Food Pantry and Beyond

Dr. Connie Moreno Yamashiro
Ms. Ismery Rivera
Presentation Overview

- 25 minutes - Student Experiences with a College Food Pantry
- 25 minutes - Beyond a Food Pantry
- 10 minutes - Q&A for both presentations
Hungry for a Higher Education:
A Case Study on Undergraduate Student Experiences with a Campus Food Pantry

Dr. Connie Moreno Yamashiro
California State University, Long Beach
Overview

- About Study
- Small Group Discussion
- Methodology and Findings
- Recommendations
- Conclusion and Q&A
What lead to this study?

12.3% Household food insecurity rate
(Coleman-Jensen et al., 2017)

41.6% food insecurity rate in the CSU
(Crutchfield & Maguire, 2018)

HOW & to WHAT EXTENT should colleges address food insecurity?

Awareness of food insecurity

A plan to combat it through a food pantry
(CSU, 2018)
We know little about the holistic experiences of using a food pantry (El Zein et. al, 2018, Twill et.al, 2016)

Educators need to be more informed to decipher if a college food pantry is the best approach

With more pantries developing and being sustained, there is an urgency to understand this phenomenon
Research Questions

How do undergraduates experience a college food pantry at a public four-year institution?

Sub-question 1: How do personal and environmental experiences influence college students’ use of a food pantry at a public four-year institution?

Sub-question 2: What contributes and prevents undergraduate students from utilizing a college food pantry at a public four-year institution in California?
Small Group Discussion

Food Pantry
Discussion Questions

1. How would you define food insecurity as it relates to students in higher education?

1. Does your campus have a food pantry?
   ○ If so, what have you heard about the students’ experience in the pantry?
   ○ If not, what do you think the experiences might be like for students?
Definitions

USDA's Labels for Describing Ranges of Food Security

<table>
<thead>
<tr>
<th>Category</th>
<th>Food Security</th>
<th>Definition</th>
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<tr>
<td><strong>Food Secure</strong></td>
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<tr>
<td></td>
<td>High food security</td>
<td>No reported indications of food-access problems or limitations.</td>
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<tr>
<td></td>
<td>Marginal food security</td>
<td>One or two reported indications. Little or no indication of changes in diets or food intake.</td>
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<td><strong>Food Insecure</strong></td>
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<td>Low food security</td>
<td>Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.</td>
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<tr>
<td></td>
<td>Very low food security</td>
<td>Reports of multiple indications of disrupted eating patterns and reduced food intake.</td>
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Methodology
### Design

- *Single Case Study Research Design (Yin, 2017)
- *Embedded Case Study (Yin, 2017)

### Method 1
**Interview**
- *60 minute semi-structured Interviews
- *16 interviews using criteria

### Method 2
**Observations**
- *60 minutes
- *5x using protocol
- *Each day varied
- *190 square ft

### Method 3
**Doc. Collection**
- *Protocol
- *22 docs of policy, marketing, articles, websites, & photos
# Food Security

<table>
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<tr>
<th>Food Security</th>
<th>Definition</th>
<th>% of Participants</th>
<th># of Participants</th>
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<td>No reported indications of food-access problems or limitations.</td>
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<td><strong>Marginal food security</strong></td>
<td>One or two reported indications. Little or no indication of changes in diets or food intake.</td>
<td>31%</td>
<td>5</td>
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<td>Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.</td>
<td>38%</td>
<td>6</td>
<td>Food Insecure 69%</td>
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<td><strong>Very low food security</strong></td>
<td>Reports of multiple indications of disrupted eating patterns and reduced food intake.</td>
<td>31%</td>
<td>5</td>
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Findings
Findings

Journey of Undergraduates Using a Campus Food Pantry

Feelings Before Visiting the Pantry
- Vulnerable
- Free Food: "Why wouldn't you go?"

