Stats relevant to proposal
General Info
In 2015 the US Department of Agriculture estimated that 13% of US households were food insecure.

In 2013, two million adults who received food from Feeding America food banks were enrolled in college full-time, and then one million students were part-time.

Even if a person consumes calories every day, they can still be considered food insecure according to these levels [USDA created them]:
- Reduced caloric intake
- Not having access to healthy food
- Lack of variety in diet
- Hunger without eating
- Reduced weight due to not consuming enough calories

Southern Specific Info--- Research done in April 2018
- 70% of the student body is food secure, but other 30% are food insecure at various levels. 1.6% are critically food insecure, 6.4% are food insecure with moderate hunger, and 22.1% are without hunger but still insecure.
- Female students are more likely to be food insecure
- Undergraduate students are food insecure, but are mainly insecure without hunger
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Regional Food Systems as Engines for Sustainable Economies: How do universities engage?

The building blocks for a sustainable economy are hinged on these five assumptions:

• Healthy food should be the right for everyone and not the privilege of a few.

• Environmental health must ground all entrepreneurial initiatives.

• Educational initiatives provide the means for cultural growth.

• Increasing meaningful employment within communities supports dignity for individuals and families.

• Indigenous knowledge is an integral part of the culture and history of a local community.

Not only would the community take on the management of the farm, but there are more factors to consider when looking at the unsustainable practices of large-scale farming: the health of the farmer and their workers are at risk, soil and water pollution are the result of many agribusinesses, land erosion as well as natural disasters, and the inability for topsoil to be replaced.

Sustainable agriculture is defined as a way of farming that satisfies human food and fibre needs; enhances environmental quality and natural resources; makes the most efficient use of nonrenewable resources; sustains the economic viability of farm operations; and enhances the quality of life for farmers and society as a whole. The benefits of using less land and engaging in small scale agriculture are:

• Increased environmental health with ability to grow diverse specialty crops without large machinery.

Increased community access to fresh foods.

Increased food security for all through community and peri-urban gardens.

• Keeping dollars local.

• Increased opportunities in farming open to women and minorities due to more affordable land requirements.

• Community resilience through innovative "green" business development.

• Increased income for farmers through direct sales.

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College students identify university support for basic needs and life skills as key ingredient in addressing food insecurity on campus: Food insecurity is a persistent stressor for some students; food literacy may help improve student well-being.

In 2015 the US Department of Agriculture estimated that 13% of US households were food insecure. Hunger is not the only malady connected to this social issue: anxiety, depression, poor diet quality, obesity, diabetes, and poor health are products of being food insecure.

Reports of food insecurity on college/university campuses spiked when the recession hit in 2008; in recent studies, it is shown that 14-72% of students on any given campus are food insecure. These students report being in fair-poor health, having symptoms of depression, and perform lower academically than their peers who do not struggle with food insecurity. This phenomena can be linked to the rise in tuition and inadequate financial aid.

This study used 11 focus groups between March and June of 2016 to find their data (82 students used in total). The survey to the right was used to get the information necessary to make educated assumptions and enter the data fully. (page 133-134 for responses)

Summer, academic breaks, and the end of the academic quarter are times that students expect to be the most food insecure! Undocumented, international students, and commuters are the most vulnerable to this issue.

During the school year, some students cope with food insecurity by attending events that have free food, preparing inexpensive staple foods such as rice and beans, snacking on granola bars, and working part time jobs in addition to being a full-time student. Some alternatives included relying on friends to buy their meals with meal plan.

An epidemic (on the UCLA) campus is the normalization of food insecurity. A hungry student expects to skip a meal once in a while to make ends meet. They prioritize academic success more than

Food literacy

- Where do you usually eat or get food?
- What is most important to you when deciding what and where to eat?
- Now that you're a UCLA student, how are your food choices different than they were growing up?
- Over the course of your life, how have you learned about food and nutrition?
- Can you think of any examples of when you've gotten mixed messages about food?
- What do you think about receiving training or education around food as a UCLA student?
- What would it mean for someone to be food literate?
- Would you consider yourself to be food literate? Why or why not?

Food security

- Please describe what you know about student food insecurity at UCLA.
- Why do you think some students are food insecure at UCLA? Please feel free to share your personal experiences or experiences of your peers.
- How does the cost of living, including tuition, housing and meal plan, supplies, etc., impact your access to food?
- If you receive financial aid, how does this impact your access to food?
- If you or another student you know has experienced food insecurity, how were you or someone you know affected?
- Do you know about any campus resources available to UCLA students in need of food?
- What are some solutions that could be implemented at UCLA to help overcome student food insecurity?

personal health; they are aware of the adverse effects of being hungry, yet cannot always change their situations.

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Partnering to Build a Pantry: A University Campus Responds to Student Food Insecurity.

In 2013, two million adults who received food from Feeding America food banks were enrolled in college full-time, and then one million students were part-time. That is **three million** students who are hungry, not including their dependents. Students who live with family are less likely to have food insecurity; this may be due to a multitude of factors: family helping pay for tuition, children not expected to pay for campus housing.

