



FOOD INSECURITY ON COLLEGE CAMPUSES

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OVERVIEW

- Definition of Key Term
- Statistics on Food Insecurity on College Campuses
- Demographics of Food Insecurity
- Effects of Food Insecurity
- Stigma
- Government Assistance
- Prevalence of Food Insecurity on College Campuses
- References

FOOD INSECURITY

- “Food insecurity is a household-level economic and social condition of limited or uncertain access to adequate food” (United States Department of Agriculture [USDA], n.d.).

[Link to video](#)

STATISTICS ON FOOD INSECURITY ON COLLEGE CAMPUSES

*56% OF FOOD
INSECURE
STUDENTS ARE
WORKING*

*75% OF FOOD
INSECURE
STUDENTS RECEIVE
FINANCIAL AID*

*30% OF COLLEGE
STUDENTS ARE
FOOD INSECURE*

*43% OF FOOD
INSECURE
STUDENTS HAVE A
MEAL PLAN*

DEMOGRAPHICS OF FOOD INSECURITY

- Compelling evidence has proven the existence of food insecurity among a vast percentage of undergraduate and graduate students based on:

- Race/Ethnicity/Sex
- Socio-economic Status
- Employment Status
- Housing Status

RACE | ETHNICITY | SEX

- Based on race, students who identify primarily as black and based on ethnicity, those who identify as hispanic/latino had a greater percentage of food-insecurity over those that did not identify under those characteristics (Zein et al., 2019).
 - Historically in the United States, these communities have have been segregated and discriminated against thus have had fewer opportunities than other races and ethnicities. As a result, their socioeconomic standing (which will be discussed in more detail in a following slide), is overall lower and leads to a greater need for assistance.
- Based on sexual orientation, females are at a higher rate of having food-insecurity compared to their male counterparts in college (Zein et al., 2019).

SOCIO-ECONOMIC STATUS

- Students from low-income backgrounds and with a childhood history of food insecurity are at an increased risk for food insecurity compared to those that come from a higher income background.
 - A \$2,000 gain in income during the year and gain of full-time employment may help decrease the risk of food insecurity (Loopstra & Tarasuk, 2013)
- On a federal level, students that receive the Pell Grant are significantly more likely to report food insecurity (Brueining et al., 2018).
 - The Pell Grant covered majority of the cost of attendance back in 1990 and now only covers about one-third of tuition, fees and room and board.
- About 18% of students have a difficulty reporting income (Maroto et al., 2015)
 - This lack of significant association may be explained in part by the difficulty of verifying accurate income data from students that may receive financial support from parents or other relatives.

HOUSING STATUS

Statistics have proven that there are significant differences in food security status between undergraduate and graduate students living on campus versus off campus:

Living On Campus

- Students that have a meal plan are not guaranteed food security. Students choose the meal plan that best fit their financial needs at minimum 11 meals per week.
- Food that is offered on campus that is considered to be affordable was often perceived as unhealthy and low quality causing students to skip meals.

(Watson et al., 2017)

Living Off Campus

- Due to high living cost, students that live alone are more likely at risk for food insecurity.
- Students must sometimes make a tough decision between paying rent, tuition or groceries, but cannot afford them all.
- Students are more likely to experience a form of homelessness and do not have a permanent residence.

(Maroto et al., 2015)

HEALTH



- According to Maslow's hierarchy of needs theory, a person's physiological needs, including food, must be met for that person to achieve self-actualization.
- In relation to college students, a student's basic needs must be satisfied in order for them to be successful (Brookman, 1989).
 - Martinez et al. (2018) states that students experiencing food insecurity are more likely to self-report their health as fair or poor.
- In addition to physical health, food insecurity can also affect a student's mental health.
 - In comparison to students that are food secure, students experiencing food insecurity are more likely to self-report depression (Martinez et al., 2018).
- In addition to the effect that food insecurity has on student mental well-being, academic success may also be negatively impacted (Martinez et al., 2018).

ACADEMIC PERFORMANCE

- College students who experience food insecurity are at an increased risk for poor academic performance, including lower student grade point average (GPA) (Camelo & Elliot, 2019; Martinez et al., 2018).
- Although students who are food insecure articulate a strong motivation to attend college, their school performance tends to suffer.
 - Food insecure students contribute their dropping grades due to hunger and difficulty concentrating (Henry, 2017) .
 - Increasing food availability may improve a student's academic performance (O'neill & Maguire, 2017).
- In order to ensure students' wellness - nutritional and mental - and academic achievement, there must be a state and institutional commitment to meeting students' basic needs. An improvement in academic experience and graduation rates will also have a long-lasting impact on career success (Martinez et al., 2018).

