



UNIVERSITY *of* WASHINGTON

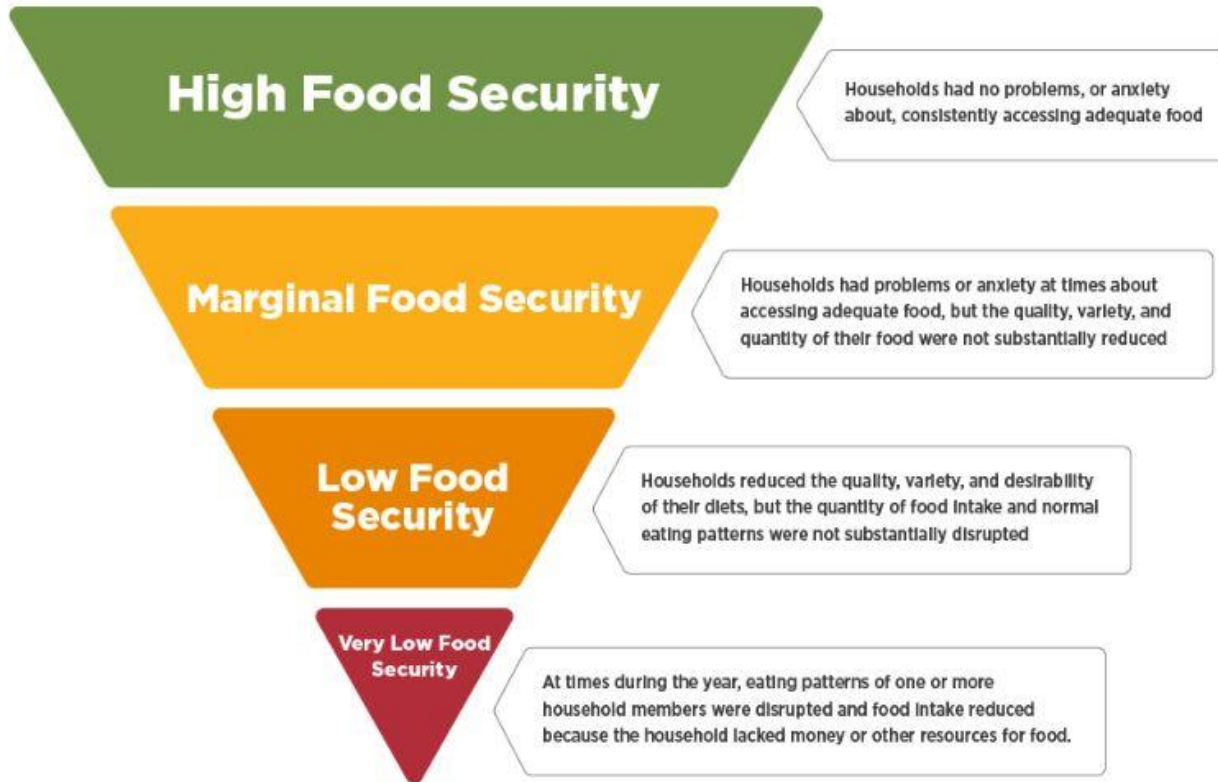
FOOD PANTRY

Division of Student Life



What is food security?

Access by all people at all times to enough food for an active, healthy life. – USDA <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/>



What is housing security?

Not a consistent measure of housing insecurity. HUD is working on a measure similar to USDA food insecurity.

- > McKinney-Vento Act – youth homelessness
 - Stable adequate nighttime residence
- > UW study looked at:
 - Stress from rent increases
 - Skipped rent or utilities payments
 - Eviction
 - Lost housing due to domestic abuse
 - Moved because of facility safety issues
 - Displaced because of fire or other event

What does food and housing insecurity look like for students?

- > Skipped meals or sacrificed nutrition value
- > Couch surfing or sleeping in space not intended as a room
- > Using unions, libraries, recreation facilities as shelter
- > Sleeping in tents, cars, not-intended for habitation
- > Income disruptions
 - Weather, job loss, illness/health, family
- > Work in place of
 - Studying, academic engagement
 - Social or campus engagement
 - Sleep, wellness

What does the research say about food insecurity (FI)?

- > Findings are local/regional
- > Significant variation on presence of FI
- > Racialized
- > Socio-economic and First-gen are predictors
- > Gender and sexual identity have largely been left out of the conversation.
- > Beginning to understand that food insecurity has a negative impact on academic success.
- > More research is need. Should be approached through critically informed scholarship.

