Virtual Case Study Competition

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Food Insecurity on College Campuses

Introduction

Food insecurity is a challenge many folks face nationally but is also a challenge experienced by college students, especially due to the rising cost of college. In order to better support them, we need to understand what food insecurity is, how it affects an individual and their academic goals, how common it is, what other campuses are doing to support their students, and how we can support our students on our campus.

As a results of participating in this presentation, folks will:

- Be able to define food insecurity, both within society and on college campuses.
- Understand the implications it has on our campus community.
- Name ways in which this is being addressed nationally
- Understand the suggestions brought forth to our institution
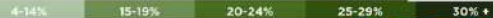
So, what is food insecurity?

" *A house-hold level economic and social condition of limited or uncertain access to adequate food.***

**As defined by the USDA

Food Insecurity Rates: 4-14% | 15-19% | 20-24% | 25-29% | 30% +

District of Columbia
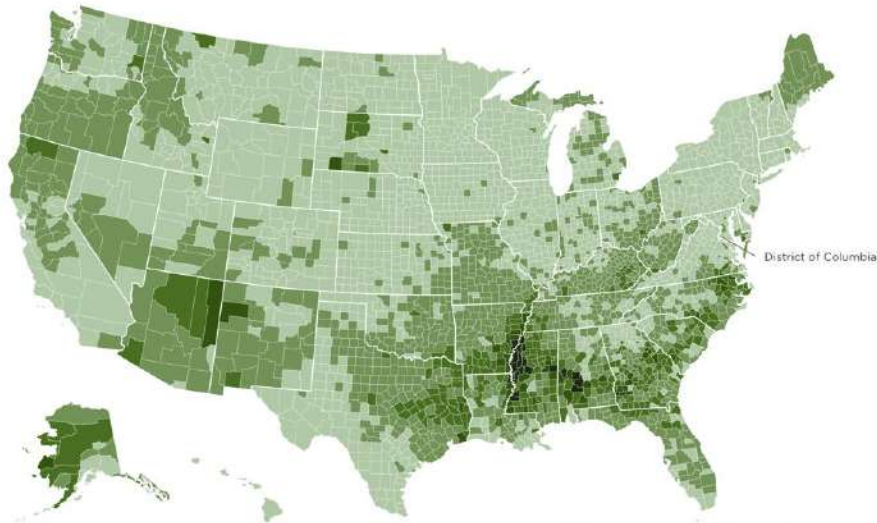
2014 Overall County Food Insecurity in The United States

FOOD INSECURE PEOPLE IN THE UNITED STATES

48,135,000

FOOD INSECURITY RATE IN THE UNITED STATES

15.4%

ESTIMATED PROGRAM ELIGIBILITY AMONG FOOD INSECURE PEOPLE IN THE UNITED STATES

26% Above Other Nutrition Program threshold of 185% poverty

19% Between 130%-185% poverty

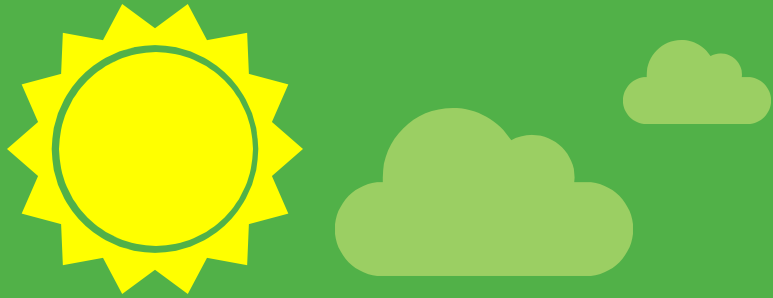**54%** Below SNAP threshold 130% poverty

AVERAGE MEAL COST

$2.89

ANNUAL FOOD BUDGET SHORTFALL

$24,558,800,000

6

But what does this look like on college campuses?

What does food insecurity look like on college campuses?

Effects on the Student:

Rates of food insecurity are higher on college campuses than the general public. It impacts general wellbeing of a student in addition to how they perform academically (meaning it affects both retention and graduation rates). In many cases, students experiencing food insecurity have lower GPAs and are less likely to graduate on time. Additionally, students who report experiencing food insecurity are more likely to report facing housing insecurity.
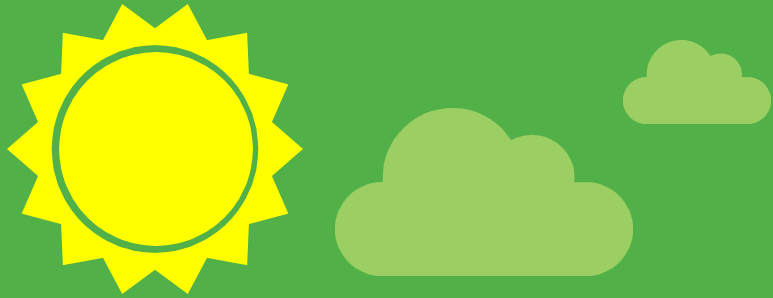
Why is this important for us?

