

# Combating Food Insecurity on Community College Campuses

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# Food Insecurity for College Students



DEFINITION: disrupted eating patterns and reduced quality and quantity of food.

- 46% of students on college campuses report low or very low food security
- Food insecurity tends to be more prevalent at two-year colleges than four-year institutions (56%)

# The Problem

## Disinvestment in Higher Ed.

Increased share of the college cost being borne by students and their families.



#191111345

## Inadequate Support

Federal student aid generally does not cover all college costs for low-income students, and college students have limited access to federal food assistance.

## Traditional Processes, Untraditional Students

Federal aid is based on the traditional student.

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22% have dependent children

14% single parents

# Why is this important?

Colleges cannot address retention and completion, without addressing students' basic needs.



Maslow's hierarchy of needs

# Addressing Food Insecurity at Illinois Community Colleges

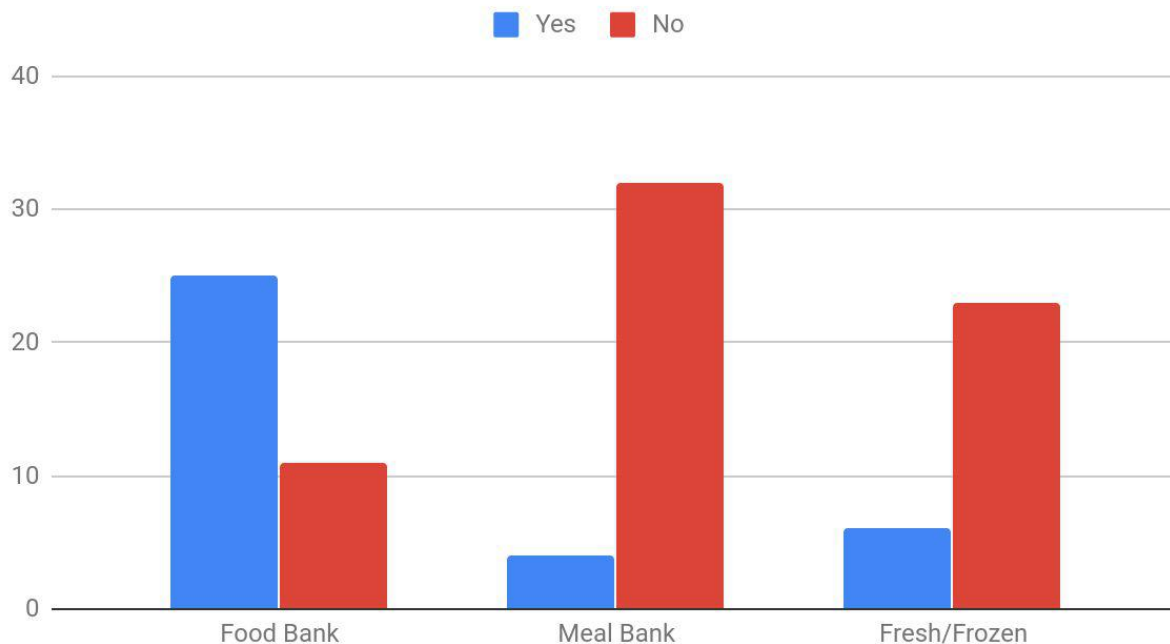
In an effort to understand how colleges are addressing food insecurity on campus, the ICCB administered a survey in Winter 2019.

1. If and how colleges were identifying levels of food insecurity
2. Types of remedies and resources are available
3. Responsible parties, partners
4. How and when students access resources
5. Sustainability practices
6. Implementation of the Student Hunger Bill