- There are many barriers that are associated with food-insecurity and thus, stigma can be considered the most prevalent for why food-insecure students do not take advantage of school resources (Zein et al., 2018). Stigma can come in the forms of:
 - Intimidation/Fear of judgement for using school resources such as a food pantry.
 - Embarrassment for needing to use food-assistance programs.
- Other barriers include:
 - Lack of accessibility because it interferes with class schedules or food pantries on college campuses are not open during holidays.
 - Lack of knowledge and awareness about programs that could be available in school.
- The last barrier that should be mentioned is under a “self-identity” theory in which students avoid getting the resources they need because they believe that there are other students that need the assistance more than they do or believe that they are not “poor enough” to receive assistance (Zein et al., 2018).

STIGMA | ACCESSIBILITY

GOVERNMENT ASSISTANCE FOR STUDENTS

- Students may apply and submit a Free Application for Federal Student Aid (FAFSA) to assist with the cost of tuition and fees, transportation, books, room and board, and supplies.
- Students may apply for the Supplemental Nutrition Assistance Program (SNAP) as long as they meet the following criteria:
 - Work a minimum of 20 hours per week
 - Have dependents between the ages of 5-12 and not have childcare
 - Participate in work-study programs or have other waivers
 - For more information, students may visit <https://www.fns.usda.gov/snap/students>

(Bruening, 2018)

PREVALENCE OF FOOD INSECURITY ON COLLEGE CAMPUSES

- Food Insecurity among college students is largely prevalent starting from the first year of college due to it being a transition period into “new-found autonomy” (Zein et al., 2019).
- Based on parental background, students who were first-generation students were more likely to be food insecure than those students who were not first-generation (Zein et al., 2019).
- Not only is the cost of attendance in colleges getting more expensive, but housing costs as well across the country (Zein et al., 2018).
- Students should have resources that help with the following issues starting immediately into the college experience as they are factors that can lead to food-insecurity:
 - Finance management
 - Mental Health and Social Support
 - Nutritional Knowledge and Guidance

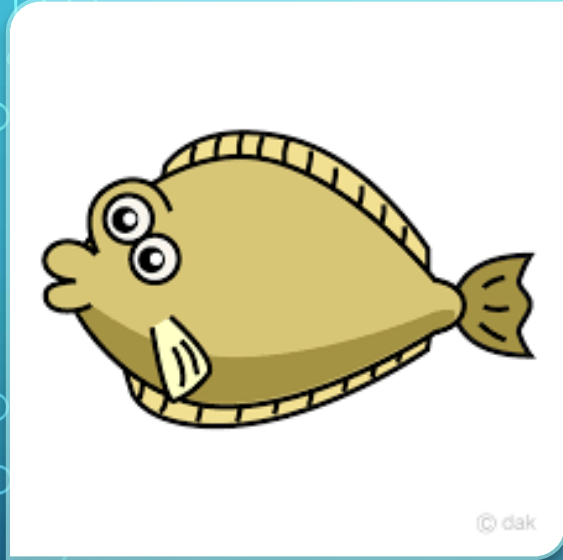
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A dark blue rounded rectangular box with the text "TRANSITION SLIDE" in white, centered. The box is flanked by light blue circuit-like lines with circular nodes extending outwards.

TRANSITION SLIDE

FONTVILLE COLLEGE HOME OF THE FLOUNDERS



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OVERVIEW

Fontville College Mission and Vision

Campus Demographics

F.F.I.S.H. Initiative

Current Snapshot of Fontville College Resources

Program Initiatives

Renovated Food Pantry

Partnerships and Donations

Farmer's Market

Dining Plans

De-Stigmatization

Investments for Food Insecurity

Post-Graduation Plans

FONTVILLE COLLEGE

Mission

The mission of Fontville College is to provide a captivating educational setting where faculty, staff and students may strive to create a transformative educational experience through teaching, learning, intensive research and community engagement.

Vision

Every student has the opportunity to achieve their potential through perseverance and dedication.

