RE-ENVISIONING FOOD SECURITY AND ACCESS EFFORTS ON UC COLLEGE CAMPUSES
THE NEED

Often or very often skipped meals

- UC
- Berkeley
- Davis
- Irvine
- Los Angeles
- Merced
- Riverside
- San Diego
- Santa Barbara
- Santa Cruz

Graph showing the percentage of students who often or very often skip meals across different locations.
Legacy of Food Insecurity

Feeding America:
“2014 Hunger in America Report”

<table>
<thead>
<tr>
<th>46.5 Million People in the U.S.</th>
<th>55% Between the ages of 18 – 59</th>
<th>1 in 10 Adults is a Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>31% Choose between Education or Food</td>
<td>57% Choose between Housing or Food</td>
<td>79% Purchase Unhealthy Food</td>
</tr>
</tbody>
</table>

Over the past few years, Tang Center staff have become increasingly concerned about the issues of students who are food-insecure due to financial constraints. This mostly hidden problem has also been noted by peer educators in student living centers. The existence of hungry and food insecure students has been documented by anecdotal evidence and data, and may be a particularly challenging issue to identify and address:

- In the 2012 Berkeley survey of undergraduates (UCUES), 23% of Cal undergrads said they have skipped meals to save money at least “somewhat often” to “very often.” An additional 24% say they skip meals to save money “occasionally.”
- 29.1% of students in the Spring 2012 National College Health Assessment indicated that “finances” were “traumatic or very difficult to handle” in the past 12 months.
- Food-insecurity and hunger is a hidden concern due to stigma and shame.
- Multiple individual stories illustrate the range and severity of this issue (see attached).
- Hunger impacts students’ physical and mental health, and ultimately, academic success:
  - A weakened immune system resulting in more missed school days
  - Stress related to food worries; the need for extra planning to manage food dollars and meal intake.
  - Inability or reduced ability to study effectively due to lack of energy to focus and learn
  - Internalized shame related to having this stigmatized problem
  - Fewer opportunities to develop social networks (a great deal of socializing surrounds food)

Current Challenges

- The level of hunger on campus is understudied; it’s difficult to assess the scope and impact of the problem.
- Food-insecure students may not mention this in the course of a mental health or medical visit, or other support visit (such as academic advisors); they may be more likely to share when asked directly about their nutrition, eating habits, and general stressors.
- There is no campus department identified to coordinate on this issue.
- While some students might qualify for CalFresh (food stamps), many do not because of the 20 hour work week requirement. The application process is also a complex one.
- Cal Dining meal plans assume that students can pay for some meals on their own. (A standard meal plan does not provide for 3 meals a day, 7 days a week). Some students, even those who budget well, run out of meal points before the end of each semester. There are no Cal Dining options during Thanksgiving and Spring Break Week. Students who do not or cannot go home must purchase their own food.
SYSTEM WIDE RESEARCH: UCUES

How frequently have you skipped meals to save money?

<table>
<thead>
<tr>
<th>Year</th>
<th>UC Berkeley</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>2,412 / 11,263(T)</td>
</tr>
<tr>
<td>2012</td>
<td>1,942 / 8,387(T)</td>
</tr>
<tr>
<td>2014</td>
<td>1,962 / 8,487(T)</td>
</tr>
</tbody>
</table>

*AVG UC Berkeley UG Food Insecurity: Rate 22.6% | 2,105 stds.
*There is no data available for Graduate Student Hunger
UC Berkeley Food Security Committee

<table>
<thead>
<tr>
<th>ASUC Student Government</th>
<th>Berkeley Food Institute</th>
<th>Berkeley Student Food Collective</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cal Dining</td>
<td>Centers for Educational Equity &amp; Excellence</td>
<td>Financial Aid &amp; Scholarships Office</td>
</tr>
<tr>
<td>Gill Tract Community Farm</td>
<td>Student Organic Garden Association</td>
<td>UC Berkeley Food Pantry</td>
</tr>
<tr>
<td>UC Student Regent</td>
<td>Vice Chancellor of Student Affairs</td>
<td></td>
</tr>
</tbody>
</table>
Impact Pt. 1

Food Assistance Program

Harvest Days: Fall ‘14 - Sp ‘15

Food Assistance Program
Sp ‘14 - Sp ‘15
$20,000+

Coming Soon:
Impact Pt. 2

UC Berkeley Food Pantry
Daily Hours of Operation

Student Leadership:
Operations
Fundraising
Community Engagement

First Year of Operation
Sum 2014 - May 2015
Total Visits:

1,537
Community Testimonials:

• “I am a single parent with three dependents, previously homeless, dependent on food stamps to live. They are never enough. There have been many times I relied on campus support by way of loans, grants, food assistance, the bear pantry, etc. to eat while I'm on campus. And I know many people who do not receive food stamps. I don't know how they survive. This resource is vital and should be bolstered.” 5/28/2015

• “The UCB Food Pantry is saving me life currently. I am new to the bay and a first year uc student. I came here after being informed by a friend and fellow uc student. Just having these resources available to myself through my school makes me relieved. I was at the end of my budget for the month and would have to resort to some very unhealthy foods. This pantry is allowing me to have a better option so thank you” 6/12/2015

• “My job does not pay till after the semester is over so I don't have enough budget from financial aid to pay for rent, pay bills and buy food. So having the food pantry has helped me greatly to have food at home.” 6/16/2015

• “If it wasn’t for the food pantry I would have nothing to eat.” 6/30/2015
ASSOCIATED STUDENTS FOOD BANK

- Opened Spring 2011

- Provides:
  - Immediate Food Relief
  - Referral to Resources
  - Basic Skills & Food Issues Workshops
  - Consultation to campus & community partners

- Serviced:
  - 5 students in 1st week
  - Over 5,400 students to date
  - Over 2,500 students in 2014-2015
IMMEDIATE FOOD RELIEF

- Mon., Wed., Thurs. 9-6pm
- Food for the day, the week, or the month.
- 3,000 lbs – 4,000 lbs of food every week

Sourcing:
- Santa Barbara Food Bank- Free Fresh Produce
- Food Recovery: Ucen Dining donated pastries, Isla Vista Give, Swipes for US
RESOURCE REFERRAL

- Consistency of staff
  - Relationship building
  - Peer to peer referral

- On site resources: CalFresh outreach and application

- Easy to Navigate Website with Resources

- Campus & Community Resources
Basic skills & Food Issues

- General Campus Education
  - Targeted outreach
  - Alternative distribution

- Supporting & providing resources for organizations create their own programs

- Food, Nutrition, & Basic Skills Pilot Project
Consultation & Partnership with Campus & Community

- Resolving long-term institutional barriers
- Reduce outreach work & efforts
- Expand visibility & re-envisioning their roles
  - Additional education or engaging in food distribution
- Increase Engagement & Resources
- Reimagining the possibilities
Food Access & Security Committee

- California Higher Education Sustainability Food Summit
- $75,000 per campus for food security
- Campus Food Security Teams
- Support for Emerging Pantries
- Statewide support for Food & Housing
Tuyen Nguyen
Food Bank Coordinator
tuyenn@as.ucsb.edu

510-642-7224
elias_canedo@berkeley.edu

Ruben E. Canedo
Centers for Education Equity & Excellence
Research & Mobilization Coordinator