



# StudentAffairs.com 2020 Virtual Case Study

University of Texas at El Paso

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**FOOD  
INSECURITY  
AT  
FONTVILLE  
COLLEGE**

# WHAT IS FOOD INSECURITY?



- Food insecurity refers to having limited food available, including a reduction in the quality, safety or variety of food or ability to acquire food in a socially acceptable manner.
- Researchers have suggested that food insecurity is an issue that an estimated half of all college students struggle with.
- It has the potential to impact academics, wellness, and behavior-all factors that have bearing on student retention and graduation rates. It is a threat to student success on college campus.
- It's become a pervasive problem irrespective of the location.





## WHO ARE AT RISK?

- Food Insecurity continues to disproportionately affect low-income households below the poverty threshold, households headed by a single woman or man, Black and Hispanic households.
- Students at higher risk of food insecurity included those who reported living on campus and those living off-campus with room mates.
- Students identifying themselves as African American or as multiracial were also at increased risk for food insecurity.” Students at higher risk of food insecurity included those who reported living alone and those who reported being single parents.
- The Closing the College Hunger Gap Act was written following a recent report that says more than 30 percent of college students may face food insecurity.



# FONTVILLE COLLEGE



- Fontville College is a commuter campus located on the border to Mexico.
- It is a minority serving institution the has an average enrollment of 26,000 students.
- 60% of the population is Lantinx.
- Majority of students receive Federal Pell Grant or some kind of financial support.



# WHY ARE SO MANY COLLEGE STUDENTS FOOD INSECURE?

- First, a much higher proportion of college students face financial challenges today than in the past.
- Second, college has become more expensive. Between 1989 and 2016, the price for a 4-year degree doubled, even after inflation.
- Third, as the proportion of students from low-income households has increased, the purchasing power of the Pell Grant, the main federal subsidy for low-income undergraduate students, has declined.
- Fourth, it is now harder to pay for college by working. The value of the minimum wage has declined substantially, and college students are competing in a labor market where people are often underemployed and wages are low





## WHY DOES IT MATTER?



- First, it worsens several health conditions. Food insecurity contributes to obesity, especially for females, by encouraging consumption of lower-cost, calorie-dense food.
- Second, food insecurity appears to be associated with negative academic outcomes, a primary concern for universities.
- The possible relationship between food insecurity and student academic performance could have far-reaching consequences if this is a factor that ultimately affects student retention and graduation rates.

# THE THEORY OF CHALLENGE AND SUPPORT

- Sanford explains as the challenges student face due to change that occurs in the transition to college life.
- Stanford, indicates “challenges may be different for traditional age students and returning adult learners, students from majorities identity groups and those from minorities groups, domestic and international student, and students that differ in any number of characteristics” (1966).
- This theory relates to food insecurity because students might be first time students that live on campus or are single parents that their priority is rent, bills, and their children’s well-being.
- Stanford also states support are barriers in the environment help the student meet challenges to be successful.





# SOMETHING NEEDS TO BE DONE

Higher education is seen as one of the most important determinants of social capital, mobility, and health.

Basic needs, including food and housing, clearly must be met for students to pursue, much less achieve, academic success.

Need to develop short- and long-term responses in partnership with nonprofits, governmental agencies, and faculty, to alleviate its negative impact on students.



# ACTION PLAN







# TAKELING FOOD INSECURITY PROGRAM

1. Donate unused meals.
2. Provide snacks all over campus.
3. Start a student garden.
4. Start a food pantry.

# INVOLVEMENT THEORY



A quantitative aspect of involvement centers on the amount of time devoted to an activity, while a qualitative component is the seriousness with which the object was approached, and the attention given to it.” (Astin, 1984)



Involving students to join and participate in helping defeat food insecurity will create meaningful and educational experiences for students. Every student on campus will have the opportunity to benefit from the solutions proposed.



# DONATING MEAL POINTS

- Get a consensus of student who are enrolled in a meal plan, to donate unused meals to students who are in need of a meal.
- Some students do not use all their meal points in a semester and those meals get lost.
- Students can donate those meals to students who are in need.





