Best and Emerging Practices for Establishing Food Access in Higher Education

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Student Food Insecurity

- What is food insecurity? Food access?
- How common is it?
- What can we do about it?
What is Food Insecurity?

Uncertain or limited ability to get adequate food due to lack of financial resources

• Leading to reductions in:
  – Diet quality
  – Diet quantity

Student Food Insecurity in the U.S.

9375 Total students

59% Oregon state univ. (n=354)
39% 10 Community Colleges (n=4312)
35% Illinois univ. (n=1882)
56% Maryland community colleges (n=301)
39% City Univ. New York (n=1086)
27% U Hawaii, Manoa (n=410)
14% U Alabama (n=557)
40% U Arkansas (n=473)
ABSTRACT

It is the position of the American Dietetic Association that systematic and sustained efforts are needed to achieve food and nutrition security for all in the United States. To eliminate food insecurity, interventions are needed including adequate funding for and increased utilization of food and nutrition assistance programs, increased food and nutrition education in schools and programs, and innovative programs to promote and support individual and household economic self-sufficiency.

A person food is a basic human need and fundamental right. People in the United States are among the most fortunate in the world in terms of access to food. Food security is the condition of being healthy and able to lead a normal life. To achieve food security, efforts to reduce food insecurity are necessary. Food insecurity affects millions of people in the United States. To eliminate food insecurity, interventions are needed including adequate funding for and increased utilization of food and nutrition assistance programs, increased food and nutrition education in schools and programs, and innovative programs to promote and support individual and household economic self-sufficiency.

Evidence Based Programming

Position of the American Dietetic Association: Food Insecurity in the United States
To Date

- 5,155 total lbs of produce
- 75lbs on average received each day
The Beginning
The Event
## Grains Cooking Chart

<table>
<thead>
<tr>
<th>GRAIN (1 cup dry)</th>
<th>CUPS WATER</th>
<th>COOK TIME</th>
<th>CUPS YIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
<td>2 1/2</td>
<td>20 - 25 min.</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Barley, pearled</td>
<td>3</td>
<td>50 - 60 min.</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Barley, hulled</td>
<td>3</td>
<td>1 hr. 16 min.</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Barley, flakes</td>
<td>2</td>
<td>30 - 40 min.</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Buckwheat groats *</td>
<td>2</td>
<td>15 min.</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Cornmeal (fine grind)</td>
<td>4 - 4 1/2</td>
<td>8 - 10 min.</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Cornmeal (pale ale, coarse)</td>
<td>4 - 4 1/2</td>
<td>20 - 25 min.</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Millet, hulled</td>
<td>3 - 4</td>
<td>20 - 25 min.</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Oat Grits</td>
<td>3</td>
<td>30 - 40 min.</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Oat, bran</td>
<td>2 1/2</td>
<td>5 min.</td>
<td>2</td>
</tr>
<tr>
<td>Quinoa *</td>
<td>2</td>
<td>15 - 20 min.</td>
<td>2 3/4</td>
</tr>
<tr>
<td>Rice, brown basmati</td>
<td>2 1/2</td>
<td>35 - 40 min.</td>
<td>3</td>
</tr>
<tr>
<td>Rice, brown, long grain</td>
<td>2 1/2</td>
<td>45 - 55 min.</td>
<td>3</td>
</tr>
<tr>
<td>Rice, brown, short grain*</td>
<td>2 - 2 1/2</td>
<td>45 - 55 min.</td>
<td>3</td>
</tr>
<tr>
<td>Rice, brown, quick</td>
<td>1 1/4</td>
<td>10 min.</td>
<td>2</td>
</tr>
<tr>
<td>Rice, wild</td>
<td>3</td>
<td>50 - 60 min.</td>
<td>4</td>
</tr>
<tr>
<td>Raisins, berries</td>
<td>3 - 4</td>
<td>1 hr.</td>
<td>3</td>
</tr>
<tr>
<td>flakes</td>
<td>2</td>
<td>10 - 15 min.</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>3 - 4</td>
<td>40 - 50 min.</td>
<td>2 1/2</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>5 - 20 min.</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Lentils</td>
<td>3</td>
<td>1 hr. 45 min.</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Whole grains</td>
<td>3</td>
<td>2 hrs.</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Muesli</td>
<td>1</td>
<td>5 min.</td>
<td>2</td>
</tr>
<tr>
<td>Buckwheat groats</td>
<td>2</td>
<td>20 - 25 min.</td>
<td>2 1/4</td>
</tr>
<tr>
<td>*</td>
<td>2</td>
<td>15 min.</td>
<td>2 1/2</td>
</tr>
</tbody>
</table>

