



A DIVISION OF NSLP

# Let's Work **TOGETHER**

We stand with schools and students to conquer loan anxiety, delinquency, and default.

## Full Minds, Empty Stomachs Food Insecurity on Campus



# Speakers



## Clare Cady

Director, Community Engagement  
HOPE Center for College, Community, and  
Justice at Temple University



## Megan Scherling

Program Coordinator, Student Money  
Management Center at University of  
Nebraska-Lincoln; Program Coordinator,  
Huskers Helping Huskers Pantry+



## Shanah Bell

Holistic Health Advisor and Owner,  
AdaptiveNourishment, LLC

# Agenda

- Building a Case: Data Dive
- Building Resources: On-Campus Pantry
- Building Empowerment: Nutrition and Money
- Q & A



# **STILL HUNGRY AND HOMELESS IN COLLEGE:** Recent research on student basic needs

**Clare Cady, MA @ClareCady**

Director of Research Application and Dissemination, Temple University  
Founder, College and University Food Bank Alliance

## Surveyed 43,000 students at 66 colleges and universities in 20 states and D.C.

- 36% of university students and 42% of community college students were food insecure in the last 30 days
- 36% of university students and 51% of community college students were food insecure in the past year
- 9% of university students and 12% of community college students were homeless in the past year

## STILL HUNGRY AND HOMELESS IN COLLEGE

Sara Goldrick-Rab, Jed Richardson, Joel Schneider,  
Anthony Hernandez, and Clare Cady

APRIL 2018

## Disparities in risk for basic needs insecurities:

- More than 60% of former foster youth were both food and housing insecure and 24% had experienced homelessness in the past year
- Non-binary students and LGBTQ students were overrepresented among students who were basic needs insecure

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## Disparities in risk for basic needs insecurities:

- African-American and Native American students were much more likely than non-Hispanic white or Asian students to experience food or housing insecurity
- Compared to non-Pell recipients, Pell recipients are 14-20% more likely to experience food and housing insecurity, and 4-6% more likely to experience homelessness



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**Having a meal plan or living on campus does not entirely shield students from basic needs insecurities:**

- 26% of students with a meal plan and 26% of students living on campus and attending universities experienced food insecurity in the past 30 days
- 7% of university students who dealt with homelessness said they struggled because residence halls were closed during breaks





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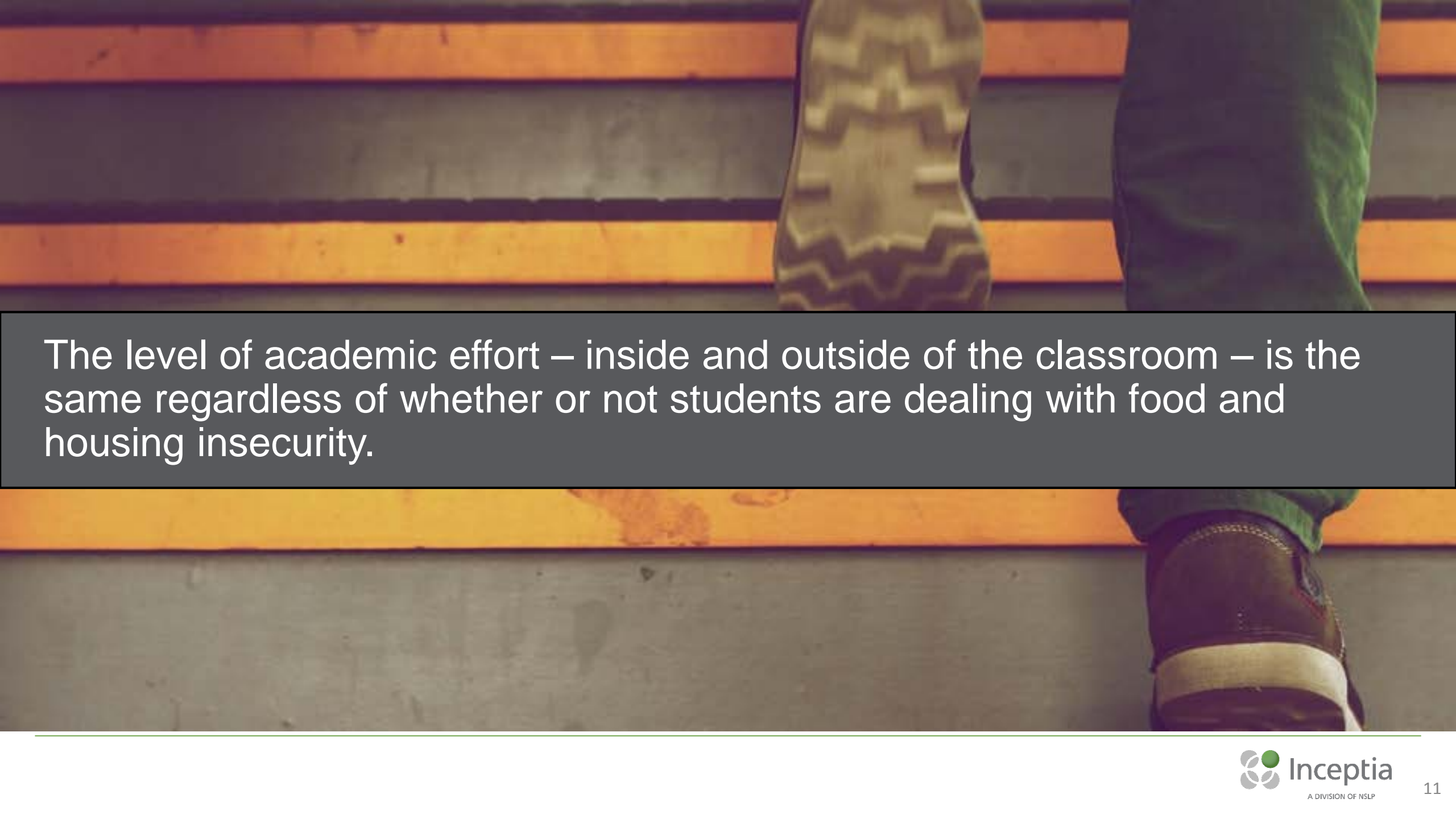
## Work is not a guarantee to avoid food insecurity:

- At both community colleges and universities rates of food insecurity were higher among students working longer hours
- 34-38% of students working 6-10 hours per week were food insecure
- Compared to 48-51% of students working 40 hours or more per week



**Basic needs insecurities are associated with poor academic outcomes.**

- Lower grades
- Poorer mental and physical health
- Statistically significant relationship between housing security and persistence and completion

A photograph showing the lower legs and feet of a person sitting on a wooden bench. The person is wearing green pants and brown shoes with white socks. The bench has horizontal wooden slats. The background is a plain, light-colored wall.

The level of academic effort – inside and outside of the classroom – is the same regardless of whether or not students are dealing with food and housing insecurity.



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## This commitment does not translate to similar levels of success:

- Among students who reported receiving Ds and Fs in college, more than half were food insecure, with 40% at the very lowest food security
- Rates of housing insecurity among those students was even higher – over the last year upwards of 55% were housing insecure, and more than a fifth were homeless

## Students are not accessing supports and services that could help:

- Only 26% of food insecure students at 2-year colleges and 12% at 4-year colleges received SNAP
- Of students who experienced homelessness in the past year, only 8% of 2-year students and 5% of 4-year students received housing assistance

## STILL HUNGRY AND HOMELESS IN COLLEGE

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APRIL 2018



- Know your students
- Identify your resources
- Designate a single point of contact
- Build out programs and partnerships
- Track and evaluate outcomes
- Advocate for change



Educate – Innovate – Collaborate

# Building Resources: On-Campus Pantry



# Huskers Helping Huskers Pantry+

## University of Nebraska-Lincoln

**Megan Scherling, MBA, AFC<sup>®</sup>, CPFM**  
Program Coordinator,  
Student Money Management Center  
& Huskers Helping Huskers Pantry+



# Why we opened the pantry

- Results from a 2015 survey of students
- Collaboration between
  - Office of Scholarships & Financial Aid
  - Student Money Management Center
  - Office of the Vice Chancellor for Student Affairs



Food and shelter  
insecurity questions were  
taken from the USDA's  
*Guide to Measuring  
Household Food Security*

<https://bit.ly/2Hf4kGS>

The screenshot shows the USDA Economic Research Service website. The header includes the USDA logo and the text 'United States Department of Agriculture Economic Research Service'. A navigation bar contains links for Home, Topics, Data Products, Publications, Newsroom, Calendar, and Amber. The breadcrumb trail reads: Home / Topics / Food & Nutrition Assistance / Food Security in the U.S. / Survey Tools. The main content area is titled 'Food Security in the U.S.' and features a list of links: Overview, Definitions of Food Security, Key Statistics & Graphics, Frequency of Food Insecurity, Measurement, History & Background, Survey Tools (highlighted in red), Interactive Charts and Highlights, Readings, and Media Resources. A 'Related Topics' box at the bottom left contains a link to 'Food Security in the U.S.'. On the right, there is a section titled 'Survey Tools' with a sub-header 'This page provides the following resources:' followed by a bulleted list of seven survey modules and supplements. Below this, it states 'The survey tools will allow researchers to:' followed by a bulleted list of three capabilities: adapt the module to their survey context, edit and code responses, and calculate household summary measures of food security.