Some barriers for students being underserved are: affordable food stores are not within walking or biking distance (think of the VM in comparison to the distance of Aldi), students who don't have dependents -such as children- are less likely to qualify for federal food programs, students on SNAP only receive $36 as the lowest form of benefits (it's based upon family size, so that number is taken from 2013 as a single person receiving assistance), some students may be learning how to budget for the first time in their life, and lastly, college students fear the stigma of needing help.

Ideas gathered from the article:
- Hosting a harvest/period festival on campus: students gain entry to the event by providing two or three cans of non-perishable foods from a list (peanut butter, beans, rice, cereal, etc). The event can center around life in the old-days and be hosted on campus in different stations: butter making, corn on the cob eating contest, pie eating contest, milking a real cow, eating old fashioned ice cream, a dog petting area (in oppose to getting real farm animals carted out to the campus), a hoedown to 'dance' and play country music
- Having the cafe do a week of 'Dining Services Pantry Drive' where they round up the meal plan to go toward a fund that allows us to purchase perishable items for the pantry
- Have a 'clean-up' party in the social work building; ask people to show up with food cans and give them service credit. Make it a MLK Day event? (Social work students only, otherwise we'll get an influx of students who aren't in our major)

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Understanding Food Insecurity Among College Students: Experience, motivation, and local solutions.

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Indications suggest that the rise in tuition cost, coupled with the rise in goods and services, are pushing more students into the low-income + food insecure bracket. It becomes an impossible task for students to commit to their financial obligations while maintaining acceptable grades. Again, in this study, the image of the 'starving college student' was normalized and most students saw this as a sort of rite of passage to be a little hungry on a regular basis.

Most students who are food insecure will divulge this intimate part of their life to close friends, though some choose to suffer alone. The fear of being labeled 'hungry', 'low income', and 'food insecure' is a large deterrent. We need to prioritize moving into Daniell's Hall so we can get more students to come out to a very discreet location.

How students come to receive help is a highly personal subject and many choose not to disclose the circumstances leading up to their visit to the food pantry. In this study, students offered a cursory background to the issue that led to them accepting help: breakdowns in family relationships, medical expenses, medical emergencies, loss of seasonal employment, divorce, legal trouble, and transferring schools. We need to consider that the students we serve are at their lowest point-- perhaps referring them to the counseling center could be beneficial.

It may be too intrusive to ask where the students are staying, but evidence from this study suggests that food insecure people live in less than ideal situations. The food pantry only helps the issue of hunger on campus, but future programs can help homeless students. Sleeping in cars, the library, on couches, in abusive homes, motels, and rundown conditions count as non ideal situations. Draft possible solutions if time allows.

IDEA CORNER!
- Once a week Feed My Sheep could open the food pantry for a hot lunch and dinner (as our hours allow!). Have the students (and their dependents if they have

any) bring a container to have the food for right then, and then if food allows, give them the opportunity to take food for later.

- If the pantry doesn't have the budget, Liz is prepared to spearhead a campaign to fund this project. It's <u>not</u> okay that people are hungry. Especially when tuition is $30,000.

Students who are food insecure are motivated to finish school in order improve their standard of living in the future. Dropping out is not an option, what usually happens is that they transfer schools. In our case, students will go to a cheaper school. Link students to tutoring services, research coaches, and the hours their professors office hours. AIM FOR THE HOLISTIC APPROACH!

Food Insecurity Analysis

The current food system models are from the 1970's and no longer fit our needs in 2018. They have yet to account for the other systems with intersect with the food industry---> climate change, food security, changing diets, consumer awareness, and oil prices. It's not enough for us to try and change one flawed piece of the food system, we must transition completely. Resistance to this progressive ideology is that the new systems will lack the robust structure found in the previous one.

Food insecurity is not strictly an urban dilemma, rural areas face the threat of hunger too. As a byproduct of this social ailment, toxic pesticides are used in agricultural practice while the distance food travels decreases their freshness and increases environmental vulnerability.

Agricultural pollution is responsible for polluting 41% of lakes, 48% of our streams and rivers in the US. Soil pollution, farmer and farm worker health, and land erosion are reasons we should advocate for the cessation of large-scale farming practices.

<u>IDEAS</u>

- For grant proposal, consider the following: is it federally or privately funded? Statistical information must be gathered in order for the need to be accurately identified, the need must be clearly defined, and the community benefit needs.
    - Contact Lucas Patterson who works as an official grant writer for Southern
    - Have two to three faculty members look over the grant before sending it (Dean Wilder, Professor Heck, Professor Guster, or Lucas Patterson)

- Grants to consider:
    - **Exchange Network Grant Program**; <u>Objective of Grant</u>: Facilitate sharing of environmental data through shared and reusable sources, increase the sustainability of environmental resources, etc… link: https://beta.sam.gov/fal/005fbf8d94bd47959ac7ce893edaa431/view?index=cfda&page=2
    - **Social Innovation Fund**; <u>Objective of Grant</u>: Innovative community solutions to ailments found in low-income communities: the health