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VIRTUAL CASE STUDY 2020

# University of Central Arkansas

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# Fontville University

Fontville University is a four year public regional comprehensive institution in Conway, Arkansas with a current enrollment of 25,074.

## Fontville University Mission Statement

Fontville University is a leader in 21st century higher education and is committed to excellence through the delivery of outstanding undergraduate and graduate education, high quality teaching, state of the art research, and collaborative engagement through the diverse communities surrounding us.

*(Mission Statement adapted from Florida International University & University of Central Arkansas)*



# FOOD INSECURITY

WHAT IS IT?

WHAT IS THE IMPACT OF FOOD  
INSECURITY?

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# FOOD INSECURITY

FOOD INSECURITY IS DEFINED AS THE DISRUPTION OF FOOD INTAKE OR EATING PATTERNS BECAUSE OF LACK OF MONEY AND OTHER RESOURCES.

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FOOD INSECURITY IS A HOT TOPIC IN COLLEGE CAMPUSES. WHY? WELL, EXTENSIVE RESEARCH REVEALS FOOD INSECURITY IS A COMPLEX PROBLEM. MANY PEOPLE DO NOT HAVE THE RESOURCES TO MEET THEIR BASIC NEEDS, CHALLENGES WHICH INCREASE A FAMILY'S RISK OF FOOD INSECURITY. THOUGH FOOD INSECURITY IS CLOSELY RELATED TO POVERTY, NOT ALL PEOPLE LIVING BELOW THE POVERTY LINE EXPERIENCE FOOD INSECURITY AND PEOPLE LIVING ABOVE THE POVERTY LINE CAN EXPERIENCE FOOD INSECURITY.

# Impacts of Food Insecurity

College is often depicted as a time for students to be relieved of the stresses that come along with adulthood. A time for students to focus on their school, grades and building tight networks with new friends.

The reality frequently looks different. More and more students are trying to balance going to school, working and paying an accumulation of monthly costs such as housing, utilities, childcare and food.

All of which are essential. But when faced with the decision to either cut costs from their food budget or drop out of school, suddenly the step from food security to insecurity is an abrupt one.

Food insecurity impacts the student academically, mentally and even physically.

# Impacts of Food Insecurity On Students

Universities may be overlooking food insecurity as a major deterrent to their students' academic success. While hunger has been considered a problem mainly at two year colleges or state universities, surveys of schools now suggest that an estimated 20% to 33% of students at four year colleges experience food insecurity. And when students are hungry, their educational attainment is significantly affected.

Food insecurity is a growing problem among college students, but little is known about how it is related to academic outcomes. Food insecurity is a serious concern for many college students and for faculty, student affairs professionals, and other educators who work with students.

Hunger negatively impacts students' education. Food insecurity is associated with students' academic performance and academic disruptions, such as reducing their course load and neglecting school work.

Academic research shows that a substantial percentage of college students experience "food insecurity," a lack of access to adequate amounts of food, especially healthy foods. The proportion appears to vary by institution type and among student groups, with racial and ethnic minorities being most likely to skip meals or go hungry. The research also suggests students who don't have enough food are more likely to have low grades and poor health.

# Impacts of Food Insecurity On Students

## Astin's Theory of Involvement

Student Involvement Theory (Astin 1984) proposes that meaningful educational engagement in college stimulates increasing cognitive complexity, leading to learning & development.

However, as it relates to a student involvement, if they are facing food insecurity, their involvement within activities on campus will dwindle. So, it is evident that food insecurity impacts a student's involvement on campus which could also affect their sense of belonging as they withdraw more from their peers and organizations and start to lose who they are.

## Schlossberg's Theory of Mattering & Marginality

Schlossberg (1989) spoke towards the importance of considering the concepts of marginality and mattering when examining the impact of the college experience on student development. It is not new that minority groups are often the ones faced with food insecurity, thus when they come to college it can have an impact on them.