CAMPUS DEMOGRAPHICS

*LOCATED IN
SUN CITY,
TEXAS*

*LARGE, PUBLIC,
FOUR-YEAR
UNIVERSITY*

*25,000 +
STUDENTS*

*80% HISPANIC
POPULATION -
HISPANIC SERVING
INSTITUTION (HSI)*

*61% OF STUDENTS ARE
CONSIDERED LOW-INCOME,
PELL GRANT RECIPIENTS, WITH
A MEDIAN HOUSEHOLD
INCOME OF \$46,000 PER
YEAR*

*45% OF FONTVILLE
COLLEGE STUDENTS
ARE FOOD-INSECURE*

F.F.I.S.H. FIGHTING FOOD INSECURITY AND STUDENT HUNGER

- Fighting Food Insecurity and Student Hunger (F.F.I.S.H.) is Fontville College's new initiative to end food insecurity on our campus.
- We believe that all students of Fontville College have the right to be the best versions of themselves academically, mentally, and physically without fear of food insecurity and hunger.
- Our committee, consisting of the Dean of Students, Director of Residence Life, Director of the Mental Health Resource Center, Coordinator of Student Activities, and the head of campus dining have set the following goals for this initiative:
 - Educate our campus community on food insecurity
 - Expand upon set resources and create new programs to better serve our food-insecure population
 - Engage in policy discussion to bring awareness to food insecurity on college campuses and enact change at Fontville College

CURRENT SNAPSHOT OF OUR RESOURCES AND SHORTCOMINGS

- Food Pantry
 - Limited hours throughout the week, closed on weekends and holidays
 - Lack of nutritional and fresh options
- Dining Plans
 - 40% of our students have meal plans but do not always fully utilize their swipes
 - Meal plans are often too expensive for the majority of our students
 - Limited hours throughout the week, closed on weekends and holidays
- Awareness
 - Campus nutrition resources are currently not mentioned during New Student Orientation

Budget

- With the allotted budget of \$3,000.00 we plan to do the following:
 - Food Pantry Refrigerator to hold perishable items - \$500.00
 - Vending Machines placed in every building on campus - \$1,500.00
 - Awareness (Week) - \$1,000 for pamphlets and other promotional items

THROUGH OUR END HUNGER INITIATIVE, WE WANT TO EXPAND ON THE ALREADY SET PROGRAMS ON OUR CAMPUS AND CREATE NEW ONES TO END FOOD INSECURITY ON OUR CAMPUS.



Donations & Partnerships

Farmer's Market

Program Initiatives

Policy

Alumni

Dining Plan

Awareness

Food Pantry

FONTVILLE'S RENOVATED FOOD PANTRY

The purpose of Fontville's Food Pantry is to offer support and assistance to students who are dealing with food insecurity. We realize that food insecurity may create barriers to students' success and mental health and we want to be sure that every student is provided the nutrients that is needed to succeed.

Eligibility

Must be a currently enrolled Fontville student (undergraduate/graduate) or recently graduated alumni and have a student ID card.

(Twill et al, 2016)

FONTVILLE RENOVATED FOOD PANTRY CONT.

- **Where**
 - To ensure student privacy we are located behind Mountain Star Gym.
 - Students may also access our non-perishable food vending machines located in the library and the Student Union on the second floor.
- **Hours of Operation**
 - We are open extended hours: 6AM - 11PM everyday, including holidays.
- **Donations**
 - A monetary gift may be made to Fontville Food Pantry online through the following link: <https://fontville.edu/foodpantry>
 - Perishable and non-perishable food items may be donated to the Food Pantry located in Mountain Star Gym during hours of operations.

PARTNERSHIPS/DONATIONS

- While our food-insecurity program has a good internal partnership with various departments, our big focus is on external partnerships. We have been working with multiple produce stores and restaurants in order to have them donate food that they do not use in order to stock our food pantries on campus.
 - There are non-profit organizations across the United States that partner with businesses that donate unused food, therefore if those programs can receive those donations, food pantries on college campuses across the United States should be receiving that aid (“OCE,” n.d.).

FARMER'S MARKET

- We are also partnering with local farmers and vendors to provide a monthly farmer's market on campus to all students!
- Students will be asked to bring a bag of choice (no limitation on size) and fill it up with their own assortment of available fruits and vegetables.
- \$10 Fill Up - For only \$10, students will have unlimited access to the farmer's market on that day!
- We want to ensure that students not only have access to food, but have access to fresh, high-quality options as well.
- The money earned from our farmer's market, will be put in a fund for continued efforts in fighting food-insecurity.