Going to the Pantry
- Going with someone else
- Going Alone, but not Feeling Alone

Experiences at the Pantry
- Pantry Workers
- Free Bag
- Clean/Organized
- Expired Food
- Dietary Needs

Leaving the Pantry
- Commuter vs Live on Campus
- Not just for poor students
- Campus Cares
Vulnerable

Yolanda - “I think among some people there is that stigma and I think people are afraid to use it [the pantry] because of that stigma. I think we have to present it in a different way and make more awareness that if you're hungry, it is ok to have help to feed yourself. It is not shameful to be hungry, it is not shameful to ask for help.”

Free Food: “why wouldn’t you go?”

Jon- It's the stereo-typical college student, doesn't have food. Right? So yeah, that's what ultimately, that's like "Yeah, I'll check it out. Like why not?"
Experiences at the Pantry: Pantry Workers

Mary

- To having somebody who was there who was supportive and offering advice, and also giving you different resources, like websites and stuff you can visit to apply for food stamps or whatever, was really cool. I feel like if the person's just sitting there and not offering you, not saying hello, or not saying, "Oh, can I help you," or stuff like that, then I feel like the experience wouldn't have been as good. I feel like it would have just solidified that feeling, it wouldn't have made me want to go back. I think that knowing that somebody's going to be there who's going to be comforting or going to talk to you while you're there, is really what keeps me coming back.

Steve

- It was kind of awkward, because there was just someone sitting there, and it’s like okay… it was kind of awkward for someone to just sit there and just watch me pick up food. But they were also there to help, which was okay.
Experiences at the Pantry: Expired Food

Josh

• When it comes to milk, I had some gross experiences with old milk, and drinking it is so disgusting when it's old. I just feel like it being in there is disgusting, because if you do get it, and it's expired, then I don't know if it's gonna taste bad or anything. Just it being expired, my thought on that can go to it tasting gross. That's how I feel.

Corrie

• A lot of sauces expired. Yeah, there's a couple that are expired like last year or whatever… It depends on what it is. If it's something like peanut butter, I would say, like, no. That's kinda liquidy; I'm kinda hesitant about it. It depends… If you look at the best by, sell by or whatever, it's more that goes into that. Having knowledge about it is definitely a plus.
Leaving the Pantry: Commuter vs Living on Campus

**Commuter**

- For me, I don't know if I want to have that milk sitting in my car and basically risking it getting bad and all that. I think it does factor in for commuters verses people who live on campus...Yeah, I actually, I think it was the second or third week I went to the pantry I noticed they had eggs and tomatoes that I want to keep cold. So now I make sure to bring a foot ice chest with ice packs just in case they have something that is perishable that I want to keep cooler. – Marilyn

**Living on Campus**

- I think if you're living on campus, it's pretty close, because you just have to walk straight up to campus and then just an elevator and you're already there. *I think it's just convenient for the students that live on campus.* - Josh
Recommendations
Recommendation for Practice

- Offer support to commuter students
- Provide comprehensive training for pantry workers
- Market CalFresh opportunities more intentionally
- Educate the campus on sell by and use by expiration dates
Recommendation for Policy

- Develop standards for food pantries
- Implement SNAP or CalFresh Outreach at every campus
- Determine Funding Sources for Pantries
Recommendation for Future Research

- Research Different Pantries
- Research the Commuter Experience
- Incorporate graduate students
But again, with the pantry, that has helped me so much. Some of the things that I would not have thought to purchase, I’m able to buy here now. For example, I got a box of Cheerios. I wouldn’t have thought to buy a box of Cheerios, just because I always buy…I go to Dollar Tree sometimes, I’ll buy Dollar Tree cereal. It doesn’t matter to me...So if I don’t have the financial support from my family, at least I know that I’m getting the support from my school. It makes me feel really happy that my school supports me, and that I’m not alone. - Silvia


