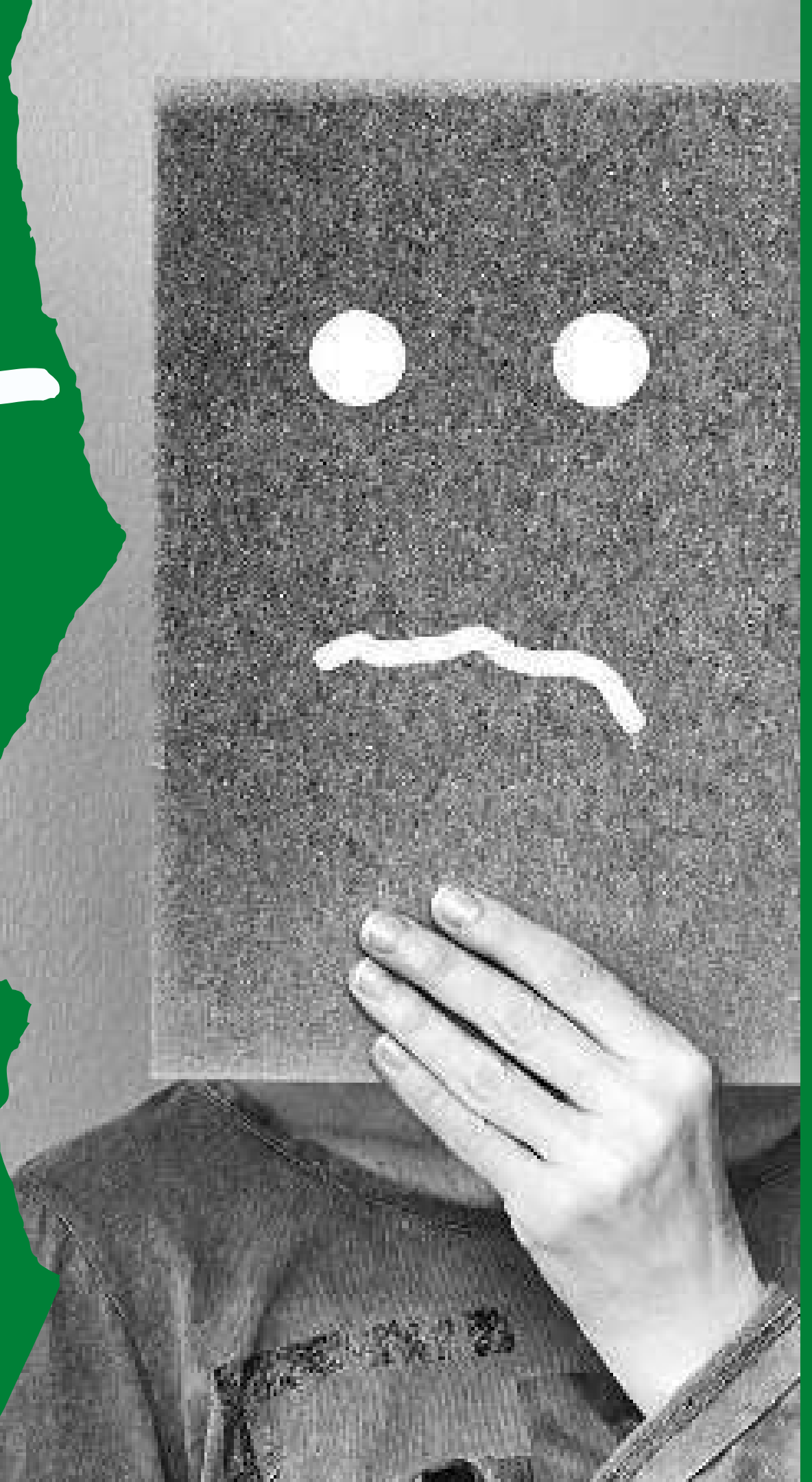


FOOD INSECURITY AT OUR INSTITUTION

PRESENTED BY WESTERN KENTUCKY UNIVERSITY
THOMAS ATKINS, ELISABETH MCDERMOTT, BRETT
MIDDLETON, AND ALISON TRAMMELL



PRESENTED FEBRUARY 26, 2020

XAVIER'S UNIVERSITY FOR GIFTED STUDENTS

Westchester County, New York
Small, Private Institution

673 Enrolled Undergraduate Students
42% female, 50% male, 8% Non Binary/Other
Competitive Acceptance Rate (57%)
91% of Students Reside On Campus
Graduation Rate of 79%

Emphasis on Diversity and Inclusion
Most Popular Major is Biology with a Focus in Genetics



OUR UNIVERSITY DEMOGRAPHICS



FOOD INSECURITY? ON OUR CAMPUS?