DINING PLANS

- The F.F.I.S.H. committee will be proposing that Fontville College provide a low-cost, all-you-can-eat, dining plan option starting the next school year!
- This dining plan could potentially be free for qualifying students.
- We are also proposing that our dining halls be open every day of the week from 5 AM to 11 PM, including holiday breaks.
- We would like to partner with Swipe Out Hunger to get our students involved in this initiative.
 - Through Swipe Out Hunger, students will be able to donate their unused meal swipes. These funds will then be available to assist students who may need extra swipes.

DE-STIGMATIZATION

On Campus Events:

- New Student Orientation (NSO)
 - Beginning at NSO, our campus focuses on bringing awareness about what is provided on campus as those who need it know right away and it is a mandatory session in which all students must partake in.
- Food-Insecurity Awareness Week
 - This week happens once a semester around the second quarter on campus in order to remind students that there are resources for them on campus that can help with food insecurity.
- Registered Dietician (RD)
 - We will begin partnering with the RD on campus to provide informational pamphlets with low-cost, healthy, meal options in addition to the individualized, nutritional counseling already provided.

These programs are intended to de-stigmatize food-insecurity across campus (Otero-Amad, 2019). Having students be more comfortable in asking questions and receiving the help they need is the most important to the campus as well as their academic success (Silva et al., 2015).

INVESTMENTS FOR FOOD- INSECURITY

- Institutional Grants: Not only are students given grant aid based on their financial need but there are grants in which our campus applies for in order to get institutional aid specifically to fund our food pantries.
- Policy: Campus-wide advocacy led to policy changes in order to provide more nutritious meals at a lower cost for students (Patton-López et al., 2014). Considering that food-insecurity amongst college students is so prevalent, more campuses should begin by making institutional-wide policy changes that can help its students.

POST-GRADUATION

- Food Insecurity amongst college students does not stop the moment they graduate. It could continue in the transition period between graduation and their professional life. It is possible that students who were or were not food-insecure during college, do not have a job right after college or even if they do have a job, it might not pay well enough to be fully support them therefore resources are needed.
- At Fontville College, we:
 - Provide students with access to our food pantries and any other resources that help with food-insecurity on campus for up to six months post-graduation.
 - Provide resources for students on where they can find community food pantries and other sources for their time of need.

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Case Study: Food Insecurity on College Campuses

Narrative Supplement

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NARRATIVE SUPPLEMENT

Case Study: Food Insecurity on College Campuses

The purpose of this narrative supplement is to further explain the content in the previous slides regarding food insecurity on college campuses and to provide information on the theoretical framework that informed our decisions. This paper will also describe the proposed programming that will take place at Fontville College to address the issue of food insecurity at the institution.

Informational PowerPoint

Food insecurity, as defined by the United States Department of Agriculture (USDA), is “a household-level economic and social condition of limited or uncertain access to adequate food” (n.d.). In the past few years, food insecurity has become a prevalent issue on U.S. college campuses (Henry, 2017). Based on information from the 2018 United States Government Accountability Office (GAO) Report and the 2018 Hunger on Campus Report, the College and University Food Bank Alliance (CUFBA) relayed the following prominent, national statistics: 30% of college students are food insecure, 56% of food insecure students are working, 43% of food insecure students have a meal plan, and 75% of food insecure students receive financial aid.

Evidence has shown the existence of food insecurity among a vast percentage of undergraduate and graduate students primarily based on race and ethnicity, sex, socioeconomic status, employment status and housing status. According to a study conducted by Zein et al. (2019), students who identified as a racial minority, specifically black or hispanic/latino, were more likely to be food-insecure. Throughout the history of the United States, these communities have undergone segregation and discrimination and have, therefore, been at a disadvantage that continues to show its effects in present day. On the basis of sex, Zein et al. (2019) also found that

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68.8% of female students, in the study, experience food insecurity, a greater percentage than that of males. Socioeconomic status is a central precursor to food insecurity. College students from low-income backgrounds, with an annual income of \$15,000 or less, are at an increased risk for food insecurity. In conjunction with the occurrence of low socioeconomic status, a student is also at an increased risk if they previously experienced childhood food insecurity. The Federal Pell Grant is provided to low-income students for educational expenses and those that receive it are more likely to report food insecurity (Bruening et al., 2018). Loopstra and Tarasuk (2013) found that increasing annual income by \$2,000 and working full-time might be ways to combat food insecurity. Housing status has also shown to have an impact on food security. Students who live off-campus are at an increased risk for food insecurity due to their financially independent status. These students often have to make financial decisions regarding their rent, tuition, and groceries that prove to be challenging (Maroto et al., 2015). Although living off campus puts students at a greater risk of food insecurity, living on campus does not guarantee food security. Meal plans are often costly and insufficient at providing students with the appropriate quality and quantity of food (Watson et al., 2017).