# STALKS ALL OVER CAMPUS

- Offices across the campus that student most frequently visit should offer students free snacks, for example:
  - Financial Aid Office
  - Admissions Office
  - Library
  - Tutoring Labs
- It can be anything from granola bars, nuts, chips, to trail mix.
- The committee will allocate half of the money by splitting it up into departments so they can purchase snacks.







# STUDENT GARDEN

- Set an area where students can go and plant a vegetable garden.
- The student garden will provide fresh food to students.
- The student garden will be operated with volunteers.





# FOOD PANTRY AT FONTVILLE



- The following will be provided to students at the food pantry:
  - Non-perisable foods
  - Some fresh fruit and vegetables
  - Feminine hygiene products
  - Deodorant and other totalizers
  - Laundry detergent



# GETTING STARTED

- The first step to start a food pantry on campus will be to start a committee of six highly motivated individuals with great leadership skills:
  - Dean of Students
  - Coordinator of Student Affairs
  - Director of Residence Life
  - Director of Campus Mental Health Resource Center
  - Head of Campus Dining services
  - A Student



# PARTNERSHIPS



Work with other food pantries in the area and food banks



Partner up with Albertsons, Wal-Mart, and Target



Get a sponsor that is a non-profit organization that already works with Fortville College



Work with Student Government Association





# FONTVILLE PANTRY

- The food pantry will be based on a no questions asked and first come first served basis.
- Student will just need to show their student ID to verify they are a student.
- The food pantry will be opened only three shifts per day
  - Morning 8:00-10:00
  - Afternoon 12:00pm-2:00pm
  - Evening 5:00pm-6:00pm



# Volunteers

- The food pantry will be operated through volunteers.
- Work with student organization on campus to help volunteer
  - Greek organizations and other student organizations
  - Alumni Association
- Work with instructors to provide extra credit to students who volunteer.



# Once Operating

- Need to keep raising money and look for more donations
  - Ask the community for support
  - Alumni Association
  - Greek Organizations and other student organizations
  - Have food drives on campus
- Advertising
  - Inform the student population and the community
  - Flyers
  - Local News Channel
  - Website/Social Media





# KEEP GOING

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- There is more work to be done to engage the community, students and administration.
- By considering food pantries as the starting point rather than the totality of a comprehensive response to food insecurity, advocates of ending food insecurity among college students—and other populations—can contribute to more sustainable solutions.
- To implement these changes in policy will require a broad coalition of students, faculty, public health, higher education and food justice advocates, public officials, and social justice organizations.



StudentAffairs.com 2020 Virtual Case Study:

Food Insecurity at Fontville College

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The purpose of this paper is to inform our audience on food insecurity and how we can address this problem in our college. We will define food insecurity, discuss the effects on college students from Fontville College, and the short- and long-term solutions. The theories that demonstrate our responsibility to the students are Challenge and Support (Nevitt Sanford) and Student Involvement Theory (Alexander Astin). These theories discuss the development of student involvement, the challenges that students face at college and the benefits they can get by interacting on campus. The reference page included in this paper contains all the citations used for the submission.

Fontville College is a commuter campus that is located in the Southwest region of the United States. Fontville is a minority serving institution with an average yearly enrollment of about 26,000 students. The college serves a range of population, mostly first-generation and second-generation students whose age range from 18 to 30 years old, and 60% are Hispanic/Latinx. The college is in a border city located next to Mexico, and attracts students from the south that commute back and forth every day. The majority of the students in this region receive Federal Pell Grants or some kind of financial support. Some students are faced with the commuting of everyday, crossing the bridge to receive a better opportunity for themselves and their families. In order to avoid the long lines at the bridge, students spend their entire day on campus by passing the time to studying or working part-time. Researchers James Dubick, Brandon Mathews, and Clare Cady found that 57% of black or African American students reported food insecurity while 40% of non-Hispanic or white students reported food insecurity. Additionally, 56% of first-generation students reported food insecurity compared to the 45% of students who were not first-generation and reported food insecurity (Hunger, 2020). This is why food insecurity needs to be addressed to assist students who are facing this problem.