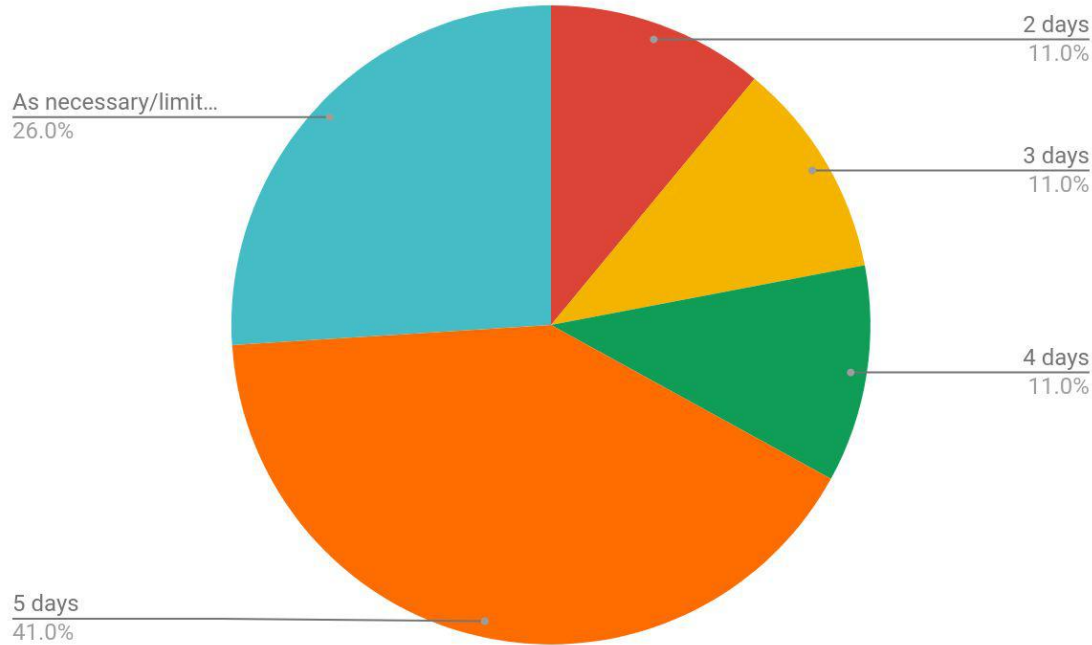


# Remedies and Services Offered

Available Services



# Accessing Services



Most are open throughout the normal business day (8-6)  
Others indicated only open during lunch hours  
Some are open as long as the college is open.

# Reducing the Stigma

- 0% do not require **both** sign-in and proof of need.
- 47% of college respondents required sign-in, but no proof of need.
- 25% of college respondents do not require sign-in or proof of need.
- 28%: N/A

## Suggestions:

- Do not require sign-in that indicates tracking
- Do not require proof of need
- Do not limit food to be taken
- Widely advertise services (flyers, syllabi, announcements, etc.)

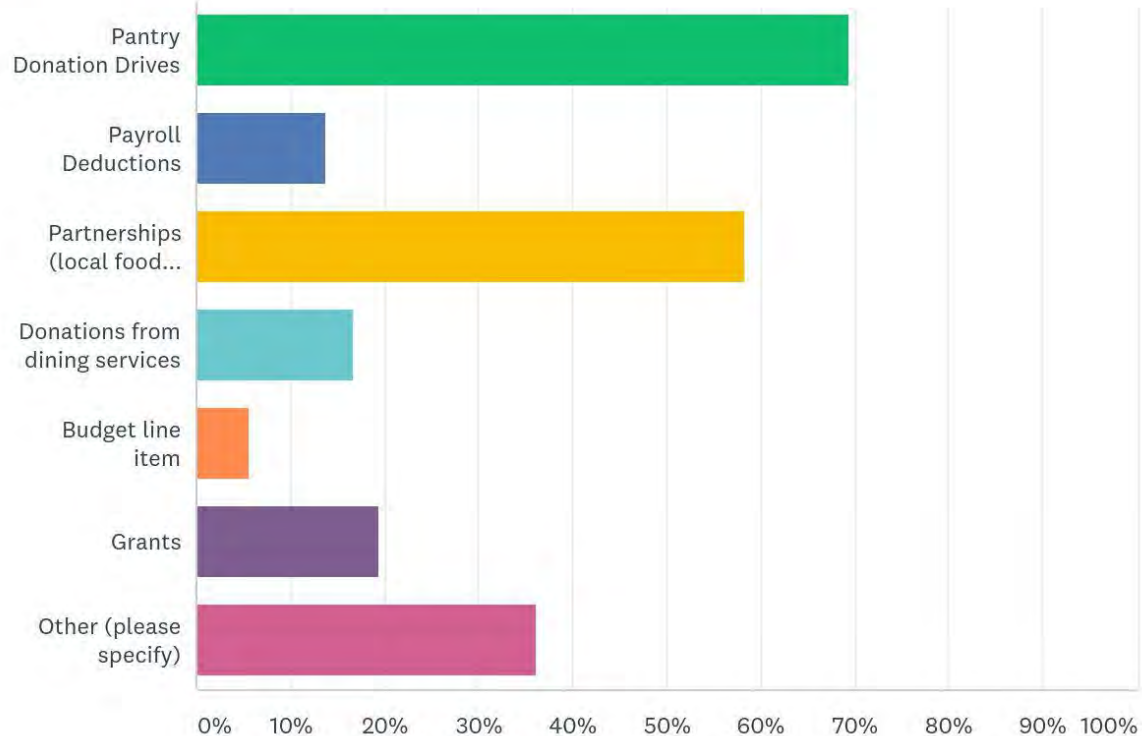




# Sustainability

What sustainability practices are employed to ensure that food insecurity is continually addressed?