At XUG, we care about the needs of our students. We believe that the student's who attend our campus are looking for basic needs to be met such as shelter, food, and support. We have high expectations of our students to become proud alumni, but how can we expect success when we are not providing what the students need to fuel their growth.

- The definition of food insecurity is, in simple terms, the lack of affordable/nutritious food for people attending school
- "A federal measure of household's ability to provide enough food for every person in the household to have an active, healthy life."
- Food insecurity can be reduced caloric intake, not having access to healthy food, lack of variety in diet, hunger without eating, and reduced weight due to not consuming enough calories.

WHERE IS OUR PROBLEM?



SILENT STUDENTS

Some students are afraid to come forward as having dietary restrictions



LACK OF OPTIONS

We only serve what is on the menu for that day with no regard to dietary needs.



AFRAID TO ASK FOR FOOD

We need to provide our students with a way to come and go as they wish

INTERVIEW WITH STAFF MEMBER SCOTT SUMMERS*



*Sees a majority of the students daily as the facilitator of university mandatory athletics and is a Professor of Health Science

"Lack of food can lead to fatigue, weight loss/gain, and even heart disease. As a facility with mandatory athletics, we shouldn't be seeing students struggle with food issues."

"I hate to break it to you, but low food intake can cause prolonged sleep, less energy, depression and apathy."

"If our students need of food is not met, it could lead to poor retention, mental illness, grades declining, no motivation, and the list goes on."

SO WHY ARE SOME STUDENTS GOING HUNGRY DESPITE THE AVAILABILITY OF FOOD ON CAMPUS?

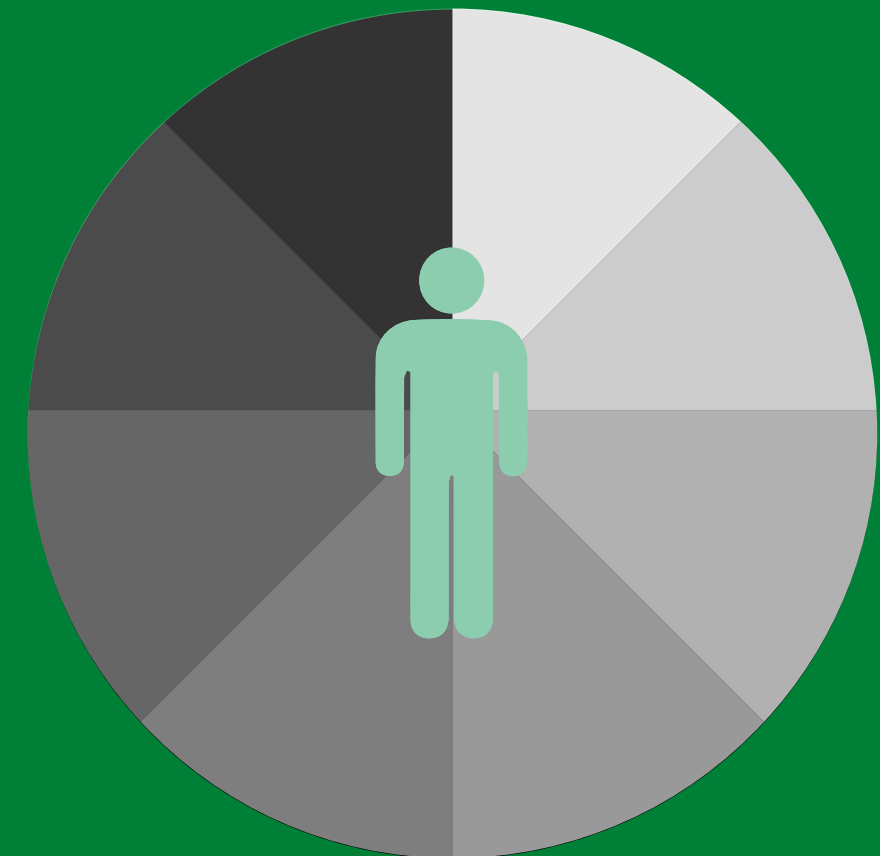
STATISTICS



- The College and University Food Bank Alliance (CUFBA) reports a growth from one campus food pantry in 2007 to 450 in 2017. Food insecurity among college students is a greater problem than it is in the general population.
- There is limited data on food insecurity in college students which has resulted in difficulty identifying the percentage of college students who are dealing with this issue.
- Demographic shifts, decreased state funding for universities, increasing tuition, and increasing costs of goods and services all make students vulnerable to food insecurity

