

FOOD INSECURITY: THE PROBLEM

- FOOD INSECURITY IS LACKING ACCESS TO A SUFFICIENT AMOUNT OF AFFORDABLE, NUTRITIOUS FOOD.
- WORLDWIDE, MORE THAN 820 MILLION PEOPLE ARE FOOD INSECURE. IN THE UNITED STATES, 40 MILLION PEOPLE WERE FOOD INSECURE IN 2017.
- INDIVIDUALS WITH LOW INCOMES AND STUDENTS ARE LIKELY TO BE FOOD INSECURE BECAUSE OF THEIR LIMITED FINANCIAL MEANS.
- MANY FOOD INSECURE INDIVIDUALS LIVE IN FOOD DESERTS WHICH LIMIT THEIR ACCESS TO AFFORDABLE AND NUTRITIOUS FOOD.

FOOD INSECURITY: IMPACTS

- PEOPLE REPORT HAVING TO CHOOSE BETWEEN FOOD AND MEDICAL CARE, TRANSPORTATION, UTILITIES, AND HOUSING.
- PEOPLE WHO EXPERIENCE FOOD INSECURITY HAVE HIGHER RATES OF ADVERSE PHYSICAL AND MENTAL HEALTH OUTCOMES. FOR EXAMPLE, THOSE WHO EXPERIENCE FOOD INSECURITY ARE MORE LIKELY TO DEVELOP DIABETES AND HYPERTENSION.

FOOD INSECURITY AND COLLEGE STUDENTS

THE PROBLEM

- FROM PEER REVIEWED LITERATURE, THE AVERAGE RATE OF FOOD INSECURITY AMONG COLLEGE STUDENTS IN THE UNITED STATES IS 32.9%.

THE CAUSES

- COLLEGE STUDENTS ARE LIKELY TO BE LOW INCOME AND MAY NOT RECEIVE FINANCIAL SUPPORT FROM THEIR PARENTS.
- STUDENTS MAY LIVE IN FOOD DESERTS OR LACK TRANSPORTATION TO GET TO GROCERY STORES.
- FOOD ON CAMPUS AND IN THE SURROUNDING AREA MAY BE UNAFFORDABLE TO LOW INCOME STUDENTS.
- COLLEGE TUITIONS ARE AT AN ALL TIME HIGH AND FINANCIAL AID HAS NOT KEPT PACE, MEANING STUDENTS ARE LIKELY TO MINIMIZE THEIR EXPENSES IN ORDER TO AFFORD COLLEGE.

THE IMPACTS

- STUDENTS REPORT THAT FOOD INSECURITY LEADS TO STIGMA, SHAME, AND A NEGATIVE IMPACT ON THEIR SOCIAL LIVES.
- FOOD INSECURITY CAN MAKE FOCUSING ON COURSEWORK DIFFICULT AND MAY HAVE DETRIMENTAL EFFECTS ON A STUDENTS GPA.

RESOURCES AT CWRU AND IN CLEVELAND FOR FOOD INSECURE STUDENTS

- THE OMA, CCEL AND THE CENTER FOR WOMEN EACH PROVIDE FREE SNACKS TO STUDENTS.
- THE CHURCH OF THE COVENANT HAS A FOOD PANTRY, WITH HYGIENE KITS AND CLOTHING ALSO AVAILABLE. FREE MONTHLY MEALS ARE OPEN TO THE COMMUNITY. CONTACT KEVIN LOWRY AT KLOWRY@COVENANTWEB.ORG OR TEXT/CALL 330-988-0490 TO ACCESS THE PANTRY OR FOR MORE INFO.
- VISIT THE COMMUTER LOUNGE IN THWING FOR A SELECTION OF FREE FOOD.
- COLLEGE STUDENTS MAY BE ELIGIBLE FOR THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP), PROVIDED THAT THEY MEET CERTAIN REQUIREMENTS. CONTACT JANÉE KELLY (JANEE.KELLY@CASE.EDU) IN THE OFFICE OF MULTICULTURAL AFFAIRS FOR ASSISTANCE.
- MANY CAMPUOS ORGANIZATIONS OFFER EVENTS WITH FREE FOOD. THERE ARE ALSO OFTEN LEFTOVERS TO BRING HOME.
- OTHER FOOD ASSISTANCE IS AVAILABLE IN THE COMMUNITY. VISIT CFS.CUYAHOGACOUNTY.US/EN-US/FOOD.ASPX



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HOW YOU CAN HELP CREATE CHANGE: ADVOCACY AND SERVICE

- SHARE THIS INFORMATION WITH THOSE YOU KNOW TO DESTIGMATIZE FOOD INSECURITY AND PERHAPS HELP YOUR FOOD INSECURE PEERS FIND RESOURCES.
- JOIN THE FOOD INSECURITY SUSTAINED DIALOGUE GROUP TO DISCUSS POTENTIAL CAMPUS SOLUTIONS TO THIS CRITICAL PROBLEM. E-MAIL EMMA AT EXW236@CASE.EDU FOR INFO.
- JOIN THE FOOD RECOVERY NETWORK AT CWRU WHICH WORKS TO REDUCE HUNGER AND FOOD WASTE BY RECOVERING LEFTOVER FOOD ON CAMPUS AND GETTING IT TO THOSE WHO NEED IT.
- CONTACT CCEL TO VOLUNTEER WITH A FOOD PANTRY OR SOUP KITCHEN TO HELP DISTRIBUTE FOOD TO FOOD INSECURE RESIDENTS.
- START OR VOLUNTEER AT A COMMUNITY GARDEN TO INCREASE THE AMOUNT OF NUTRITIOUS FOOD AVAILABLE TO RESIDENTS AND STUDENTS.