People who live in rural areas often face hunger at higher rates, in part because of the unique challenges living remotely presents. These challenges include an increased likelihood of food deserts with the nearest food pantry or food bank potentially hours away, job opportunities that are more concentrated in low-wage industries and higher rates of unemployment and underemployment. This can make hunger in rural areas a unique challenge. African American households have significantly lower household incomes than white, non-Hispanic households. African Americans are also more than twice as likely to face hunger.



# Impacts of Food Insecurity On Students

## Schlossberg's Transition Theory

Schlossberg (1989) transition theory speaks of a college student's transition process and the different factors which affect the different types of transitions.

Schlossberg (1989) mentioned three non-discrete transitions, these are as follows: anticipated transitions (these are predictable and scheduled), unpredictable transitions (these are the transitions that are not predictable and not scheduled) and finally non-events (these are expected but do not happen).

So how do these tie into food insecurity? Well, we are pretty certain no child goes to college with the idea of not having enough money to purchase food or even sustain themselves.

Many of the food insecurity cases fall on the unanticipated transition stage.

A number of things can cause food insecurity to be unanticipated. These may include but are not limited to:

- Unexpected family/individual emergency
- Loss of job
- Personal Expenses (Car, Insurance, etc)

# Round Table Discussion

## Who Needs To Come To The Table?

Discussion is needed to be had with the key stake holders as it relates to implementing programs on campus. If these conversations don't happen, then the issue of food insecurity may take a turn to the worse. We have identified some key players who can help us tackle this issue.



### Director of Financial Aid & Scholarships

Having the Director of Financial Aid within the conversation, there can be discussions about how the department can properly assist students who are struggling financially which then causes them to not have any funds to purchase food. Quite possibly, creating more emergency scholarships to provide to these students who are facing food insecurity.



### Director of Housing & Residence Life

This stakeholder plays an important role because 65% of Fontville's student population lives on campus and out of that 65%, we have discovered that 29% have reported facing food insecurity, it is normally those in the residence halls who suffer the most and the paraprofessional staffs would be the ones to pick up on these issues early, so they are critical in assisting us to catch things like this quick and early.



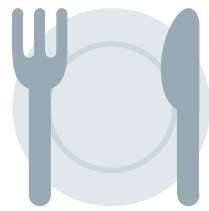
### Director of Student Life

Discussing how student organizations can play a role in assisting the committee with eradicating food insecurity among our campus as some of their members themselves could possibly be facing this same issue.

# Round Table Discussion

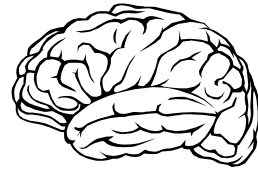
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### Director of Dining Services

Having this director present will allow us to discuss strategic and innovative ways on how the dining services on campus can properly support our goal towards eradicating food insecurity among our campus.



### Director of Counseling & Psychological Services

Developing a safe space for students who suffer mentally and emotionally from food insecurity so that they feel comfortable and well aware of the different resources being offered by this specific department.