STATISTICS

- Four campus-based organizations surveyed different regions of colleges, including 4-year universities, community colleges, and private colleges. (University Food Bank Alliance, National student campaign against hunger and homelessness, student government resource center, and the student public interest research group). Data collected between March and May of 2016: 3,765 students between 12 states.
- 48% of respondents reported feeling food insecurity within the previous 30 days at the time of the study.
- 56% of first-generation students reported experiencing food insecurity compared to 45% that had at least one parent that attended college.





STATISTICS

- Students that suffer from food insecurity also report suffering from housing insecurity (housing insecurity more extreme at community colleges)
- Many students reported facing having to choose between either buying food for the week or buying a required textbook for class
- 53% of students reported having missed a class due to hunger and 25% reported dropping a class
- Over half the students in the study reported being employed, 38% of those students reported they worked 20 hours or more per week
- Students with meal plan still reported feeling food insecurity, roughly 43% of students indicated they were on meal plans yet still experienced food insecurity

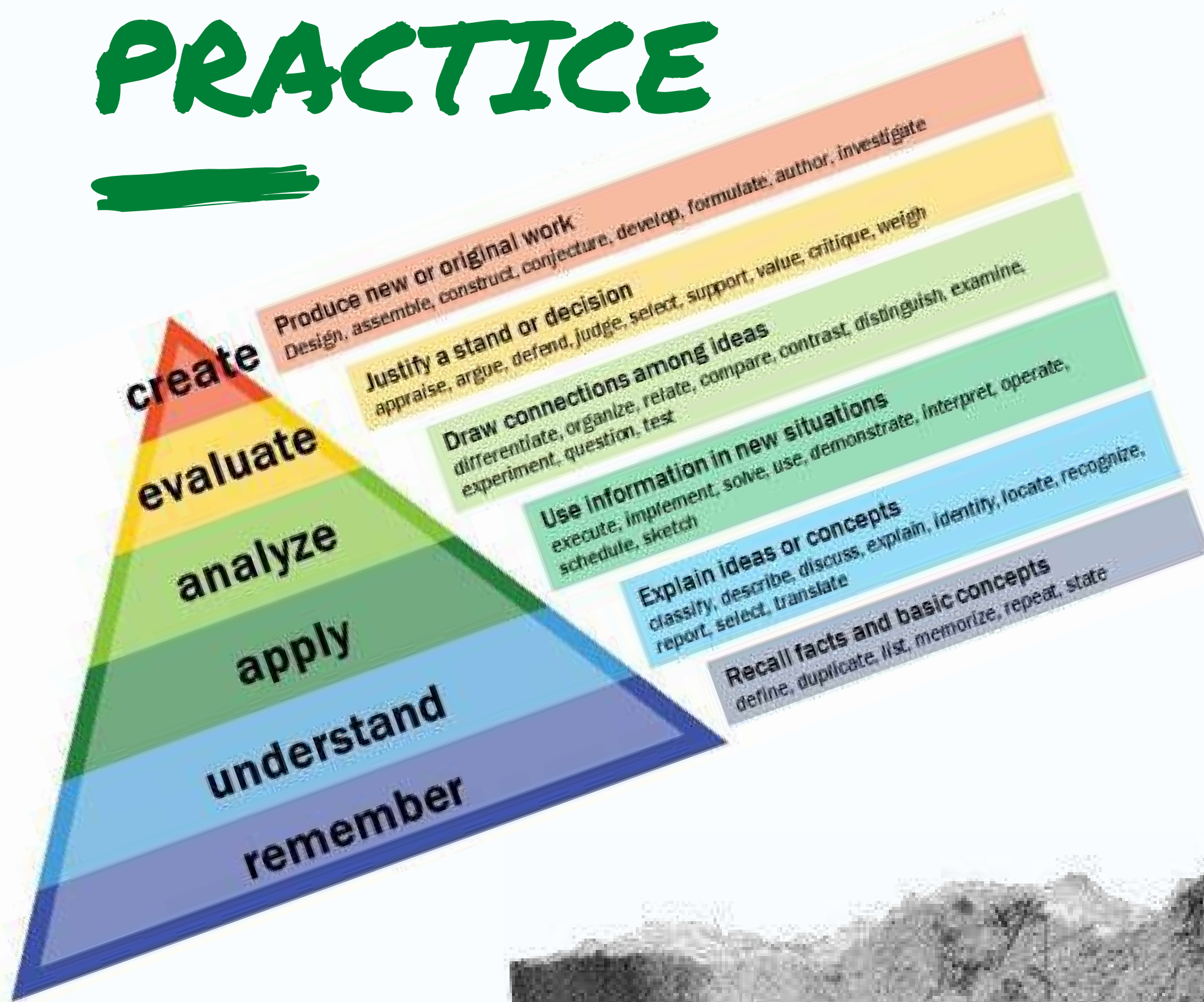
THEORY TO PRACTICE

MASLOW'S HIERARCHY OF NEEDS

Food insecurity is related to anxiety, a lack of social confidence, reduced social activity, and lower GPAs... Students must have their basic needs met before they can grow and thrive in a college environment (Lynn & Beaulieu, 2018)



THEORY TO PRACTICE



BLOOM'S TAXONOMY OF EDUCATIONAL OBJECTIVES

Learning is not just about memorizing facts, it is about using knowledge to think critically. When students are not having their basic needs met, they are not able to develop this higher level of thinking. "The 2016 National Student Campaign against Hunger and Homelessness study found that food insecurity caused 55% of students not to purchase a required textbook for the class, 53% to miss a class, and 25% to drop a class" (Lynn & Beaulieu, 2018).

UNDERLYING ISSUES WITH FOOD INSECURITIES

Government Aid

Students are confused by SNAP and other government services and do not think about these programs as potential solutions.