Because the data shows it is.

However, finding data (or specifically just a single number) of those experiencing food insecurity is hard to come by! Much of this is due to the lack of research done but also the varying numbers reported by different institutions. However, the numbers that do get reported do show that food insecurity is a challenge all campuses face, just to a varying degree. Specifically, community college tend to have more students facing food insecurity than four-year universities.

Research from a 2018 study shows that:

15%

Of college students identified as food insecure

An additional 16%

Of college students identified as being at risk of food insecurity

Food Secure Students

Were less likely to have reported symptoms of depression than students with food insecurity
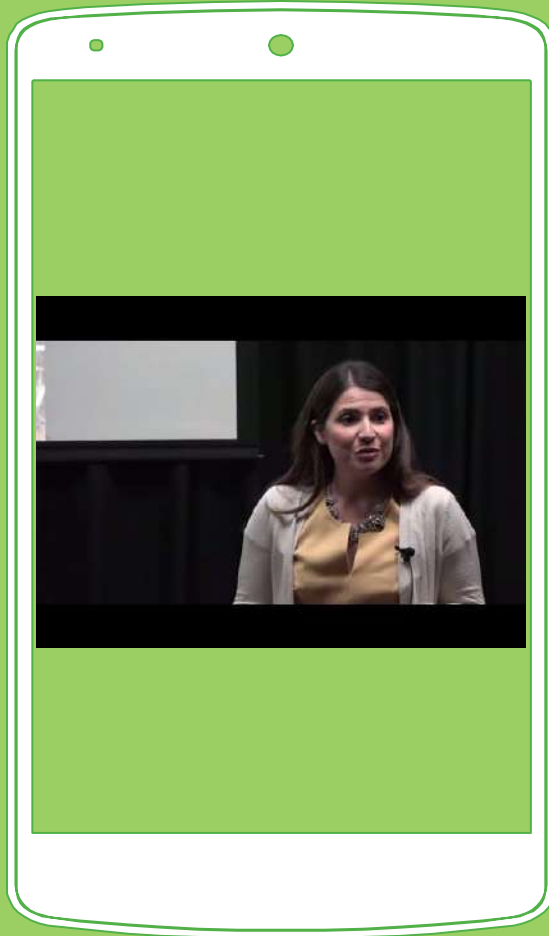
(Payne-Sturges, Tjaden, Caldeira, Vincent & Arria, 2018)

Additionally

"Students who were African American, other race/ethnicity, receiving multiple forms of financial aid, or experiencing housing problems were more likely to be food insecure or at the risk of food insecurity" (Payne-Sturges, Tjaden, Caldeira, Vincent & Arria, 2018, p.349)

Claudia Estrada-Howell shares her story.

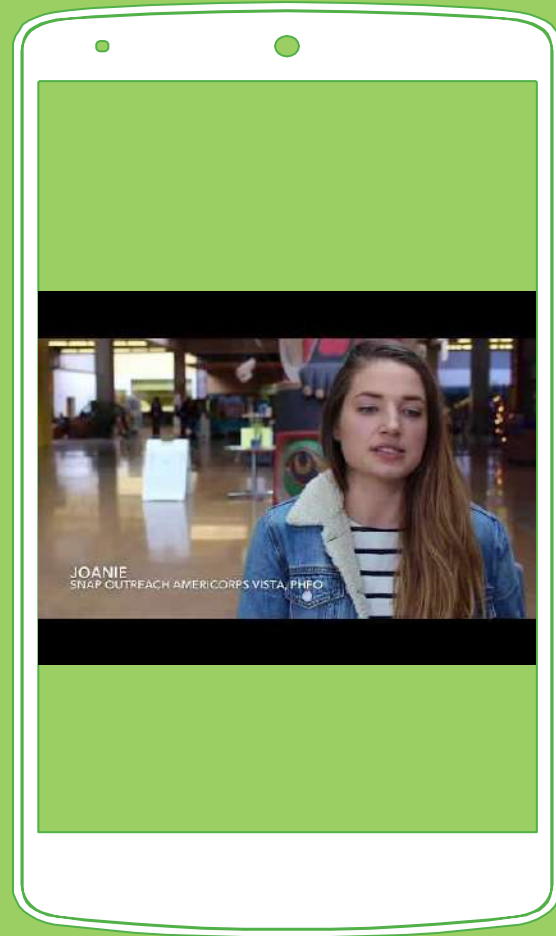https://www.youtube.com/watch?v=krIonwrSSJc&t=33s
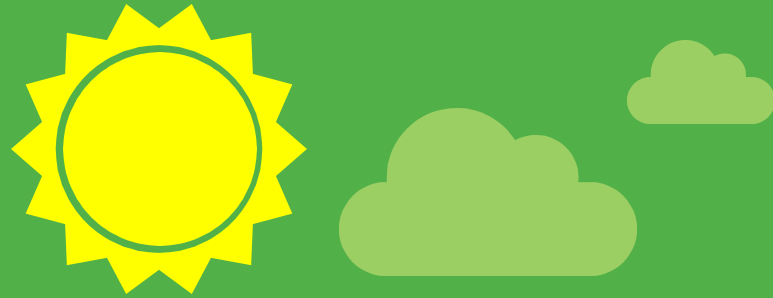
What are institutions doing in order to combat food insecurity among students?

