

# Committee for Improving Student Food Security



# Introduction

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**Committee for Improving  
Student Food Security**

# Adult Brains and Nutrition

- Academic success is impacted by food insecurity
  - A student who has not eaten sufficient nutritious food will have difficulty mastering the material or performing on the test
- Standardized test scores do not consider basic needs security as another form of college readiness

Source: Maroto, M.E., Snelling, A., & Linck, J. (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. As cited by Goldrick-Rab, S., Richardson, J., and Kinsley, P. (2017) Wisconsin HOPE Lab Guide to Assessing Basic Needs Insecurity in Higher Education, (1).

# National Statistics

- Overall Food Insecurity Stats
  - US average food insecurity = 12.3% (USDA, 2017)
  - Oregon average food insecurity = 15.2% (Feeding America, 2017)
- Food Insecurity in Higher Education
  - 36% of higher education students surveyed do not get enough to eat on a regular basis
  - Nearly 1 in 10 community college students have gone a whole day without eating in the past month

Sources: Wisconsin HOPE Lab, as cited by Dewey, C. (2018, April 3). The hidden crisis on college campuses: Many students don't have enough to eat. *The Washington Post*. Retrieved from <https://www.washingtonpost.com/>

<http://map.feedingamerica.org/>



# Food Insecurity at PSU

- Summer 2014, campus-wide food insecurity assessment
  - **Determined that 59% of respondents experienced some sort of food insecurity in the 2013-2014 academic year.** (22% response rate)
  - Most respondents did not know we have a food pantry on campus
  - Highest concerns when accessing emergency food services:
    1. Availability of fresh fruits and vegetables
    2. Stigma
- Spring 2016, campus-wide food insecurity assessment
  - 54% indicated a level of food insecurity (20% response rate)
  - 65% indicated they were aware we have a student food pantry
  - Highest concerns when accessing emergency food services:
    1. Availability of fresh fruits and vegetables
    2. Difficulty accessing resources (hours of operation, transportation)
    3. Stigma
- Spring 2018, campus-wide food insecurity assessment
  - In progress now!



# Drivers of Student Food Insecurity

- Rising cost of tuition and student fees
- Lack of financial aid/assistance
- Strict requirements for NSAP
- Rising cost of living
- Tough/competitive job market, low wage jobs
- Health/mental health issues or disability
- Existing debt or low socioeconomic status
- Stable housing and reliable transportation
- Stigma and skepticism persist



## **The CISFS Mission:**

Student food security is an integral element of a sustainable and equitable Portland State University (PSU) community. The Committee for Improving Student Food Security (CISFS) seeks to improve PSU students' ability to access affordable, nutritious, culturally relevant food. This will be achieved through fostering community partnerships, increasing awareness, addressing barriers through policy advocacy, and using data to inform and build capacity for action.

### **Committee Members:**

Staff, faculty, students, community partners & alumni (13 members currently, 2 vacancies)