Snap!

Almost 2 million at-risk students who were potentially eligible for SNAP did not report receiving benefits Clarification of SNAP student eligibility rules and enhanced information sharing about state efforts could help ensure that potentially eligible college students can access federal food assistance programs.

Demographic

Food insecurity is more prevalent among students of color.

THIS COULD LEAD TO THESE ISSUES WITH OUR STUDENTS

Hunger keeps students from participating in the activities that student affairs professionals typically champion, causing students to miss out on valuable experience that would enrich their college experience.

Food insecurity negatively impacts academic performance, mental and social health, dietary choices, and overall health.

Some students see their struggle of eating sporadic and poor diets as a normal rite of passage. This shows that more education is needed.

Many students reported facing having to choose between either buying food for the week or buying a required textbook for class

Students that suffer from food insecurity also report suffering from housing insecurity (housing insecurity more extreme at community colleges)

Some students had to withdraw from their institution for one to two semesters due to food/housing insecurity

IF LEFT UNDEALT WITH

LET'S HEAR
ABOUT IT
FROM A
STUDENT
THAT HAS
GONE
THROUGH IT





SO WHY NOT JUST HAVE MEAL PLANS?

YES, THEY CAN GET A MEAL PLAN, BUT WILL THAT HELP THEM? NO, EVEN IF A STUDENT CAN AFFORD A MEAL PLAN, THERE IS STILL A CHANCE THEY CAN BE MALNUTRITION. STUDENT'S ON MEAL PLANS WITH DIETARY RESTRICTIONS SUCH AS LACTOSE INTOLERANCE, VEGAN, PESCATARIAN, GLUTEN-FREE, AND OTHERS THAT LIMIT THE MENU FOR A STUDENT. STUDENTS IN THAT CATEGORY DO NOT HAVE A MASSIVE LIST OF FOOD THEY CAN CHOOSE FROM THE CAFETERIA. SOME MEAL PLANS RESTRICT THE NUMBER OF SWIPES A STUDENT CAN USE. WHAT HAPPENS WHEN THE CAFETERIA CLOSES, BUT A STUDENT STAYS UP ALL NIGHT TO FINISH AN ASSIGNMENT? THOSE STUDENTS MAY NOT HAVE THE FOODS THAT CAN FUEL THEM FOR THAT NIGHT LEADING TO ISSUES IN THEIR MOTIVATION THE NEXT DAY.

THINGS TO EXPECT WHEN COMBATING FOOD INSECURITY



Students that reported experiencing food insecurity were more likely to experience high levels of stress and a decrease in sleep quality.