Food insecurity is an economic and social condition of limited or uncertain access to adequate food. The state of being without reliable access to enough quantity of affordable, nutritious food. (Dictionary, 2020) There are all kinds of problems that college students face but food insecurity is one that has been rising rapidly in colleges. In fact, food insecurity and housing instability are defining factors of today's college experience for a significant number of students. The challenges students face is food and housing insecurity which undermine academic success. Food insecurity affects low-income students, head of households by single women and men, and minority groups like black and Hispanics (Office, 2019). This topic has been a big concern in our campus and community and it is a threat to our student's success.

The theory of Challenge and Support that Sanford explains is the challenges students face due to changes that occur in the transition to college life. The main idea of this theory is that students grow and develop by facing internal or external challenges (1966). "If the challenge is too great and the student is not ready for the challenge, a student may go into a state of retreat, where they cease to develop and pull away from the challenge (Patton, 2016)." Stanford, indicates "challenges may be different for traditional aged students and returning adult learners, students from majorities identity groups and those from minorities groups, domestic and international student, and students that differ in any number of characteristics" (1966). Food insecurity can be a challenge to many of the students. Involvement theory by Alexander Astin, states, "a quantitative aspect of involvement centers on the amount of time devoted to an activity, while a qualitative component is the seriousness with which the object was approached and the attention given to it" (1984). Involving students to join and participate in helping defeat food insecurity will create meaningful and educational experiences for students. Every student on campus will have the opportunity to benefit from the solutions we will propose.

Fontville is responding by proposing short and long term projects in order to fight student hunger. The first proposal is getting donations of unused meal plans. Students that are enrolled in meals plans and that do not use all their money or meal points can donate them to students that need a meal. This can be done by signing a consensus form, where students allow their unused meals to be donated to students in need. The second plan is getting snacks all over campus. Part of the money that was given to us by the president will go to offices across campus that students visit frequently, for example, the financial aid office, admission office, the library, and all tutorial and computer labs. These departments will have signs by their entrance offering free healthy snacks to all students, avoiding embarrassment for students. The third proposal is to start a student garden, where students can get fresh fruit and vegetables. The college can set aside an area for students to plant fresh produce and students who are in need can come and grab fresh veggies free of charge. This plan would operate with students and student organizations volunteering their time to maintain the garden. The fourth option is creating a food pantry which will provide students with non-perishable foods, some fresh fruits and vegetables, laundry detergent, hygiene products and other toiletries. If students do not have money to purchase food they do not have money to purchase laundry detergent. In order to run a food pantry the committee needs create partnerships with other food pantries around the community and local grocery stores, getting sponsored by a non-profit organization that already works with the college, and work with the Student Government Association. The pantry is based on no questions asked and first come first serve basis. In order to receive something from the pantry, the student needs to present their student identification card (ID). The hours of operation would be in the morning from 8am to 10am, afternoon from 12pm to 2pm, and in the evening from 5pm to 6pm. This schedule will allow students that have evening classes or work in the morning to



visit. It will run by volunteers from either student organizations like Greek organization, Alumni, etc. Instructors could also provide extra credit to students that volunteer in the food pantry.

In order for these proposals to keep running and maintain operation, we would ask support from the community, different student organizations, alumni, and have food drives on campus. Another form of promoting these programs around campus, would be through flyers, students' email, on the college website, and social media. The college would also conduct yearly surveys to determine the effectiveness of these different programs. These surveys would help the institution improve any of the proposed plans or create new ones. The college should also have a link to the Supplemental Nutrition Assistance Program (SNAP) in their website for students to apply for these services and have the volunteers at the food pantry assist with the application process. Providing outside information on community organizations like the SNAP and other food pantries can also alive students stress regarding food insecurity.

In conclusion, food insecurity in our college can affect student's performance, which in the long run will affect student retention. This problem is not just a problem of a college or university but of the whole society. Students that attend college should come with an open mind ready to learn and not feel hungry. Therefore, having all these programs in our institution will help students worry less about food and more about their academic performance.

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