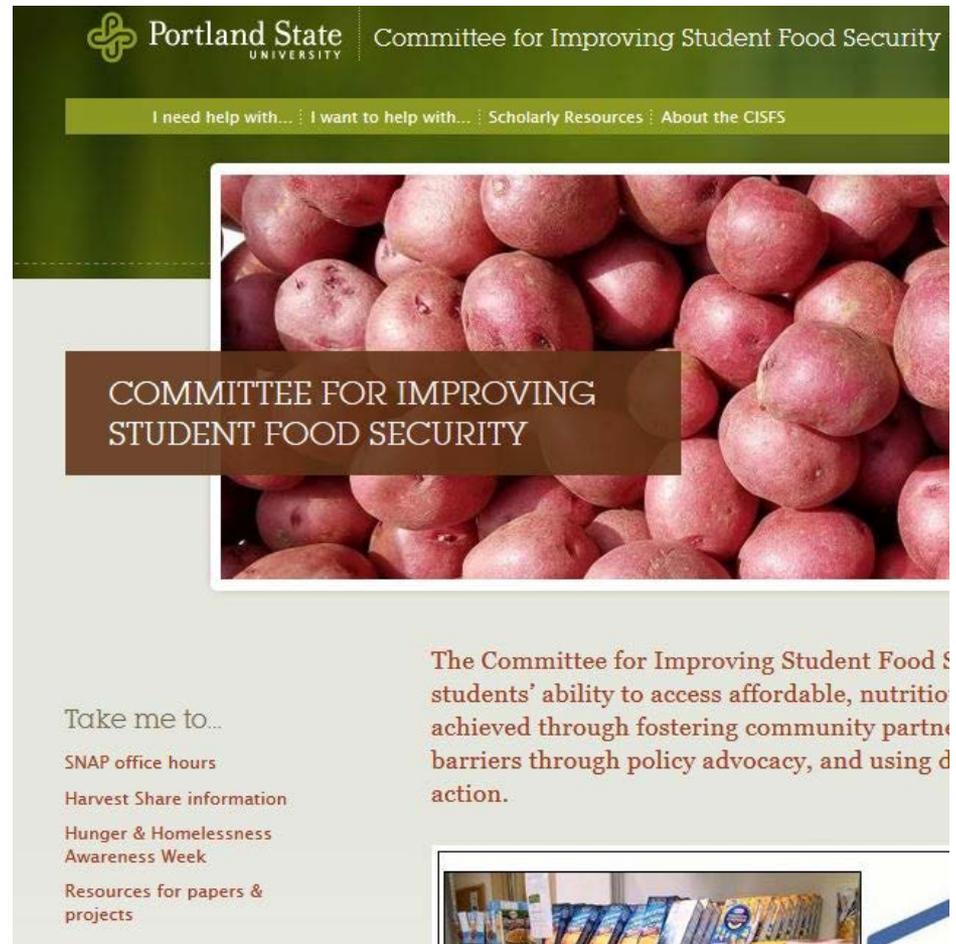
### **Work Groups:**

Outreach, Marketing, and Planning & Development

# CISFS Website

<https://www.pdx.edu/student-access-center/>

- URL is “future-minded”
- Information on:
  - Where to find help
  - How to get involved
  - Events and collaborative efforts
  - Scholarly resources
  - The committee



The screenshot shows the website for the Committee for Improving Student Food Security (CISFS) at Portland State University. The header features the university logo and the committee's name. A navigation bar includes links for "I need help with...", "I want to help with...", "Scholarly Resources", and "About the CISFS". The main content area is dominated by a large image of red potatoes, with a dark brown overlay containing the text "COMMITTEE FOR IMPROVING STUDENT FOOD SECURITY". Below this, there is a section titled "Take me to..." with links to "SNAP office hours", "Harvest Share information", "Hunger & Homelessness Awareness Week", and "Resources for papers & projects". To the right, a paragraph describes the committee's mission: "The Committee for Improving Student Food Security works to increase students' ability to access affordable, nutritious food, and to reduce barriers through policy advocacy, and using direct action." At the bottom right, there is a small image of a bookshelf filled with books.



# free food market

- Formerly known as “Harvest Share”
- Monthly since April 2015
- 195,821 = Total lbs. food given away
- 11,485 = households impacted
- 32 = Average number of volunteers each month
- Open to students, staff, & community members

# SNAP Awareness and Representation

Annual fall training/retraining

Weekly office hours provided by PSU staff around campus in discrete, non-stigmatizing locations at a variety of times



**S**upplemental  
**N**utrition  
**A**ssistance  
**P**rogram

Putting Healthy Food  
Within Reach

# Working Together

## Working with the PSU Food Pantry

- Student-run pantry, we support them but are separate

## Working with University Studies classes

- Students help with a variety of small assessments and outreach projects

## Working with PSU Eats

- Donate leftover food to the PSU Food Pantry
- Host events about food waste, cooking skills, etc.

Working with others on campus - Financial Wellness Center, SHAC, etc. for campus-wide initiatives and events