Food insecurity can lead students to develop negative eating habits and even eating disorders

Donated food is often not as nutritional as what some students need. Many food pantries reported needing fresh produce, dairy products, and meat as opposed to canned items

Many students refuse to use on-campus resources to combat food insecurity due to the social stigma tied to it such as food pantries or food stamps



SO WHAT CAN WE DO TO HELP?

- Get students involved as leaders
- Partner w/ local farmers for unused produce for food pantry
- Help students apply for SNAP
- Provide education, end the myth of hunger being a part of the “broke college kid” experience
- Get involvement from all levels of the university... Food insecurity affects all areas of college campuses, so it should be a campus-wide initiative to combat it.



RESOURCES

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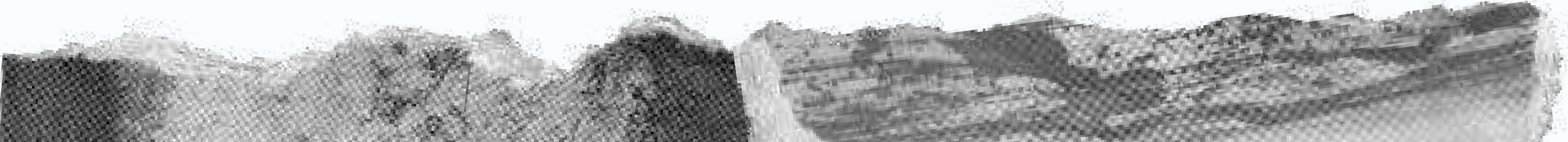
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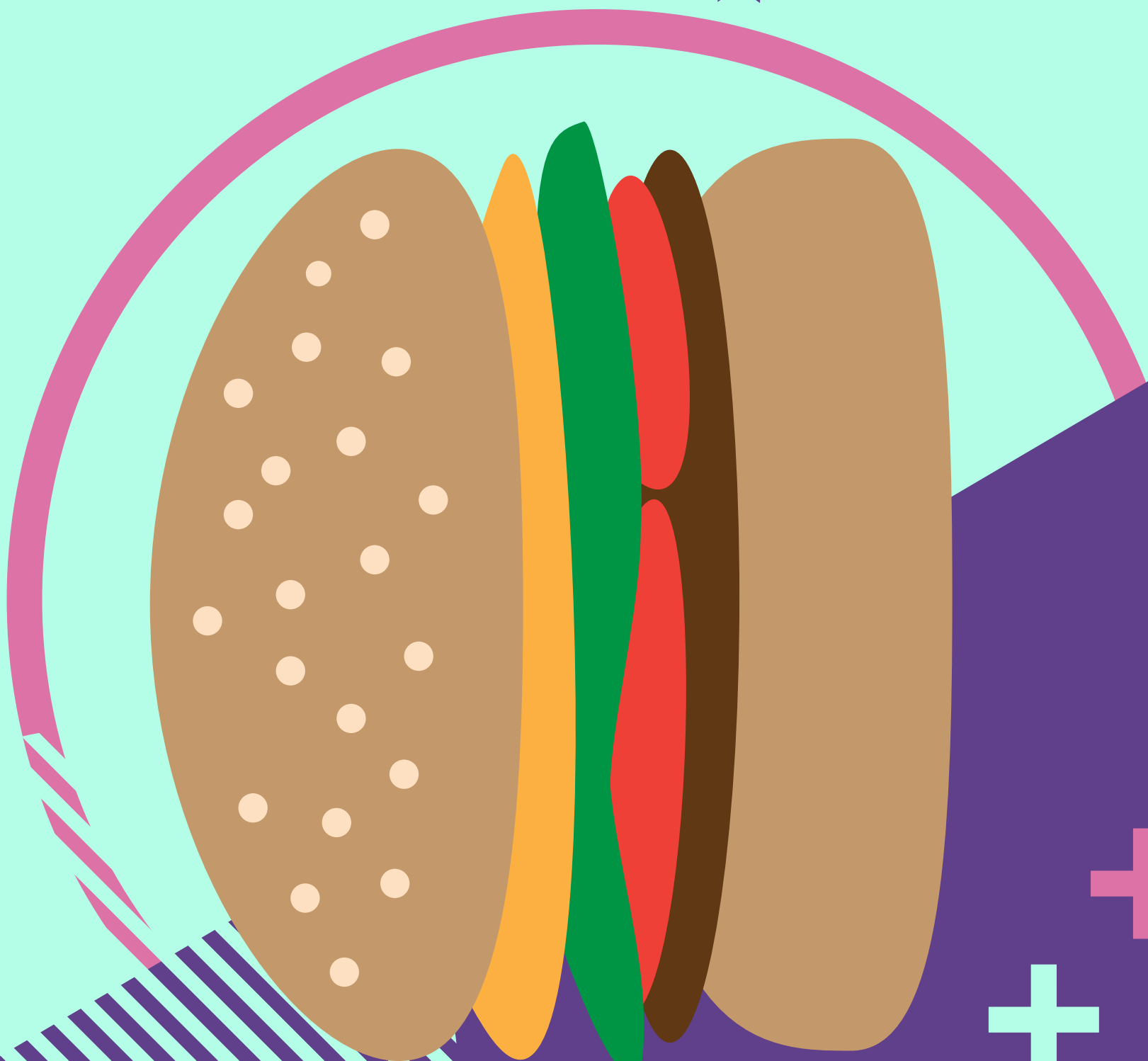
TRANSITIONAL SLIDE