As the issue of food insecurity continues to emerge as a concern, its impact can be linked to both health and academic performance (O'neill & Maguire, 2017). According to Maslow's hierarchy of needs theory, a person's physiological needs, including food, must be met for that person to achieve self-actualization (Maslow, 1970). This theory states that a person cannot achieve needs higher in the hierarchy until their lower needs are satisfied. In reference to college students, a student's basic needs must be satisfied in order for them to be successful (Brookman, 1989). Moreover, student's that are experiencing food insecurity, are more likely to self-report their health as fair or poor (Martinez et al., 2018). In addition to physical health, food insecurity

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can also affect a student's mental health, with student's more likely to self-report depression (Martinez et al., 2018). College students who experience food insecurity are at an increased risk for poor academic performance, including lower student grade point average (GPA) (Camelo & Elliot, 2019; Martinez et al., 2018). While students who are food-insecure are often motivated to attend college, their academic performance tends to suffer due to hunger and difficulty concentrating (Henry, 2017). In order to ensure students' wellness - nutritional and mental - and academic achievement, there must be a state and institutional commitment to meeting students' basic needs and identifying students early on who may be at risk for food insecurity.

Although food insecurity awareness is becoming increasingly common, stigma and accessibility continue to be barriers that keep students from obtaining and utilizing the available resources. Zein et al. (2018) offers data to suggest that even though students are aware of their campus food pantry, almost half of students who are food insecure do not use it due to intimidation and embarrassment. Zein et al. (2018) also identifies the Self-Identity theory that may also explain a barrier for students. The Self-Identity Theory states that students avoid getting the resources they need because they believe that there are other students that need the assistance more than they do or believe that they are not "poor enough" to receive assistance.

While government assistance programs, such as the Free Application for Federal Student Aid (FAFSA) and the Supplemental Nutrition Assistance Program (SNAP), are available to students, food insecurity continues to be an issue. Rising tuition costs and the transitional nature of college are two factors identified by Zein et al. (2018) and Zein et al. (2019). What was once a resource to cover the majority of tuition costs, the Federal Pell Grant currently only covers approximately one-third of tuition and fees. Finally, as students transition into college, their newfound autonomy comes with trials such as proper budgeting techniques. For this reason,

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students should be provided with information on finance management, mental health and social support, and nutritional knowledge and guidance upon entering college.

Campus Programming

Fontville College is a large, public, four-year university located in Sun City, Texas. Fontville College, a Hispanic Serving Institution (HSI), enrolls over 25,000 students comprised of an 81% Hispanic population. At our institution, 61% of students are low-income and receive the Federal Pell Grant. Furthermore, 45% of Fontville College students are food-insecure. In an effort to combat student hunger and food insecurity, a committee of administrators collaborated to form the initiative Fighting Food Insecurity and Student Hunger, otherwise known as F.F.I.S.H. Fontville College believes students have the right to be the best versions of themselves academically, mentally, and physically without the fear of food insecurity and hunger. With the allotted budget of \$3,000, F.F.I.S.H. plans to expand upon set resources, create new programs, and educate our campus community on food insecurity.

A primary F.F.I.S.H. program initiative will be to renovate and expand our current food pantry and therefore, a majority of the budget will be directed to these efforts. While our current food pantry has served our students well, we believe that our services and the manners in which our services are offered, can be improved. The renovated food pantry will now have extended hours, weekends and holidays included, in order to increase accessibility to students. Also, \$500 will be used to purchase a refrigerator. The purchase of a refrigerator will allow us to provide students with nutritional, perishable items such as fruits, vegetables, dairy and meat. To combat stigma, F.F.I.S.H. will use \$1,500 to purchase vending machines that will serve as a food pantry “on-the-go.” The vending machines will be located in two central locations on campus: the library and the student union. These locations will allow students to have access to a selection of

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non-perishable items, twice a day, free of charge with the swipe of their student identification card. Through this effort, we hope to reach students who are hungry but may feel embarrassed or intimidated to visit our campus food pantry.