Studies are linking FI and academic performance, but more are needed

- > Maroto and Snelling (2015)
 - FI students were less likely to fall into the highest GPA category (3.5-4.0) and significantly more likely to fall in the lowest GAP category (2.0-2.49)
- > Phillips, McDaniel, & Croft (2018)
 - “being FI is associated with a .17 points lower GPA than food secure students”
 - FI students are more likely to consider dropping out, to reduce their course load and to neglect their academic studies than their food secure peers

Studies are beginning to link food insecurity and academic performance, but more are needed

- > Hagedorn and Olfert (2018)
 - created a 4-item Academic Performance Scale (APS) to collect student impressions on their own class attendance, attention span, understanding the concepts, and progress to graduation, as well as GPA.
 - Food-insecure students were more likely to report lower APS scores and GPA than food secure students.
- > Camelo and Elliott (2019)
 - FI was negatively associated with GPA ($r = -.18, p < .01$)
 - FI “partially mediates the association between student characteristics and GPA for students who are Black, Hispanic, first-generation, and have Pell Grant eligibility”

Population-level estimates, Food Insecurity

In the <u>last 30 days</u> , [...] because there wasn't enough money for food?			
	% of population	Population estimate range	
		Lower	Upper
did you ever cut the size of your meals or skip meals	18.3%	9,402	10,549
did you ever eat less than you felt you should	18.6%	9,540	10,691
did you lose weight	8.7%	4,341	5,182

In the <u>last 12 months</u> , did you ever not eat for whole day because there was not enough money for food?			
	% of population	Population estimate range	
		Lower	Upper
	6.9%	3,363	4,112

n=5,440; N=54,532

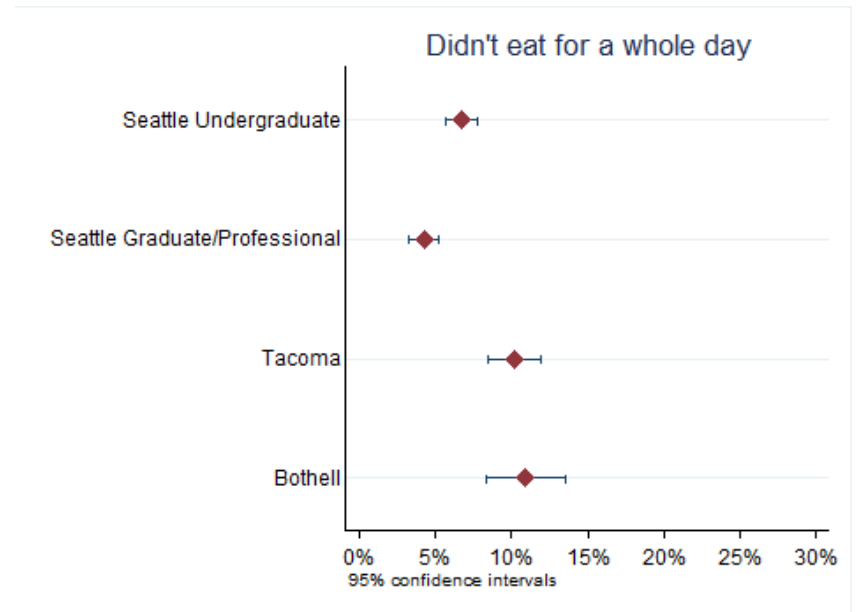
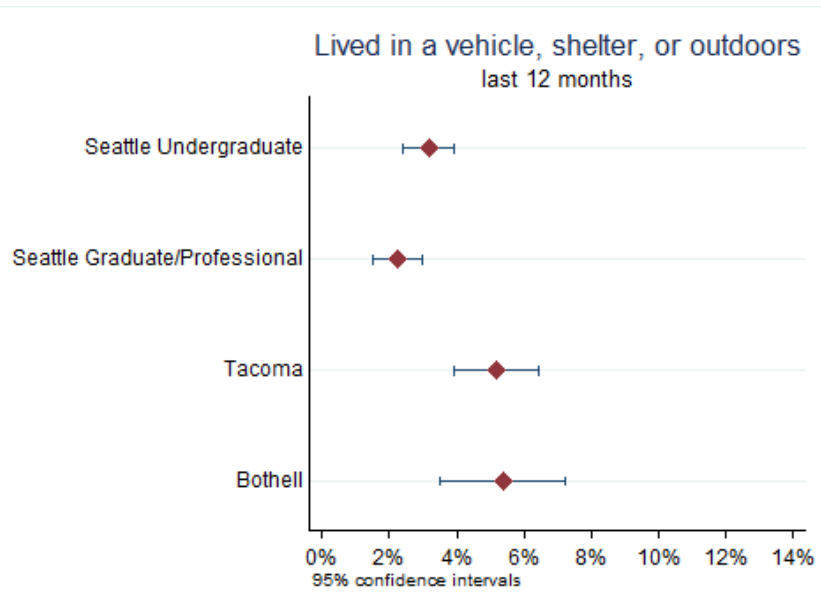
Population-level estimates, Housing Insecurity

