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
- 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 to learn more about Hunger & Homelessness Awareness Week
Resources

- Philadelphia Coalition Against Hunger [https://www.hungercoalition.org/](https://www.hungercoalition.org/)
- Wisconsin Hope Lab (soon at Temple University) [http://www.wihopelab.com/](http://www.wihopelab.com/)
- National Student Campaign Against Hunger and Homelessness [https://studentsagainsthunger.org/](https://studentsagainsthunger.org/)
- The Campus Hunger Project [https://challahforhunger.org/campushungerproject/](https://challahforhunger.org/campushungerproject/)
- College and University Food Bank Alliance [https://sites.temple.edu/cufba/](https://sites.temple.edu/cufba/)
For More Information

- Hunger on Campus
  [link](http://studentsagainsthunger.org/wp-content/uploads/2016/10/Hunger_On_Campus.pdf)
- The Campus Hunger Project Year 1 Report
  [link](https://drive.google.com/file/d/0B6ZcCmdOHPn3X0xwLUM1clpxVzg/view)
- Assessing Food Insecurity on Campus
  [link](https://www.urban.org/research/publication/assessing-food-insecurity-campus)