### Shopping with the Seasons Guide

- **January**
  - Jan
  - Feb
  - Mar
- **April**
  - Apr
  - May
  - Jun
- **July**
  - Jul
  - Aug
  - Sep
- **October**
  - Oct
  - Nov
  - Dec

*Please note: The seasons guide is a visual representation to help with meal planning and organization.*
Cal Fresh

• CalFresh Food Assistance Program
• October 2015 90% Approval rating
• Participants receive on average $194.00 per month
What motivates you to come to Fruit and Veggie Up?

- 30%: I come to get a snack between classes
- 10%: I come for the cooking demo on Tuesdays
- 80%: It helps me stretch my budget to spend at the grocery store
MY OVERALL FRUIT AND VEGETABLE CONSUMPTION HAS INCREASED

- Agree: 67%
- Neutral: 23%
- Disagree: 10%
Feedback From Students

- “I love that you all have this program Great for grad students 💻
- “More food! More times a week please!”
- “Just keep doing it!”
- “This program really helps me out financially.”
- “Thanks for all the resources! More days/ week”
You can do it too!

1. Identify potential partners
2. Contact
3. Ask
4. Get in touch with Environmental Health and Safety
Health Codes

• Agree on what types of Fruits and Vegetables will be allowed.
• Partner with kitchen that can properly sanitize produce bins
• “Wash Produce Sign”
• Remove any spoiled produce from distribution
Sustainability

40% of U.S. food is wasted each year while 1 in 6 Americans don't know where their next meal will come from.
What’s Next?

- Glean dairy and eggs
- Increase days of distribution
- Location at Graduate Student Housing
- Cooking Classes focused on meal planning on a budget
HOWDY!
The 12th Can
Mission

“Our goal is to eliminate hunger at Texas A&M, bring awareness to food insecurity, and show other universities the power of the Aggie spirit.”
History

- Founded: November 2013
- November 2013 – January 2015 pre-made bags
- Fastest growing organization on campus
- Founded with students in mind
Overview

- 8 person Executive Team
  - 2 co-chairs
  - 64 general volunteer members

- SGA

- Policy for entrance

| Gross amount of money a household can receive monthly and possibly be eligible for Food Stamps: |
| 1 person household - $1,127 | 6 person household - $3,077 |
| 2 person household - $1,517 | 7 person household - $3,467 |
| 3 person household - $1,907 | 8 person household - $3,857 |
| 4 person household - $2,297 | 9 person household - $4,247 |
| 5 person household - $2,687 | 10 person household - $4,637 |

| Gross amount of money a household can receive monthly and possibly be eligible for CHIP/Medicaid: |
| 1 person household - $1,702 | 4 person household - $3,442 |
| 2 person household - $2,282 | 5 person household - $4,022 |
| 3 person household - $2,862 | 6 person household - $4,602 |
Partners

RAZOS VALLEY FOOD BANK
FEEDING HOPE

houston foodbank
Filling pantries. Filling lives.

TEXAS A&M UNIVERSITY
ENVIRONMENTAL HEALTH & SAFETY
TEXAS A&M UNIVERSITY
Quick Statistics

70% of recipients are staff members
- Next greatest majority is graduate students
  - Food Budget: $30,000
  - Average lbs per opening: 2500
  - Unique visitors since inception: 1500
- 26 visitors at 1st opening
Thank you,
Questions, ideas, comments?