Please describe where you live <u>currently</u> .			
	% of population	Population estimate range	
		Lower	Upper
In a vehicle, shelter, outdoors, or other area not intended for habitation	0.30%	87	235
Couch surf, RV, or double up	0.05%	5	58

In the <u>last 12 months</u> , have you used any of the following strategies because you lacked a stable and adequate nighttime residence?			
	% of population	Population estimate range	
		Lower	Upper
In a vehicle, shelter, outdoors, or other area not intended for habitation	3.3%	1,527	2,046
Couch surf, RV, or double up	8.8%	4,361	5,204
Selected both of the above responses	2.5%	1,129	1,585

n=5,440; N=54,532

Variation across student bodies



n=5,440; N=54,532

Effects of school breaks

In the <u>last 12 months</u> , have you lacked [...] because of school breaks (including summer)?			
	% of population	Population estimate range	
		Lower	Upper
a stable and adequate nighttime residence	4.6%	2,177	2,805
adequate or affordable food	5.8%	2,833	3,522

n=5,440; N=54,532

Housing Insecurity Support

- > UW Emergency Aid**
 - Focus on long-term solutions**
 - Loans and grants**
 - On and off-campus**

- > LiveWell**
 - Community connections**
 - Navigation support**

Any Hungry Husky

- > Any Hungry Husky is a suite of resources from various departments on campus and off to address food insecurity among UW students**
 - uw.edu/anyhungryhusky**
- > Signature Programs**
 - UW Food Pantry**
 - Emergency Aid Grants**
 - Gleaning from campus dining and UW Farm**
 - Bean Basket vouchers**
 - Collection of community resources**
 - Food Alert App – in development**

UW FOOD PANTRY

Mission:

Help mitigate the social and academic effects of campus food insecurity. We aim to lessen the financial burden of purchasing food and supplement nutritional needs by providing students, staff, and faculty with access to shelf-stable/non-perishable goods, limited perishable items, and community resources at no cost.





20 likes

uwfoodpantry Check it out! Thankful for our gleaning partnerships—Center Table, The Nook, Suzzallo and the HUB Starbucks, City Grind Espresso, and the UW Farm!

January 14



UW Food Pantry

September 19, 2018 · 🌐

Huge shout out to the **The UW Farm** for their partnership in our Summer CSA program and help to get low cost produce to students. Such good eats! The CSAs ended this week but we... [Continue Reading](#)