F.F.I.S.H. will be engaging in other initiatives such as creating partnerships to aid donations, creating a monthly farmer's market, and transforming the way we view dining and meal plans. In addition to these initiatives, F.F.I.S.H. will use the remaining budget of \$1,000 to promote awareness and advocacy on our campus regarding food insecurity. Not only do we want to work with our Registered Dietician to create informational pamphlets and presentations, but also partner with outside organizations to host a Food Insecurity Awareness Week on campus, once a year. Through education and advocacy, F.F.I.S.H. has the goal of engaging in policy discussions to better serve our students and investing time in grant-writing to obtain institutional aid to fund our initiatives, such as the food pantry. We also hope to direct funds earned through our monthly farmer's market to the continuous support of our other program initiatives. Finally, our committee knows that food insecurity does not end upon graduation but may, in fact, increase in severity during the transition into a student's professional life. For this reason, Fontville College will provide alumni with campus resources, such as the food pantry, for up to six months after graduation. Through F.I.S.H.H., it is Fontville College's ultimate goal to end food insecurity and hunger in our campus community.

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Case Study: Food Insecurity on College Campuses

Narrative Supplement

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Case Study: Food Insecurity on College Campuses

The purpose of this narrative supplement is to further explain the content in the previous slides regarding food insecurity on college campuses and to provide information on the theoretical framework that informed our decisions. This paper will also describe the proposed programming that will take place at Fontville College to address the issue of food insecurity at the institution.

Informational PowerPoint

Food insecurity, as defined by the United States Department of Agriculture (USDA), is “a household-level economic and social condition of limited or uncertain access to adequate food” (n.d.). In the past few years, food insecurity has become a prevalent issue on U.S. college campuses (Henry, 2017). Based on information from the 2018 United States Government Accountability Office (GAO) Report and the 2018 Hunger on Campus Report, the College and University Food Bank Alliance (CUFBA) relayed the following prominent, national statistics: 30% of college students are food insecure, 56% of food insecure students are working, 43% of food insecure students have a meal plan, and 75% of food insecure students receive financial aid.

Evidence has shown the existence of food insecurity among a vast percentage of undergraduate and graduate students primarily based on race and ethnicity, sex, socioeconomic status, employment status and housing status. According to a study conducted by Zein et al. (2019), students who identified as a racial minority, specifically black or hispanic/latino, were more likely to be food-insecure. Throughout the history of the United States, these communities have undergone segregation and discrimination and have, therefore, been at a disadvantage that continues to show its effects in present day. On the basis of sex, Zein et al. (2019) also found that

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68.8% of female students, in the study, experience food insecurity, a greater percentage than that of males. Socioeconomic status is a central precursor to food insecurity. College students from low-income backgrounds, with an annual income of \$15,000 or less, are at an increased risk for food insecurity. In conjunction with the occurrence of low socioeconomic status, a student is also at an increased risk if they previously experienced childhood food insecurity. The Federal Pell Grant is provided to low-income students for educational expenses and those that receive it are more likely to report food insecurity (Bruening et al., 2018). Loopstra and Tarasuk (2013) found that increasing annual income by \$2,000 and working full-time might be ways to combat food insecurity. Housing status has also shown to have an impact on food security. Students who live off-campus are at an increased risk for food insecurity due to their financially independent status. These students often have to make financial decisions regarding their rent, tuition, and groceries that prove to be challenging (Maroto et al., 2015). Although living off campus puts students at a greater risk of food insecurity, living on campus does not guarantee food security. Meal plans are often costly and insufficient at providing students with the appropriate quality and quantity of food (Watson et al., 2017).

As the issue of food insecurity continues to emerge as a concern, its impact can be linked to both health and academic performance (O'neill & Maguire, 2017). According to Maslow's hierarchy of needs theory, a person's physiological needs, including food, must be met for that person to achieve self-actualization (Maslow, 1970). This theory states that a person cannot achieve needs higher in the hierarchy until their lower needs are satisfied. In reference to college students, a student's basic needs must be satisfied in order for them to be successful (Brookman, 1989). Moreover, student's that are experiencing food insecurity, are more likely to self-report their health as fair or poor (Martinez et al., 2018). In addition to physical health, food insecurity

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can also affect a student's mental health, with student's more likely to self-report depression (Martinez et al., 2018). College students who experience food insecurity are at an increased risk for poor academic performance, including lower student grade point average (GPA) (Camelo & Elliot, 2019; Martinez et al., 2018). While students who are food-insecure are often motivated to attend college, their academic performance tends to suffer due to hunger and difficulty concentrating (Henry, 2017). In order to ensure students' wellness - nutritional and mental - and academic achievement, there must be a state and institutional commitment to meeting students' basic needs and identifying students early on who may be at risk for food insecurity.