Addressing Food Insecurity on College Campuses

https://www.youtube.com/watch?v=4sCHR_UY-OQ

LA's College Hunger Crisis: Food Insecurity on Campus

https://www.youtube.com/watch?v=W7yU1OggmRQ&t=26s

What factors contribute to a successful on-campus food pantry?

Research by Reppond, Thomas-Brown, Sampson, and Price (2018) suggests that there are 6 primary factors related to their needs regarding a campus food pantry. Using a cluster map, the 6 themes were generated.

Let's review the 6 themes!

Accessibility

This theme addresses the importance of analyzing rules and regulations surrounding usage to ensure that they are not creating barriers.

Available Items

This theme identifies the importance of awareness surrounding understanding the needs of students and providing items and opportunity that meet those needs.

Student Success

This theme identifies the importance of food security as it relates to holistic student success and the ways in which food security will ease added stress and anxiety.

Support

The support theme relates to food security by recognizing the importance of outreach, supplemental programs, and evaluation/assessment of the program.

Partnerships

This theme relates to how the pantry interacts with the broader community. Including partnerships related to financial support, networking, and a robust culture of care.

Awareness

This theme presents the importance of educational campaigns and raising campus awareness among administrators, staff, and faculty.

(Reppond, Thomas-Brown, Sampson, & Price, 2018)

References

New research finds discrepancies in estimates of food insecurity among college students. (n.d.). Retrieved from https://www.insidehighered.com/news/2019/04/30/new-research-finds-discrepancies-estimates-food-insecurity-among-college-students

Payne-Sturges, D., Tjaden, A., Caldeira, K. M., Vincent, K. B., & Arria, A. M. (2018). Student hunger on campus: Food insecurity among college students and implications for academic institutions. *American Journal of Health Promotion, 32*(2), 349-354. doi:10.1177/0890117117719620

Reppond, H. A., Thomas-Brown, K., Sampson, N. R., & Price, C. E. (2018). Addressing food insecurity in college: Mapping a shared conceptual framework for campus pantries in michigan. *Analyses of Social Issues and Public Policy, 18*(1), 378-399. doi:10.1111/asap.12161

Maroto, M. (2013). Food insecurity among Community College Students: Prevalence and Relationship to GPA. *Journal of Nutrition Education and Behavior, 45*(4), S35. doi: 10.1016/j.jneb.2013.04.095

Effective Programming to Address Food Insecurity

Steps to Effective Programming

1. Creation of a campus-based taskforce

2. Survey to gain student, staff, and faculty insight on food security issues and gauge what programs are needed

3. Implementation of educational, task based, and transformative programs across departments

4. Fulfillment of programming and insurance of longevity of taskforce initiatives

Combating Food Insecurity Taskforce (CFIT)

- The creation of a taskforce on campus that includes students, staff, and faculty representation

- Named Combating Food Insecurity Taskforce (CFIT)

- The taskforce is charged with gathering crucial data pertinent to food insecurity on campus

- CFIT would also hold regular taskforce meetings, seminars, and eventually training sessions for those who want to become on-campus educators for food insecurity