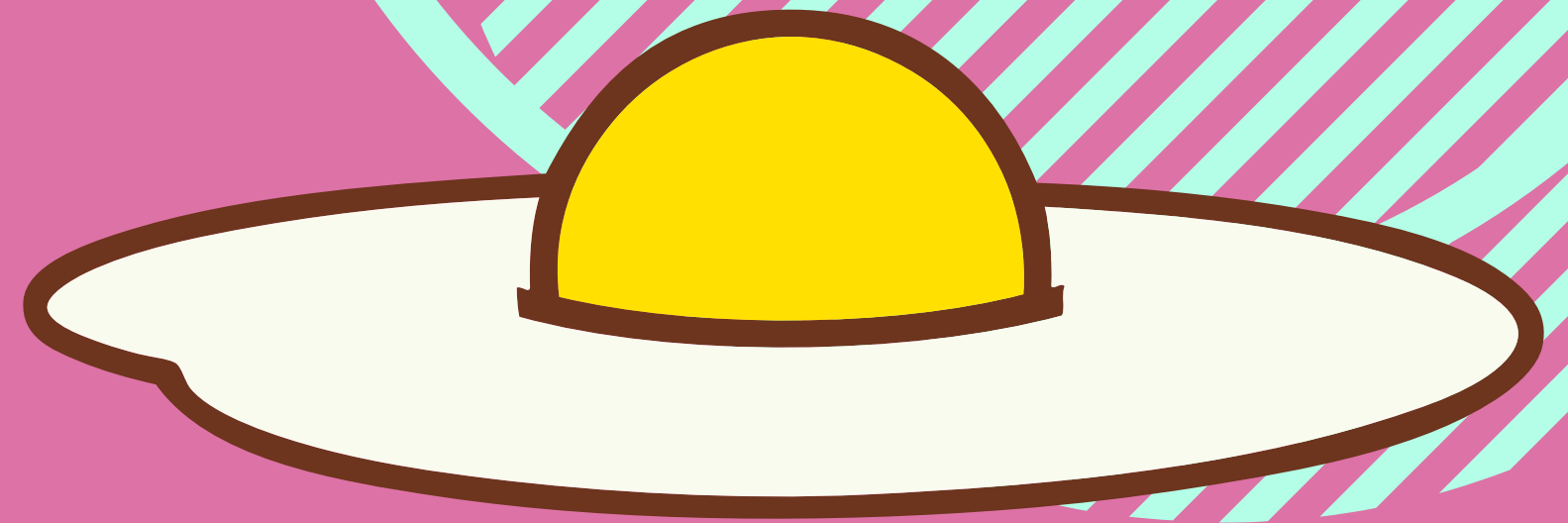
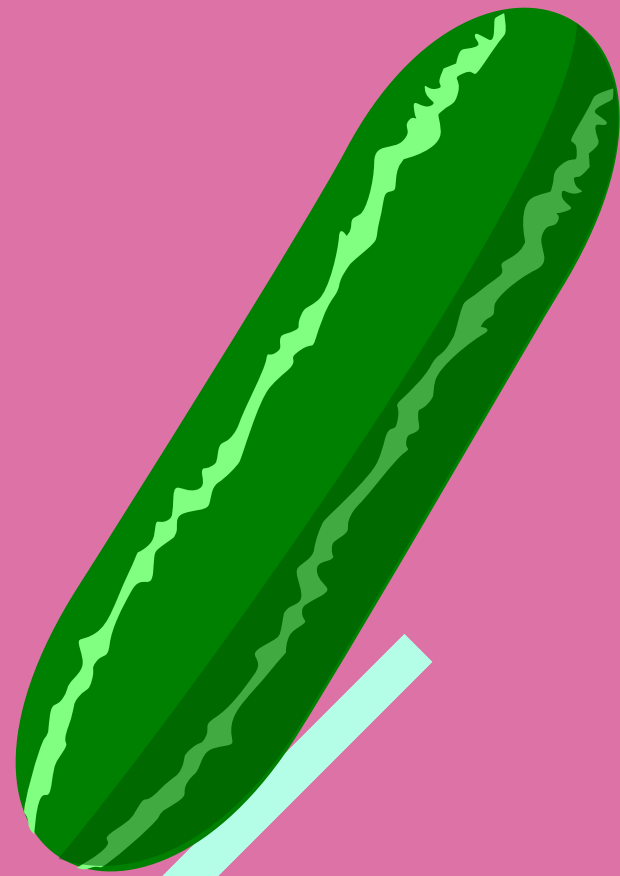
Presented by Western Kentucky
University Thomas Atkins, Elisabeth
McDermott, Brett Middleton, and
Alison Trammell