Although food insecurity awareness is becoming increasingly common, stigma and accessibility continue to be barriers that keep students from obtaining and utilizing the available resources. Zein et al. (2018) offers data to suggest that even though students are aware of their campus food pantry, almost half of students who are food insecure do not use it due to intimidation and embarrassment. Zein et al. (2018) also identifies the Self-Identity theory that may also explain a barrier for students. The Self-Identity Theory states that students avoid getting the resources they need because they believe that there are other students that need the assistance more than they do or believe that they are not "poor enough" to receive assistance.

While government assistance programs, such as the Free Application for Federal Student Aid (FAFSA) and the Supplemental Nutrition Assistance Program (SNAP), are available to students, food insecurity continues to be an issue. Rising tuition costs and the transitional nature of college are two factors identified by Zein et al. (2018) and Zein et al. (2019). What was once a resource to cover the majority of tuition costs, the Federal Pell Grant currently only covers approximately one-third of tuition and fees. Finally, as students transition into college, their newfound autonomy comes with trials such as proper budgeting techniques. For this reason,

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students should be provided with information on finance management, mental health and social support, and nutritional knowledge and guidance upon entering college.

Campus Programming

Fontville College is a large, public, four-year university located in Sun City, Texas. Fontville College, a Hispanic Serving Institution (HSI), enrolls over 25,000 students comprised of an 81% Hispanic population. At our institution, 61% of students are low-income and receive the Federal Pell Grant. Furthermore, 45% of Fontville College students are food-insecure. In an effort to combat student hunger and food insecurity, a committee of administrators collaborated to form the initiative Fighting Food Insecurity and Student Hunger, otherwise known as F.F.I.S.H. Fontville College believes students have the right to be the best versions of themselves academically, mentally, and physically without the fear of food insecurity and hunger. With the allotted budget of \$3,000, F.F.I.S.H. plans to expand upon set resources, create new programs, and educate our campus community on food insecurity.

A primary F.F.I.S.H. program initiative will be to renovate and expand our current food pantry and therefore, a majority of the budget will be directed to these efforts. While our current food pantry has served our students well, we believe that our services and the manners in which our services are offered, can be improved. The renovated food pantry will now have extended hours, weekends and holidays included, in order to increase accessibility to students. Also, \$500 will be used to purchase a refrigerator. The purchase of a refrigerator will allow us to provide students with nutritional, perishable items such as fruits, vegetables, dairy and meat. To combat stigma, F.F.I.S.H. will use \$1,500 to purchase vending machines that will serve as a food pantry “on-the-go.” The vending machines will be located in two central locations on campus: the library and the student union. These locations will allow students to have access to a selection of

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non-perishable items, twice a day, free of charge with the swipe of their student identification card. Through this effort, we hope to reach students who are hungry but may feel embarrassed or intimidated to visit our campus food pantry.

F.F.I.S.H. will be engaging in other initiatives such as creating partnerships to aid donations, creating a monthly farmer's market, and transforming the way we view dining and meal plans. In addition to these initiatives, F.F.I.S.H. will use the remaining budget of \$1,000 to promote awareness and advocacy on our campus regarding food insecurity. Not only do we want to work with our Registered Dietician to create informational pamphlets and presentations, but also partner with outside organizations to host a Food Insecurity Awareness Week on campus, once a year. Through education and advocacy, F.F.I.S.H. has the goal of engaging in policy discussions to better serve our students and investing time in grant-writing to obtain institutional aid to fund our initiatives, such as the food pantry. We also hope to direct funds earned through our monthly farmer's market to the continuous support of our other program initiatives. Finally, our committee knows that food insecurity does not end upon graduation but may, in fact, increase in severity during the transition into a student's professional life. For this reason, Fontville College will provide alumni with campus resources, such as the food pantry, for up to six months after graduation. Through F.I.S.H.H., it is Fontville College's ultimate goal to end food insecurity and hunger in our campus community.

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