USDA United States Department of Agriculture  
Economic Research Service

Home / Topics / Food & Nutrition Assistance / Food Security in the U.S. / Survey Tools

**Food Security in the U.S.**

Overview

Definitions of Food Security

Key Statistics & Graphics

Frequency of Food Insecurity

Measurement

History & Background

**Survey Tools**

Interactive Charts and Highlights

Readings

Media Resources

**Related Topics**

Food Security in the U.S.

**Survey Tools**

*This page provides the following resources:*

- The Guide
- U.S. Household Food Security Survey Module
- U.S. Adult Food Security Survey Module
- Six-Item Short Form of the Food Security Survey Module
- Self-Administered Food Security Survey Module for Youth Ages 12 and Older
- Spanish Translation of the U.S. Household Food Security Survey Module
- CPS Food Security Supplements

The survey tools will allow researchers to:

- Adapt the module to their survey context.
- Edit and code responses.
- Calculate household summary measures of food security: food security scale scores and food security status.

# Dec. 2015 Student Expenses Survey Results

- **Only 38% of UNL students** said they could always afford to eat balanced/nutritious meals during the last 12 months
- **13% of UNL students** always or often worry about having enough food until they get money to buy more
- **2% of UNL students** do not have somewhere to live during school and summer breaks



# Pantry Services

- Provide free food, hygiene items, and school supplies
- Connect students to campus and community resources in regards to food and shelter insecurity



# Opening of the Pantry

- Chose a location in the union that is not a high traffic area
- Unions staff repainted, laid carpet, put together our shelves, created custom shelf inserts
- Student Affairs marketing staff made us a logo and got the word out
- Did a food drive push the month before we opened to stock the pantry



# Pantry Structure

- Original structure (Spring 2017)
  - Program Coordinator
  - Paid graduate assistant (20 hours/week)
  - Unpaid undergraduate intern (10 hours/week)
  - 11 unpaid volunteers (1-2 hours/week each)
- Current structure
  - Program Coordinator
  - Paid graduate assistant (20 hours/week)
  - 26 unpaid volunteers (1-2 hours/week each)



# Funding

- Current structure
  - Annual budget
  - GA paid for by Student Affairs
  - Program Coordinator paid through Student Money Management Center budget
  - Partnership with the University of Nebraska Foundation for monetary donations
  - Partnership with the Food Bank of Lincoln
  - Community and campus donations
  - Produce partners





# Operation of the Pantry

- Pantry hours vary each semester based on GA and volunteers' schedules.
- Vary between 8 a.m. and 8 p.m. weekdays

Spring 2018 Pantry Hours

DAY	TIME
MONDAYS	9 am to 8 pm
TUESDAYS	8 am to 8 pm
WEDNESDAYS	8 am to 6 pm
THURSDAYS	11 am to 8 pm
FRIDAYS	12:30 pm to 2 pm



# Operation of the Pantry

- Any current Nebraska student can use the pantry
- Must present Ncard (student ID)
  - Can check to see if they are enrolled in classes
  - We record ID number and day/time they came in
  - Can grab demographic information
- Most items are not limited
- Can use the pantry as many times as they need



# 2017 Pantry Customers

**56%** off-campus

**34%** white

**36%** male

**87%** undergrad

**67%** NE resident

**21%** International

**79%** age 18-22

**44%** on-campus

**66%** minority/multi-racial

**64%** female

**13%** grad

**33%** non-resident

**79%** domestic

**21%** age 23+

**12%** transfer



# Pantry Visits (cumulative)



<u>Dates</u>	<u>Total # of People</u>	<u>Total # of Visits</u>
Jan. 9- Jan. 31	12	15
Jan. 9- Feb. 28	38	76
Jan. 9- Mar. 31	58	140
Jan. 9- Apr. 30	91	256
Jan. 9- May 31	102	322
Jan. 9- June 30	120	428
Jan. 9- July 31	133	501
Jan. 9- Aug. 31	159	646
Jan. 9- Sept. 30	196	824
Jan. 9- Oct. 31	231	1076
Jan. 9- Nov. 30	289	1328
Jan. 9- Dec. 22	311	1470
Jan. 9, 2017- Jan. 31, 2018	368	1741
Jan. 9, 2017- Feb. 28, 2018	417	2039
Jan. 9, 2017- March 30, 2018	442	2326