Answered: 36 Skipped: 0



# Student Hunger Bill Implementation

- Signed into law in 2018
- Affirms that students participating in CTE programs and are considered “low-income” can be eligible for SNAP benefits.
  - Supplemental Nutrition Assistance Program (which dates back to 1964) and is currently authorized in the 2014 Farm Bill caters to families, elderly and the disabled.
- College students with or without dependents face additional barriers to receiving assistance. You have work at least 20 hours to be eligible in addition to other requirements.
- Less than 20% are eligible to receive SNAP and only 3% receive it.

# Student Hunger Bill Resources

Community College Verification Form:

<http://www.chicagohomeless.org/wp-content/uploads/2018/07/IL-Community-College-Verification-Form.pdf>

Overview of the SNAP Program including Printable SNAP

Brochures: <http://www.dhs.state.il.us/page.aspx?item=30357>

Policy about College Student Eligibility:

<http://www.dhs.state.il.us/page.aspx?item=13275>

Online Application for Benefits Eligibility (ABE):

<https://abe.illinois.gov/abe/access/>

Department of Human Services:

<http://www.dhs.state.il.us/page.aspx?>

Family Community Resource Center Office Locator:

<http://www.dhs.state.il.us/page.aspx?module=12>

**TAKE  
ACTION!**

- **Educate faculty, staff, and students**
- **Provide students free food and emergency assistance (food and meal banks) or connect them to local food banks**
- **Centralize and coordinate their student services and help students apply for federal and state benefits**

# Local Context– Kankakee Community College

The KCC Food Pantry “Food For Thought” opened on Feb 14, 2018.

Since then we have had over 4,000 unique student visits.



# Food for Thought

The need is real.

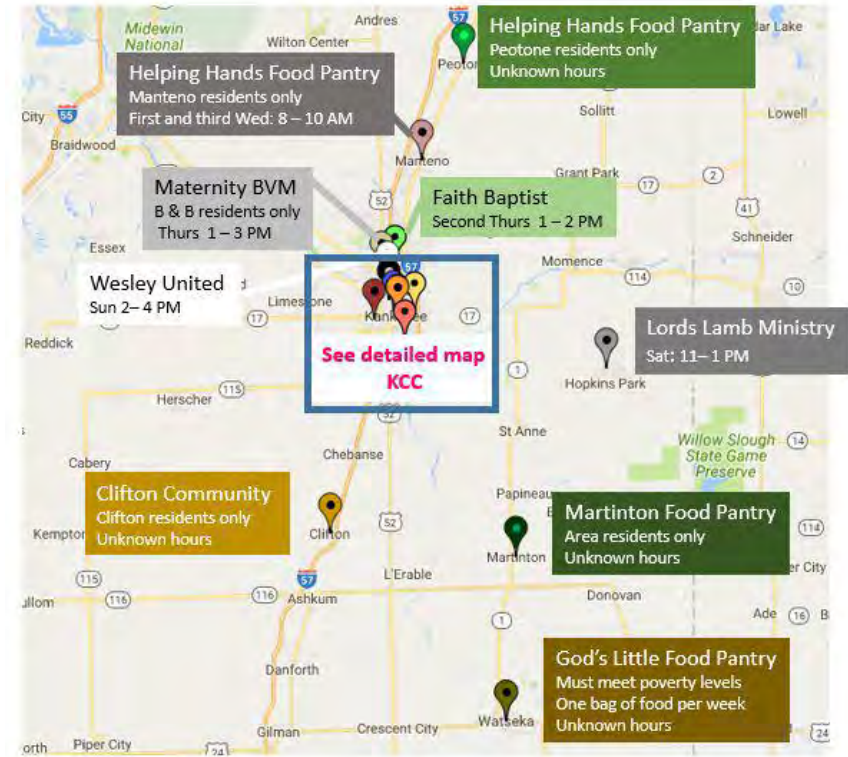
- Are your K-12 students designated for free lunch?
- Are your students eligible for SNAP benefits?
- Have your front line employees and faculty noticed food insecurity?



# Community Resources

What other food pantries are available for students?

- What are their policies?
- When are they open?
- Are they accessible by public transportation?





# Community Resources

What other food pantries are available for students?