Thank you!
Beyond a Food Pantry

Creative Ways to Alleviate Food Insecurity

Food Pantry with a Case Management Model

Ismery Rivera
Coordinator at the Giant Nutritional Center
College of the Sequoias, Visalia CA
Creative Ideas to Alleviate Food Insecurity

Creative Ideas
Food Cards
Snack Stations
Fresh Produce Giveaway
Food Cards

- Monetary assistance to students who need to buy prepared and/or perishable food
- Walmart, Grocery Outlet and our College Cafeteria
- $10 worth. Once per month every semester
  - Financial aid limitations
- Recording system
  - Online Intake Form
  - Separate routing for all three campuses
Snack Stations

- Located in strategic offices in all three campuses
  - Student Success Offices
  - EOPS
  - Health Center
- Stations need to report how many students they serve monthly
  - Stations have their own routing that asks students’ initials and date for privacy protection.
Fresh Produce Giveaway

- In partnership with local food banks
  - Food Link Tulare County
  - Central California Food Bank
- Serves students, staff and faculty, and community members
- Different across COS campuses
  - Nutrition in the Bag!
  - Nutrition on the Go with a Twist!
- Once a month
- Sign-ups versus open
Other Ideas

- **Free Lunch**
  - Free meal voucher for college cafeteria
  - $10 worth

- **Smoothies Day**
  - Pantry staff prepares smoothies
  - Provide nutritional info for students
  - Campus-wide event

- **Spring Break Buffet**
  - “Taking pantry outside”
  - Buffet style
  - Open to all students

- **PB + J Day!**
  - Self-served
  - Location closed to water for hygiene

- **Chopped!**
  - Once-a-year event
  - Open to staff, faculty, and students
  - Prepare a meal with fresh and non-perishable food items in a mystery box
Activity Time: Toolless Chopped!

- Teams of 3-4 people
- Create a delicious and healthy recipe in 30 seconds!
- Winner team receives amazing prize!
Food Pantry with a Case Management Model

- Food Pantry Check In
- Case Management
- CalFresh and Homelessness
- Promotion of Pantry Services
Giant Nutritional Center: Check-in

- Physical intake form
  - Checks CalFresh eligibility
  - Reporting in OASIS software
  - Records new pantry users

- Online Intake Form
  - Food Card registration
  - Existing pantry users
  - Online Intake Form
Select your campus: □ Visalia □ Hanford □ Tulare

Banner ID: __________________________ Phone: __________________________

Name: __________________________ E-mail: __________________________

Date of Birth: __________________________ Best way to contact you: □ E-mail □ Cellphone

Please, check all that apply:

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<th>Gender</th>
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Select the benefit(s) and/or COS program you are part of. Please check all that apply:

Benefits

□ WIC – Women, Infant & Children
□ Cal Fresh – Food Stamps, EBT, SNAP.
□ TANF – Temporary Assistance for Needy Families
□ TEFAP – The Emergency Food Assistance Program
□ VA/Military Benefits
□ SSI – Supplemental Security Income

COS Program

□ MESA
□ PUENTE
□ EOPS – Extended Opportunity Programs & Services
□ Next Up/ESS
□ Access & Ability Center
□ Other

Are you interested in receiving information about any of these programs? □ Yes □ No

Please, answer these questions according to your situation in the last month

The food that I bought did not last and I did not have money to get more
a. Often True
b. Sometimes True
c. Never True

I have a hard time focusing in school because I don’t have food or money to eat during the day
a. Often true
b. Sometimes true
c. Never true

The purpose of the Giant Nutritional Center is to provide emergency, supplemental food to students. To be eligible for our services, you must be a currently enrolled student at COS. Please only take food you will actually use as there are many students accessing this service.

➤ I assume total responsibility of any risks associated with taking food from the Nutritional Center and I release the Nutritional Center from any liability.
➤ I will only take the food items that I reasonably expect to use.
➤ I understand that the Nutritional Center can deny me of any service at any time for violation of the Nutritional Center policies.
➤ By my signature below, I hereby authorize College of the Sequoias Health Center to share any information with the Central California Food Bank of Fresno as it relates to me during the course of receiving food from the Giant Pantry.