XMEN AGAINST STUDENT HUNGER

XMASHS



- Premise of Organization XMASH
- Target Audience
- What Success Looks Like
- Future Plans



+

Presentation Overview



MORE THAN YOUR AVERAGE 24-HOUR FOOD PANTRY

DISCREPENCY

This program is heavy on anonymity and our pantry will have bags that match our bookstore's in order to prevent unwanted attention.

PARTNERING WITH LOCAL FARMERS

We are partnering with local farmers in order to provide our students with fresh produce and meat

GIFT CARDS

As we have a very small student body, we can provide a limited amount of gift cards to local eateries for \$5 so students can enjoy time out with friends without pressure



"SWIPE OUT HUNGER"

Our more fortunate students with meal plans will be able to donate swipes to other students who can use them anonymously through our system

FOOD LITERACY PROGRAMS

Our board will lead monthly programs partnering with different bodies on campus to provide our students with information on things like healthy meal prepping, food sourcing, applying to SNAP etcetera.

WHO BENEFITS FROM XMASH



FACULTY AND STAFF

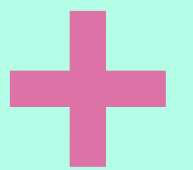
Faculty and Staff will be able to provide more insight into students who are struggling with food insecurity by suggesting this program.

STUDENTS

Students will feel less self-conscious with our focus on anonymity and will hopefully benefit from a full stomach

XAVIER'S UNIVERSITY

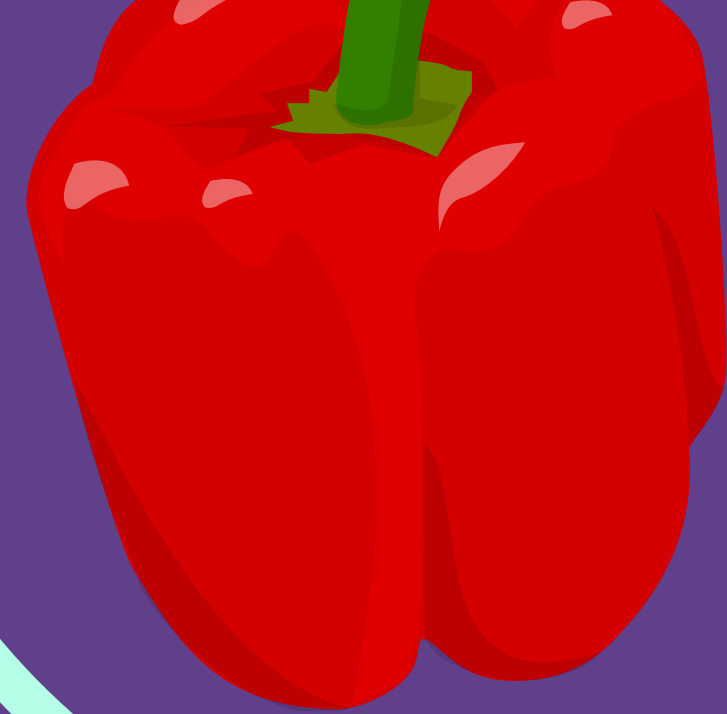
Knowing that we have a program like this may entice individuals from low income backgrounds to seek out admission to our university.