# Number of Visits

- Average weekly visits in Spring 2017: **16.59**
- Average weekly visits in Summer 2017: **17.73**
- Average weekly visits in Fall 2017: **50.94**
- Average weekly visits in Spring 2018: **74.18** (as of 3/30/18)

# Operation of the Pantry

- GA does weekly inventory of items in the pantry
- Donations are inputted into our inventory spreadsheet as we receive them
- Inventory spreadsheet gives us data on:
  - Most popular items
  - Which items we are running low on
  - Average number of items taken per visit
  - How many donations we receive



# Items Taken Per Month



<u>Month</u>	<u># of Items Taken</u>	<u>Average Items per Visit</u>
January '17	276	18.4
February	703	11.5
March	758	11.8
April	1771	15.2
May	2113	32.0
June	2641	24.9
July	1675	23.0
August	2515	18.2
September	2809	15.8
October	4155	16.5
November	4812	19.1
December	2554	18.0
January '18	4214	15.6
February '18	4349	14.8
March '18	4786	16.7

# Items Donated Per Month



<u>Month</u>	<u># of Items Donated</u>	<u># of Items Taken</u>
December '16	1236	n/a
January '17	664	276
February	1741	703
March	657	758
April	2087	1771
May	8654	2113
June	472	2641
July	332	1675
August	854	2515
September	3971	2809
October	2228	4155
November	3342	4812
December	2006	2554
January '18	474	4214
February '18	2020	4349
March '18	1681	4786



# Key Takeaways

- Don't underestimate the potential for growth
- Don't grow your staff too quickly
- Rely on campus partners so you don't have to take on all of the work
- Track use and donations from the start



# Building Empowerment: Nutrition & Money



# Shanah Bell

Holistic Health Advisor and Owner  
Adaptive Nourishment, LLC

# Nutrition and Financial Wellness

Good nutrition should not only go hand in hand with financial wellness, but is an integral part of achieving financial wellness.



# Nutrition Myths

- **Myth:** Nutrition has nothing to do with financial wellness.
- **Truth:** What we eat plays a huge roll in determining our overall health, which directly affects our wallet.
- **Example:** When we eat well, we stay healthier and visit the doctor less, which costs us less in copays and out of pocket expenses. It can also lower our health insurance premiums (depending on the situation) and our life insurance.
- Thereby, **increasing** our financial wellness.



# Nutrition Myths

- **Myth:** Food that is good for you is too expensive.
- **Truth:** Foods that are the most nutrient dense are actually less expensive overall than the normal “junk” foods that have little to no nutritional value.
- **Example:** Whole grain rice and beans vs. mac and cheese.\*
- **\$.36** per serving vs. **\$.33** per serving, but you get twice as many servings of rice and beans vs. mac and cheese.



# Tastes Great, Less Filling

## Long Grain Brown Rice & Black Beans (\$0.36 per serving)

443 Calories	1 g Sugar
2.7 g Fat	<b>20 g Protein*</b>
0 g Cholesterol	0% Vitamin A
12 g Sodium	7% Calcium
695 mg Potassium	25% Iron
<b>86 g Carbohydrates*</b>	0% Vitamin C
<b>19 g Fiber*</b>	51% Magnesium

## Mac & Cheese (\$0.33 per serving)

400 Calories	6 g Sugar
4 g Fat	<b>10 g Protein*</b>
15 g Cholesterol	15% Vitamin A
580 g Sodium	15% Calcium
0 mg Potassium	10% Iron
<b>47 g Carbohydrates*</b>	0% Vitamin C
<b>1 g Fiber*</b>	0% Magnesium



# Top Tips for Eating Well on a Budget

- Keep cost effective staple food items on hand (see handout)
- Make enough food to have plenty of leftovers (see handout for recipes – it's a very useful handout!)
- Use those leftovers to make different types of meals each night, to avoid food boredom
- Limit going grocery shopping to once a week, at the most
- Make a thorough grocery list before you go to the store(s) and stick to it!





# Top Tips for Eating Well on a Budget

- Download the grocery store app (if available)



- Scour the weekly deals and coupons to see if they have anything that is on your list
- Download money saving apps that work in conjunction, such as Ibotta, Receipt Hog and Saving Star



# Q&A

All attendee questions were addressed during webinar.

# Resources

- [Hungry and Homeless in College, 2017](#)
- [Still Hungry and Homeless in College, 2018](#)
- [Eating Well On a Budget](#)

# Talk To Us



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