Signature: __________________________ Date: __________________________

Please, read and sign below.
1. Appointment with Coordinator
   a. Giant Nutritional Center - Food Assistance
   b. GetCalFresh.org: Apply for California Food Stamps Online
2. Other state and federal benefits
   a. Financial Assistance
3. Student’s needs beyond nutritional
Referral for Case Management

Date: __________
Student Name: ___________________ ID: ___________________
Working phone #: _______________________________________
Referring provider: ______________________________________
Is this an IMMEDIATE referral (requiring 24-48 hr response)? Yes / No

Recommended Resources:
____ Nutritional Education    ____ Food Insecurity
____ Housing               ____ Mental Health (on campus)
____ Medical               ____ Campus resources given?
  Yes / No
____ Dental                 ____ Mental Health (off campus)
____ Financial Aid          ____ Vision
____ Legal Services         ____ Health Insurance
____ Childcare/Family Support ____ Academic/Career
Counseling
____ Other resource ______________________________________

Additional notes from referring provider:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

---------- CASE MANAGER’S NOTES BELOW: -----------

Assigned Case Manager ____________________________________________
Initial phone contact (date/time): ____________________________________
Face to Face appt. scheduled? Y or N ____________
(*see notes in Medicat system for further documentation and progress)

GNC CASE MANAGEMENT REFERRAL

Please, fill out this information if you need any of the additional resources below:

Name: ___________________ ID: __________
Telephone: ___________________
E-mail: ______________________

Do you have any other needs? Check all that apply.

☐ Housing
☐ Dental
☐ Vision
☐ STDs or Other Health Concerns
☐ Financial Aid
☐ Health Insurance
☐ Academic/Career Counseling
☐ Childcare/Family Support
☐ Legal Services
☐ Domestic Violence
☐ Mental Health (on campus)
☐ Mental Health (off campus)
☐ Substance Use

If you checked any of these items, would you like to be contacted by a case manager? ☐ Yes ☐ No

OFFICIAL USE ONLY

Scanned: _________ Date: __________
________________________________________________________________________
Case Management: Staff

● Mental Health Interns
  ○ Fresno Pacific University and Fresno State
  ○ 4-6 month period
  ○ Provide comprehensive counseling services

● Case Management Interns
  ○ LCSW required for supervision
  ○ Connect students with resources on and off campus
  ○ Short-term case management
Case Management: Homelessness + Hunger

- Overlap between food and housing insecurity

- Systematic approach to hunger and homelessness at the College
  - Student Activities Vouchers
  - Homeless Liaison on campus

- Case managers have categories for homelessness
  - Tense relationship with relatives
  - “Couch Surfer”
Activity Time: Would you sign this student up for CalFresh?

Martin is a foster care student. He is a green card holder and he is part of EOPS. Martin is also part of Federal Work Study and he is 22 years old. Yes. Because he is a legal resident, he is part of EOPS and FWS: eligibility does not mean one received FWS.

Josephine is an athlete and a citizen. She is currently unemployed because she does not have time to work. Josephine is also experiencing homelessness at the moment. She is 24 years old. No. Unfortunately, Josephine is not part of EOPS, AAC, or any eligible programs for college students. CalFresh does not provide special applications for students experiencing homelessness.

Jane is an ESL Spanish-speaking student. She is working on applying to obtain her green card. Jane is also part of AAC and she is employed. Jane is 30 years old. Jane is eligible, but it is up to you to sign her up. If Jane receives CalFresh, she might be guilty of “public charge”, since CalFresh is a public benefit.
Promotion of Pantry Services

- Class Presentations
- Social Media and Website
- Campus-wide Events
- Pamphlets and Infographics
Q&A Session