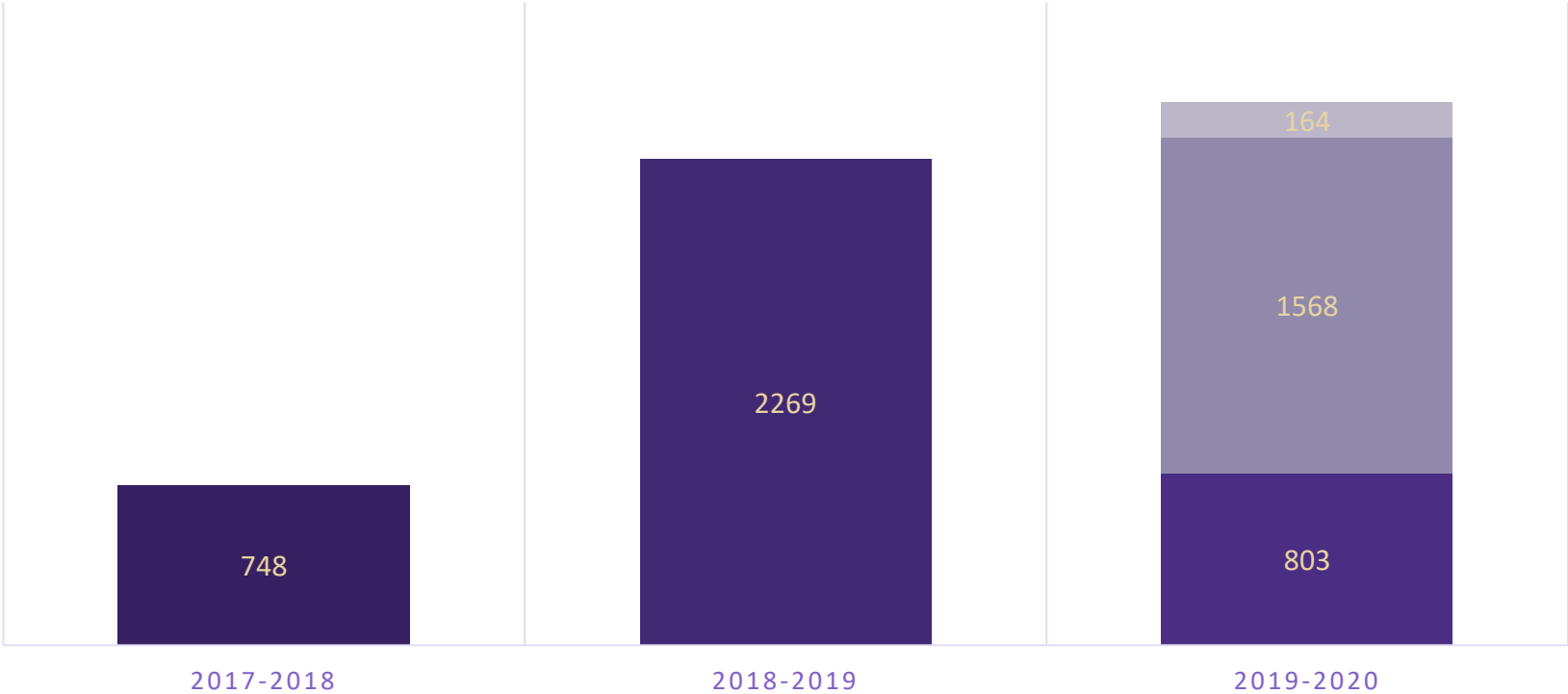
UW FOOD PANTRY – 11/18 – 12/19

- > Nearly 5,000 shopper visits**
- > \$20 worth of food for \$7/shopper**
- > Distribute over 1,000lbs of food/week**
- > Over 3,500lbs of food gleaned and redistributed from HFS and UW Farm**
- > Avg. and median visit 1 - 2 times**
- > Those who visit often are often later in academic career**

Pantry Visits on the Rise

TOTAL SHOPPER VISITS

■ All AY 18 ■ All AY 19 ■ Summer ■ Aut Qrt ■ Win Break



Food Contributes to Student Success

As a result of using the Food Pantry I have...	Agree or strongly agree	Disagree or strongly disagree
... not had to worry about my next meal. (n=98)	70%	10%
...experienced improved physical, mental, emotional health. (n=97)	70%	6%
...been able to perform better academically. (n=96)	58%	7%
...been able to engage in more social activities. (n=96)	51%	15%

Discussion questions

- > **What are you all doing on your campuses?**
 - How is your Union involved or not involved?
- > **How do you know what you think you know?**
 - What data and stories support this work?
 - How do you ensure you hear from audiences on the margins?
- > **What are key challenges you face?**
 - Operations, facilities, health and safety
 - Meeting need and/or interest
 - Equity and justice

Links

- > uw.edu/anyhungryhusky
- > [Facebook.com/uwfoodpantry](https://www.facebook.com/uwfoodpantry)
- > uw.edu/emergencyaid
- > https://evans.uw.edu/sites/default/files/student_housing_and_food_insecurity_report_may2019.pdf

References

- Camelo, K., & Elliott, M. (2019). Food insecurity and academic achievement among college students at a public university in the United States. *Journal of College Student Development, 60*(3), 307-318. doi:10.1353/csd.2019.0028
- Fyall, R., Stevens, C., & Manzo, L. (2019). *Understanding housing and food insecurity among University of Washington Students: An internal report*. Seattle, WA
- Hagedorn, R., & Olfert, M. (2018). Food Insecurity and Behavioral Characteristics for Academic Success in Young Adults Attending an Appalachian University. *Nutrients, 10*(3), 361. doi:10.3390/nu10030361
- Kruger, K., Parnell, A., & Wesaw, A. (2016). *Landscape Analysis of Emergency Aid Programs*. Retrieved from Washington D.C.: <https://www.naspa.org/rpi/reports/landscape-analysis-of-emergency-aid-programs>
- Maroto, M. E., Snelling, A., & Linck, H. (2015). Food insecurity among community college students: Prevalence and association with grade point average. *Community College Journal of Research and Practice, 39*(6), 515-526. doi:10.1080/10668926.2013.850758
- Morris, L. M., Smith, S., Davis, J., & Null, D. B. (2016). The prevalence of food security and insecurity among Illinois University students. *Journal of Nutrition Education and Behavior, 48*(6), 376-382.e371. doi:10.1016/j.jneb.2016.03.013
- N.A. (2018). *Food insecurity: Better information could help eligible college students access federal food assistance benefits*. Washington, D.C.: United States Government Accountability Office
- Phillips, E., McDaniel, A., & Croft, A. (2018). Food insecurity and academic disruption among college students. *Journal of Student Affairs Research and Practice, 55*(4), 353-372. doi:10.1080/19496591.2018.1470003