- From the gathered data, CFIT will create programming that benefits the community in educative ways as well as helps those facing food insecurity gain needed resources
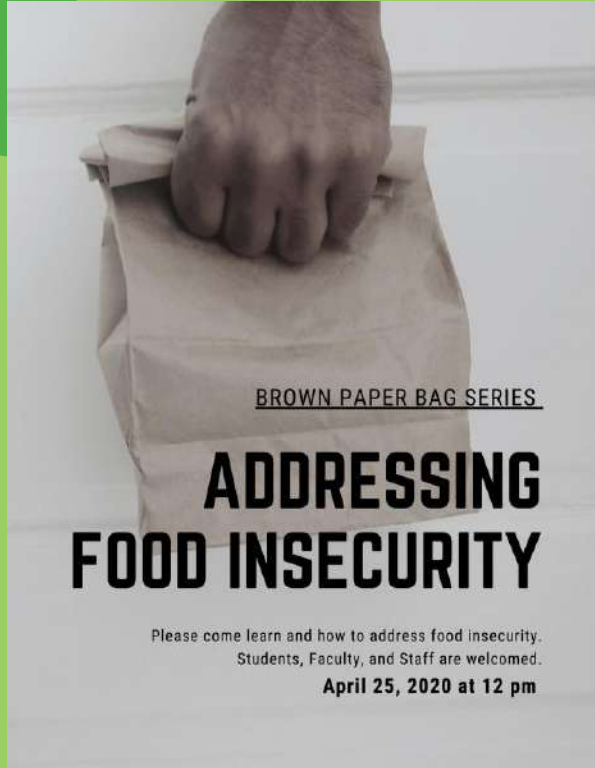
CFIT Survey

- The anonymously taken survey produced by the taskforce would ask for the following information:

- After giving some wording and purpose of the survey to participants, demographic questions such as age, racial and ethnic background, gender identity & expression, household income, on-campus or off-campus residence, etc. would be asked

- The following questions would ask about the experiences of participants regarding meals, getting access to food both on and off-campus, as well as food options provided within dining hall options

- The final questions would ask about needs and/or wants from participants in regard to programming and food options

Tupperware Initiative

- In efforts to combat food insecurity, our task force will implement the Tupperware initiative.
    - Students will have the option of requesting Tupperware in discretion with their professional team member(s) or pick one up at their local dinning services.
    - In efforts to be sustainable, we are looking at purchasing long-lasting Tupperware that students can drop off to be cleaned and reused for the next student.
- Estimated cost = $700
- Estimated # of Tupperware = 275

Brown Paper Bag & LLC Programming

BROWN PAPER BAG SERIES

ADDRESSING FOOD INSECURITY

Please come learn and how to address food insecurity.
Students, Faculty, and Staff are welcomed.

April 25, 2020 at 12 pm

- The Brown Paper Bag Series is an educational initiative that encourages students, faculty, and staff members to topics of food insecurity during their lunch hour.
- The idea of Brown Paper Bag is to offer a chance for everyone to have a standard meal; consistent with the nutritional standards an individual should have in their daily meals.
- With this opportunity, we will provide an equitable experience for everyone to have a meal while learning about food insecurity.
- Living Learning Communities (LLC) are a group of students living in the Residence Hall with common interests in a specific area. In efforts to create a long-term plan, we are advising that students from the sustainable and medical LLC join the task force to implement initiatives to address food insecurity.

Cross-Departmental Programs

Athletics Department
Offering non-perishable food items for payment of athletic tickets.

With popular sporting events, offering tickets for students to pay with non-perishable food will increase school spirit and long-term growth for the mobile food services.

Campus Dining
An option to waive the mandatory meal-plan.

Students can waive meal-plan in efforts to be more inclusive and mindful of the student cost of attending

Parking & Transportation
As parking tickets on a college campus is enviable, students can offer non-perishable as payment. Restricition apply.

For this cross-departmental program students purchase a minimum size food-item, such as peanut butter and jam, to pay their parking tickets.

Student Activities
Offering educational programs across campus and food mobiles.

This will help for the Brown Paper Bag Program and having food available for students to pick up across campus.

Residence Life
Within the conduct process allocating a portion of fines for initiatives of individual's well-being.

I.e. purchasing grocery gift cards, cooking supplies, and to-go food for residents.

Budget Breakdown

	Budgeted	Expected
Tupperware Initiative	$750	$764.50
Brown Paper Bag Program – Materials	$200	$187.57
Food for Paper Bag Program & CFIT Programming	$2000	$2040.93

Themes & Reasoning

Sustainability	The efforts put forth from CFIT encourage active sustainable action across campus to reduce the overall footprint of campus and the output of food waste.
Transformative Environmental Justice	The programs presented by CFIT encourage an intersectional glance at the disparities impacting our college students. Those who identify as low-income students, Pell eligible students, students of color, Muslim students, students who identify as trans or non-binary, and students who identify as having a disability or chronic illness are often among the highest populations impacted by food insecurity. CFIT wants to ensure that cultural implications behind food access are taken into consideration and that the appropriate ethical and environmental standards are used for good and not appropriated to provide for student's needs (AACU, 2019).
Inclusive Support	These programs established by CFIT create encompassing support for students, staff, and faculty alike and across the dimensions of identity to ensure food access to all.

Resources

Association of American Colleges (AACU). 2019. Majority of college students experience food

insecurity, housing insecurity, or homelessness. Retrieved from

news/newsletter/majority-college-students-experience-food-insecurity-housing-insecurity-or

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