?”, 2020). Food insecurity is a major issue in the United States. In 2018, 37.2 million households were considered to be food insecure (Coleman-Jensen, Gregory, & Rabbitt, 2019). There are varying degrees to which a person could be experiencing food insecurity. The four types of food insecurity are high food security, marginal food security, low food security, and very low food security (“What is Food Insecurity?”, 2020). Minorities are at higher risk to be food insecure and children are one of the largest groups that are food insecure (Coleman-Jensen et. al., 2019).

Food Insecurity and College Students

As student affairs professionals, food insecurity does affect the students that we interact and work with on a daily basis. We recognize that one of the priority reasons of why students

attend college is because they want to earn a degree. College students that experience food insecurity have a greater risk of low academic performance due to not having proper and adequate nutrition. Additionally, this may impact retention rates because when students perform poorly academically, they have a lower chance of graduating.

Our Strategy to Fight Food Insecurity

As previously mentioned, the president has requested that the committee complete two goals related to food insecurity within a three-week timeframe. The first goal is to create a resource that will educate faculty, staff, and students about what food insecurity is and why it is important. The committee plans on making a PowerPoint presentation that can be presented at departmental workshops that will educate all faculty and staff about food insecurity. Although food insecurity is becoming a major topic at universities, we understand that not all student affairs professionals are aware of what food insecurity is and the impact that it can have on students. It would be required training for all those that work at Fontville college. The training would be offered each fall and spring semester. It is important that all employees attend the training because food insecurity is not an issue that can only be addressed by the departments that handle food, such as campus dining services. If a student cannot meet or fulfill their basic survival needs, such as hunger; they may not be able to give all their attention to other areas of their life including academics and work. Food insecure college students may also be dealing with low grades and housing insecurity and/or homelessness.

We plan on educating students about food insecurity through things that they are already required to do. Examples of this would be new student orientation and Fontville 101 classes. We will coordinate with Orientation Programs to have a brief discussion or session to be presented to new students and their families. In Fontville 101 classes, we would ask if professors would be

willing to add a brief discussion of food insecurity to the content of one of their classes. If they are not comfortable with discussing food insecurity themselves; we will provide pamphlets about food insecurity that can be distributed to each student. Other pamphlets will be placed in different departments around the campus.

The next part of our strategy is an assessment survey. The dean of students had stated that food insecurity is a major topic at universities. However, our committee serves the students of Fontville and in order to best serve them we need to understand how many of our students are impacted by food insecurity and to what severity. The committee has designed a Qualtrics form that will be emailed to all students, faculty, and staff via through their college email. The survey is completely anonymous and sent via email for two reasons. One, not all students may be comfortable disclosing that they are food insecure especially if they have to self-identify themselves or state it in a public setting. The other reason why we are choosing to make the survey anonymous is because we are hoping to get more honest and transparent answers from those that participate. Some of the questions that will be asked are if the participant is dealing with or has dealt with food insecurity and what are some of the reasons why they are experiencing food insecurity (finances, health issues, etc.). The survey is needed it because it will give us an idea of the percentage of Fontville students that are dealing with food insecurity.

The second goal that our committee has been tasked with is creating a solution that can help alleviate food insecurity on our campus. The budget that was provided was \$3,000 and within three weeks we recognized that it would be best to use the resources that we already have available. Therefore, the committee decided to create a food pantry for our students. The food pantry is not something that our institution currently has, and we do already have some things on our campus to help assist us with this process. The food pantry would be located in the student

center because it is a building that is the most commonly used by the majority of our students regardless if they reside on campus or not. It is a familiar building for our students, and it is accessible to them during most morning and evening hours.

We do not anticipate that we will need a large amount of space for the food pantry because we are just starting out. We would ask if we could acquire a small space that has some cabinet space and refrigerator. Due to all the committee members being full-time workers, we would not be able to manage the food pantry ourselves. Also, we do not have the budget to hire part-time or full-time staff members. We would need those willing to volunteer to help support the operations of the food pantry. We would reach out to student leaders on our campus that might be interested in getting involved. The hours of operation would be during the weekdays at specified times.

Our plan is to obtain the food for the food pantry from donations. Those that are willing can donate to the pantry by giving either a monetary donation or canned and boxed food donations. Because the food pantry is a new venture, we planned on partnering with other campus organizations to help use with gaining a large amount of donations to help start the food pantry. An example of a partnerships that the committee has in mind is with athletics. We would ask athletics if game participants would be willing to bring a canned or boxed good to the game. We could take a similar approach with other organizations on campus. Finally, we would need to market the food pantry. With the budget that we have been given we would want to use as much low cost or free marketing as possible. Examples of free marketing would be social media, a notification on the official Fontville College website, an email blast to all those that have a Fontville account. We would also make paper flyers in house because the cost would be too high. We are estimating that it would cost us about a few hundred dollars to make the flyers.

Conclusion

We understand that reducing or ending food insecurity cannot be done immediately. The ideas that we are proposing will not resolve food insecurity immediately, but it will move our campus in the direction of making sure that some of our students are not food insecure. The committee does have other initiatives that they are considering that will either expand upon or be new solutions to fight food insecurity on our campus. An example of one way that we can expand on food pantry is by hosting themed food nights. After the grand opening of the food pantry we will continue to assess the percentage of students that identify themselves as food insecure to determine whether the pantry has helped in our mission of reducing food insecurity for our students.

References

Coleman-Jensen, A., Gregory, C., & Rabbitt, M. (2019). USDA ERS - Key Statistics & Graphics. Retrieved 10 February 2020, from <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx>

What Is Food Insecurity in America? | Hunger and Health. (2019). Retrieved 10 February 2020, from <https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>