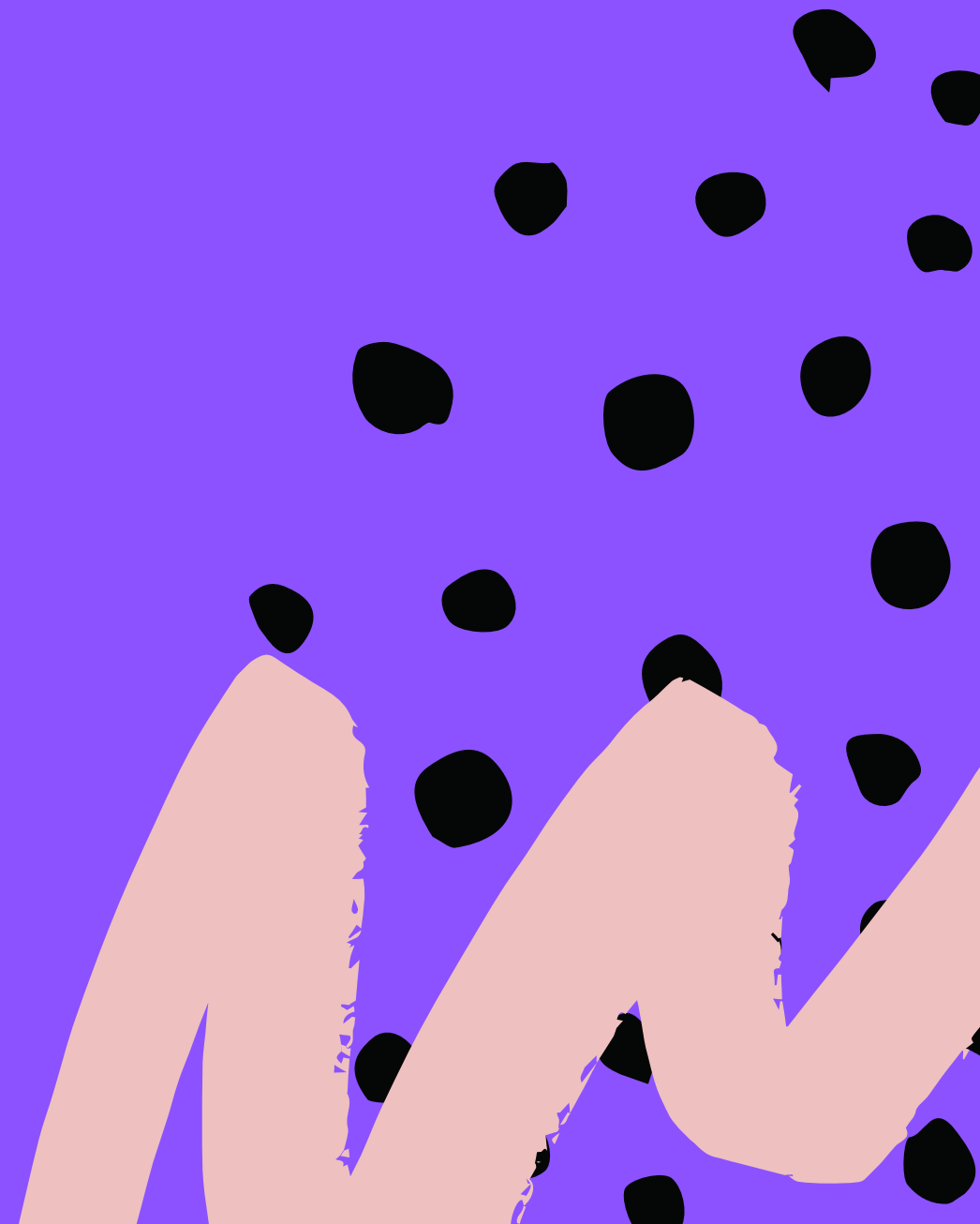


### Director of Athletics

Additionally, athletes are also affected by this phenomenon, so having the input of this key stakeholder can shift the conversation on how different sporting events can play a role in providing food to athletes and once again, eradicating food insecurity on campus.

# Programs To Combat Food Insecurity

The following programs are what the committee hopes to implement to help decrease food insecurity across the Fontville Campus.





# "A Dollar And A Dream"

## OVERVIEW OF PROGRAM

Playing off of grammy award winning rapper and song writer J. Cole song title "A Dollar And A Dream", this program hopes to assist the athletics department mainly. For every sporting event happening on campus, students will be charged \$1 and the funds would go towards the "Dream Fund" which will then be put towards purchasing food for the student pantry on campus. We hope that when students give their dollar, they know it's going towards our dream of eradicating food insecurity on Fontville's Campus.

## OBJECTIVES & OUTCOMES

Our main objective for this program is to decrease food insecurity across our campus.

The main outcome for this initiative will be to end student hunger.

# "Food For Fines"

## OVERVIEW OF PROGRAM

In partnership with the Student Government Association & Campus PD, students will be able to dismiss their parking fines and citations by donating a certain amount of food items. Students and Faculty/Staff can eliminate up to 5 parking tickets with a monetary value of either \$10 or \$15 by donating non-perishable food items to one of the many donation centers around campus.