Food Pantries near KCC



# Developing partnerships

The importance of key stakeholder buy-in:

- Senior Leadership
- Board of Trustees
- Foundation
- Faculty/Staff
- Community
- Food Service Provider



# The Who and Where of the Food Pantry

**Where on campus should it be located?**

**Who manages it?**



# What should you stock?

## Proteins

- Canned chicken
- Canned tuna
- SPAM
- Peanut Butter
- Nuts
- **Jerky**
- **Preserved meats**

## Foods to cook at home

- Spaghetti sauce and pasta
- Rice
- **Boxed meals**
- Muffin mixes
- Desserts

## Ready to eat food

- Soups and chili
- **Ramen noodle cups**
- **Canned or preserved fruits**
- Canned or preserved vegetables
- **Cups of Mac and cheese**
- **Cereals and cereal bars**
- Oatmeal
- Pies
- **Chips**
- Cookies
- **Granola bars**
- **Popcorn**
- **Microwavable, non-frozen meals**

## Basic Necessities

- **Soap**
- Toilet paper
- **Shampoo and conditioner**
- Toothpaste and toothbrushes
- **Feminine products**
- Diapers
- Baby food
  
- ***We also have a vegetarian shelf!***

# Who can use the Food Pantry?

Snacks	Count
Applesauce cup	
Cake, single serving (twinkie, brownie etc)	
Cheese and crackers	
Chips, small bag any kind	
Chips, large bag any kind	
Crackers, roll	
Crackers, large box	
Fruit cup, any kind	
Jello	
Muffin	
Nuts, small bag	
Nuts, large jar	
Poptarts	
Popcorn	
Pudding	
Raisins	
Granola Bar	

Personal Hygiene	Count
Conditioner	
Deodorant	
Paper towels	
Razor	
Sanitary napkins	
Shampoo	
Soap	
Tampons	
Tissues	
Toilet paper	
Toothbrush	
Toothpaste	

Canned soups and other meals	Count
Chili	
Jambalaya	
Jelly, jar	
Manwich	
Peanut butter, jar	
Ready to eat meal; any kind	
Soup, any kind	
Spaghetti-o's, any kind	
Ramen, any kind	

Meats	Count
Beef jerky	
Chicken, can	
Chicken salad box	
Tuna, can	
Tuna, packet	
Tuna salad box	
Spam	
Vienna sausage	

Inventory Out Date:

Number of students:

... turn over ...

# Student Support

Is training required?

How can students get involved?

- Volunteers
- Student Group
- Service-Learning
- Work-study



**Kankakee Community College**  
**Food Pantry Volunteer Handbook**  
**January 2018**



# Continuous Engagement with Key Stakeholders

## **Faculty are at the front lines to normalize the use of the Food Pantry**

Add the following language to syllabi:

*Any student who faces challenges securing their food and believes this may affect their performance in the course is urged to contact the Food Pantry ([FoodPantry@kcc.edu](mailto:FoodPantry@kcc.edu) Room R-312) for support. Furthermore, please notify the professor if you are comfortable in doing so. This will enable her to provide any resources that she may possess.*

*Modified from language by Sara Goldrick-Rab, Ph.D. Professor of Higher Education and Sociology, Temple University*

# Continuous Engagement

- Employee Giving through the Foundation
- Engage faculty and other student clubs for service-learning opportunities
- Provide regular updates on your college portal
- Identify community support (private donors, churches, grocery chains)



# Recent Changes at Food for Thought



Work study has allowed for our Food Pantry to be open 46 hours a week, including well into the evening

Chest freezer was donated by a staff member

Refrigerator has been pledged by a faculty member



# Next steps

*So you're thinking of opening a food pantry at your campus....*

- Research your need
  - Assemble a Steering Committee and write a white paper
  - Are faculty, staff or your Foundation feeding students?
  - Where are your local food pantries? Do their hours of operation, location and policies meet the needs of your students?
  - Do you have support from all stakeholders: faculty, staff, students, senior administration, community
  - Identify the appropriate space on campus

# Resources

Broton, K. A., & Goldrick-Rab, S. (2017). Going without: An exploration of food and housing insecurity among undergraduates. *Educational Researcher*, 47(2), 121-133;

Goldrick-Rab, S., Richardson, J., & Hernandez, A. (2017). [Hungry and homeless in college: Results from a national study of basic needs insecurity in higher education.](#) Madison, WI: Wisconsin HOPE Lab;

Nazmi, A., Martinez, S., Byrd, A., & Ritch, L. (2018). A systematic review of food insecurity among US students in higher education. *Journal of Hunger & Environmental Nutrition*.1-16.

Broton, K. M., Weaver, K. E., and Mai, M. "Hunger in Higher Education Experiences" *Social Sciences*. (2018)

Goldrick-Rab, S. (2017). [Spreading the Word with a Syllabus Statement](#) Retrieved September 19, 2019.

# Questions?

# Thank you!

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