\$3000

WHAT CAN WE DO WITH THAT?

- ONE HUNDRED (100) \$5 GIFT CARDS TO START WITH (\$500)
- REORGANIZE AN UNDERUTILIZED ROOM TO CREATE THE PANTRY AND ASK STUDENTS TO ASSIST BY OFFERING VOLUNTEER HOURS (\$1000)
- OFFER NON PERISHABLES THROUGH PURCHASING AND DONATIONS (\$500)
- ENCOURAGE STUDENTS TO ENGAGE IN XMASH BY CREATING THEIR OWN PROGRAMMING (\$500)





What Does Success Look Like?

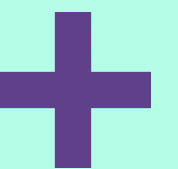


AT LEAST A 40% USAGE OF STOCK

If students are able to come and go as they please, just seeing that 40% of what we've provided weekly, that means students are using it as a resource. That is success in our opinion.

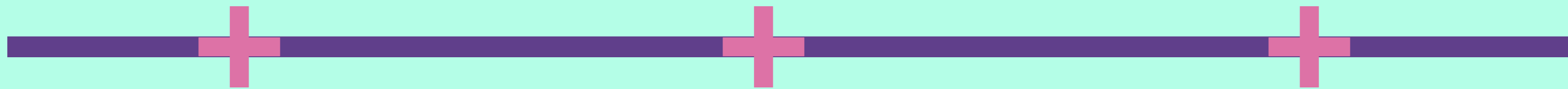
CONVERSATION

If open conversations about food insecurity begin around campus, we can consider what we are doing a large step in the right direction for our university.





Future Timeline



2021

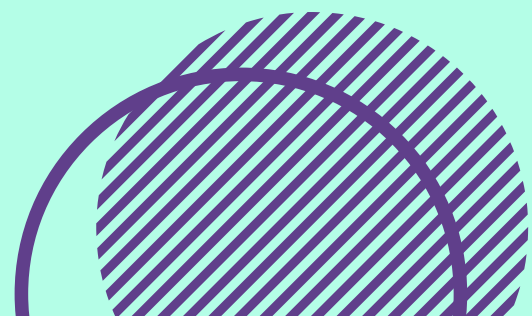
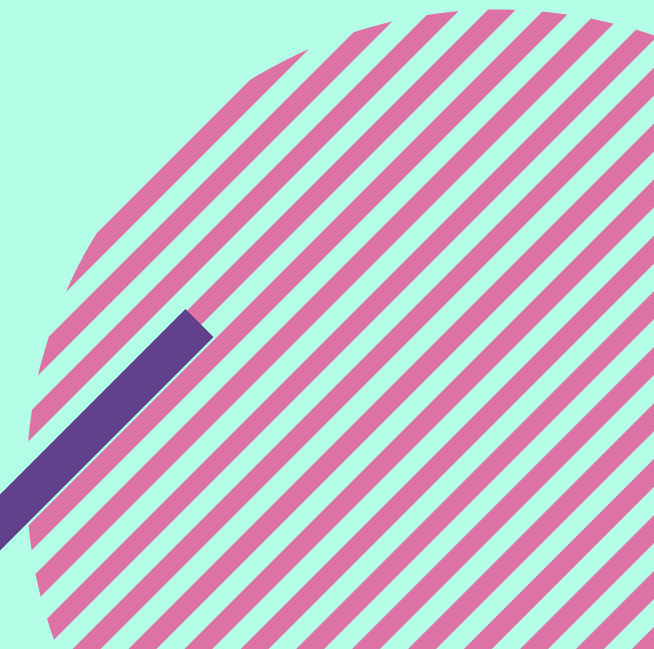
Begin a **Student Ambassador Program** where students take leadership of the budget and the pantry

2022

Extend our partnerships to local grocery stores with products they are unable to sell because of packaging/look/etcetera.

2023

Attempt to expand the pantry to the cafeteria to promote partnership with the food service on campus.





**THANKS FOR
YOUR
ATTENTION**

Questions?

