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# Food Insecurity on Campus: Are Students Getting the Food they Need?

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# Food Insecurity on Campus

Are Students Getting the Food They Need?



Dr. Laura Frank

# What is Food Security?

- Having ENOUGH food
  - Satisfies hunger
  - Gives you the energy you need
  - Gives you the nutrients to keep you healthy
- Having THE RIGHT food for YOU
  - Affordable
  - Easy to get when you need it
  - Can be prepared in the time and with the cooking resources you have
  - Fits your tastes and culture

# So, Food Insecurity Is...

- “I just run out of money for food once in a while...”
- “I wish I could afford fresh fruit”
- “I miss being able to buy my favorite foods”
- “Sometimes wishing I had something to eat makes it hard to study”

**What does it mean to you?**

# Food Insecurity on Campus

In a study of 3,765 students in 12 states:

- 48% reported food insecurity in the previous 30 days
- 22% had very low levels of food security that qualify them as hungry.
- 57% of Black or African American students vs. 40% of non-Hispanic white students reported food insecurity
- 56% of first-generation students reported food insecurity

# Impact on Education

Food insecure students reported their problems resulted in:

- Not being able to buy a required textbook (55%)
- Missing a class (53%)
- Dropping a class (25%)

# Who is Food Insecure?

- Most food insecure students (56%) have paying jobs
- Most receive financial aid such as Pell Grants (52%) or student loans (37%)
- Many (43%) have meal plans

**Why are these students still food insecure?**

# How Should Campuses Respond?

- What can/should the administration do?
  - Food pantry?
  - Food recovery?
  - Support or referrals through Student Success Center?
- What can/should students do?
  - Fundraising/food drives?
  - Student-led research and education?
  - Sharing (donating swipes)?



# What Do YOU Want to Do About It?

- Contact Dr. Laura Frank  
[frankl@lasalle.edu](mailto:frankl@lasalle.edu)
- We will be forming a steering committee to study and respond to food insecurity at La Salle University
- Hunger & Homelessness Awareness Week takes place this year from November 11-19
- Visit [HHweek.org](http://HHweek.org) to learn more about Hunger & Homelessness Awareness Week

# Resources

- Philadelphia Coalition Against Hunger <https://www.hungercoalition.org/>
- Wisconsin Hope Lab (soon at Temple University) <http://www.wihopelab.com/>
- National Student Campaign Against Hunger and Homelessness <https://studentsagainsthunger.org/>
- Student Public Interest Research Groups <http://www.studentpirgs.org/>
- The Campus Hunger Project <https://challahforhunger.org/campus hungerproject/>
- College and University Food Bank Alliance <https://sites.temple.edu/cufba/>

# For More Information

- Hunger on Campus  
[http://studentsagainsthunger.org/wp-content/uploads/2016/10/Hunger\\_On\\_Campus.pdf](http://studentsagainsthunger.org/wp-content/uploads/2016/10/Hunger_On_Campus.pdf)
- The Campus Hunger Project Year 1 Report  
<https://drive.google.com/file/d/0B6ZcCmDOHPn3X0xwLUM1clpxVzg/view>
- Assessing Food Insecurity on Campus  
<https://www.urban.org/research/publication/assessing-food-insecurity-campus>