## DURATION OF EVENT

The University of Central Arkansas has utilized this initiative and it has been successful. We intend to utilize this method for at least 3 months.

## ELIGIBLE CITATIONS

The following citations are eligible to be dismissed with this initiative: Overtime Parking, Overline Parking, Failure to Display Permit, Improper Display of Permit, Driving/Parking on Grass, Driving/Parking On One Way, Parking in the Wrong Area, Improper Equipment.

# "It's CANival!"

## OVERVIEW OF PROGRAM

"It's CANival" is a campus wide program which will offer different carnival and amusement rides where students will be able to partake in. In order for them to gain entry and access to the different rides/booths, they have to pay an admission fee of \$5 or donate 3 canned goods. These donated goods are then given to stock the food pantry on campus.

## DURATION OF EVENT

We intend to host this type of event every semester (Spring & Fall).

## OBJECTIVES & OUTCOMES

Our main objective for this program is to present a fun and exciting experience for students on campus while still focusing on the cause that is food insecurity.

The main outcome for this initiative will be to end student hunger and gain food and money for the food pantry.

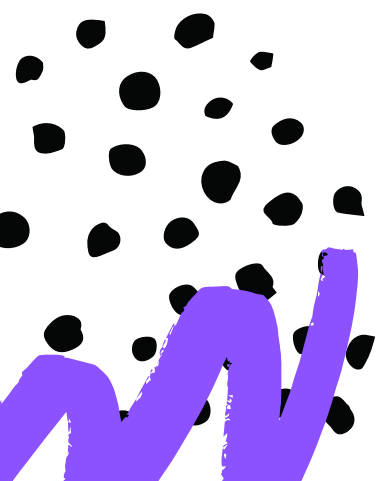
# "Student Necessities: Home Away From Home Dinner"

## OVERVIEW OF PROGRAM

Twice a month (the first and third Sunday) dining services and the food pantry teams up and provides a meal in the cafeteria that is completely free for students that are living on campus.

## OBJECTIVES & OUTCOMES

Our main objective for this program is to increase a sense of belonging and decrease food insecurity. The different entities on campus will also be providing left over food to the cafeteria so that they can properly distribute food to students who are in need.





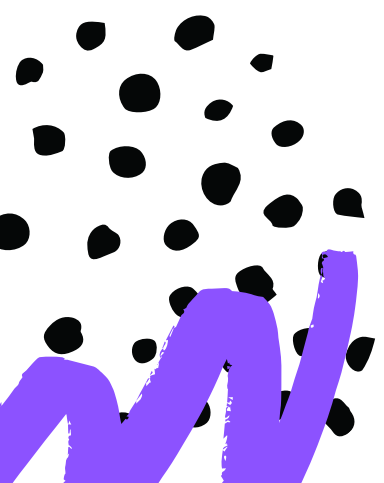
# "Produce Shed"

## OVERVIEW OF PROGRAM

Housing & Residence Life will be partnering with the Department of Agriculture through the assistance of senior university officials. This partnership will be in the form of a grant. This grant states that the department has to grow 20% or produce to where it will then distribute to its students within the residence halls who are facing food insecurity.

## OBJECTIVES & OUTCOMES

To promote healthy living, fresh eating, decrease food insecurity, increase student participation within housing life and the agriculture department. The sustainability and care of the produce shed will be taken care of by the Agriculture student workers and the student volunteers seeking extra class credit. The department head will appoint a faculty advisor for the semester.



# Conclusion

Food Insecurity is a very important topic that needs to be addressed on college campuses as many students are affected by this phenomenon. However, it is our duty as student affairs professionals to work diligently to decreasing and further eradicating this issue.

Presenting these different programs, we agree that they are different in nature and have hopes of being effective across our campus. Through proper assessment, if we realize that a program is not as effective, as a committee, we will step back review and revamp to ensure we are listening to the concerns of the students as we aim to serve them properly.

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