

Feed the body Feed the mind

A STRONG PARTNERSHIP TO ENSURE COLLEGE STUDENTS HAVE THE
PROPER NUTRITION THEY NEED TO BE ACADEMICALLY SUCCESSFUL

Cabrillo College

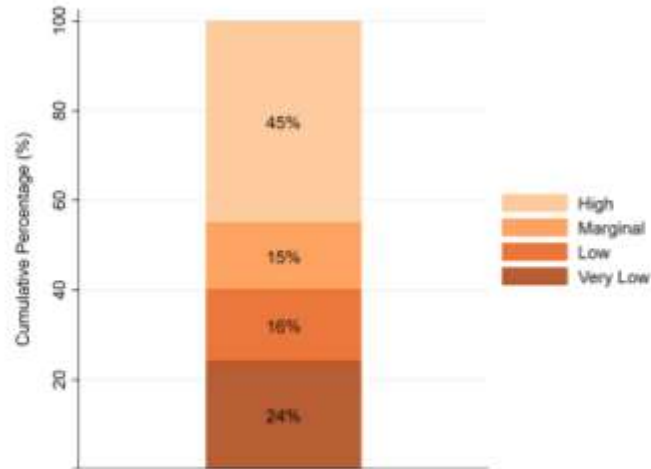


What is Food Insecurity (FI)?

- ▶ Food insecurity is a major public health issue. In 2018, 11.1% (14.3 million) U.S. households experienced food insecurity (USDA, 2019).
- ▶ FI refers to limited or uncertain access to nutritious, safe food necessary to lead a healthy, active lifestyle (Coleman-Jensen et al., 2018). Common indicators include:
 - ▶ the inability to access sufficient food for balanced, nutritious meals
 - ▶ fear of running out of food due to financial constraints
 - ▶ skipping meals, cutting down on portions, or hunger experienced as a result of insufficient access to food

Are students hungry at Cabrillo?

Figure 1. Food Security Among Survey Respondents at Cabrillo College



Source: 2018 #RealCollege Survey

Notes: According to the USDA, students at either low or very low food security are termed food insecure. For the full list of questions used to measure food security, see our full report available at www.hope4college.com. Cumulative percentage may not add up to 100 due to rounding error.

40% of responding students are Food Insecure

This coincides with the study done by UCSC BLUM Center on “Food Insecurity in Santa Cruz County”

- ▶ Their findings show that FI is a significant issue in Santa Cruz County. In 2017-18, there was a “meal gap” of 43% and approximately 20% of residents were at risk of food insecurity.

What does food insecurity look like?

Figure 2. Food Insecurity Among Survey Respondents at Cabrillo College



Source: 2018 #RealCollege Survey

Food insecurity is an invisible struggle and may show up in unexpected ways:

- Lack of energy
- Lack of concentration
- Sluggish in class/Falling asleep
- Losing weight
- Irritability, easily agitated
- Dizziness, faintness or light-headedness
- Nausea
- Gurgling, rumbling or growling in stomach
- Increased susceptibility to infections
- Prolonged healing from small wounds/cuts
- Depression

Food insecurity crossed most demographic groups almost equally!!!

- ▶ Gender
- ▶ Sexual Orientation
- ▶ Ethnicity
- ▶ Level of parent education
- ▶ Age
- ▶ Enrollment status (full/part-time)
- ▶ Dependent/Independent
- ▶ Pell Grant
- ▶ Years in College
- ▶ Have/do not have children
- ▶ Relationship Status
- ▶ Military Service
- ▶ Employment Status
- ▶ Convicted of a crime
- ▶ Disability

Where were there demographic differences?

We did see higher levels of food insecurity for:

- ▶ Former Foster Youth
- ▶ Undocumented students



First Cabrillo Fresh Market 10-11-2019

Why don't people ask for help?

- ▶ We explored why students don't ask for help...there are a lot of reasons:
 - ▶ Fear, especially for undocumented students
 - ▶ Tired of bureaucracy
 - ▶ Don't want to give out personal information
 - ▶ Shame/Family pressure
 - ▶ Financial Aid limits – how do we help without going over EFC
 - ▶ **STUDENTS DON'T KNOW THERE IS HELP AVAILABLE**

What are we doing differently?

...or not so different from you

- ▶ Multiple points of access
- ▶ Different ways to access support
- ▶ Anonymity (most of the time)
- ▶ Student Concern Reports – anyone can file
- ▶ College-wide, multi-department approach
 - ▶ Student services
 - ▶ Student leadership
 - ▶ Retention
 - ▶ CalWORKs/SRSN

What are our projects?

- ▶ Shop & Go Market - food pantry, dry goods
- ▶ Resource Spots – grab & go snacks with resources available
- ▶ CalFresh outreach on campus TWICE A WEEK
- ▶ Student Services Showcase each semester (both sites)

- ▶ **Before we did any of these...we did something else first!**

“When people hold food drives, they don’t hold fresh fruit drives”

- ▶ This comment from Carol Little, a food pantry operator in the National Geographic article *The New Face of Hunger* is a very poignant statement

WE CHANGED THAT!





**A FREE Farmers Market style event
open to all students – no limits!**

Cabrillo College



How do we do it?


- ▶ MOU between the District and the Food Bank
- ▶ 1500# delivered three times/month
 - ▶ Twice in Aptos, Once in Watsonville (*students also have access to another location just 2 blocks away*)
- ▶ No Charge for Food
- ▶ Delivery Charge (*depending on location*) for driver's time
 - ▶ \$75.00 to Aptos
 - ▶ \$25.00 to Watsonville





NO Barriers

- ▶ We do not ask student's name or income level to participate in the Cabrillo Fresh Market – Why?
 - ▶ More students participate because of anonymity
 - ▶ It doesn't matter what you make with rents like these...


★ Nov 12 1 Bedroom apartment off Ocean St!
\$1550 1br - (santa cruz) 

★ Nov 12 Studios Apt starting NOW at ONLY \$1875 Check it out Today or Sunday...
\$1875 310ft² - (santa cruz) 

★ Nov 12 We have the wonderful 2 bed/1.5 bath you've been waiting for! \$2730 2br - 960ft² - (capitola) 

★ Nov 12 Room in Soquel ; creekside acre \$1100 month \$1100 175ft² - (soquel) 

★ Nov 12 GORGEOUS REMODELED ONE BEDROOM! ONE BLOCK FROM THE OCEAN!! \$2595 1br - 650ft² - (santa cruz) 

★ Nov 10 Looking For Responsible Adult/Student To Sub-Let Room, Long Term \$1200 150ft² - (soquel) 

Driving up rents...a college, a university, the beach and high tech is moving to Santa Cruz

What are the results?

- ▶ Cabrillo Fresh Market opened in October 2018
- ▶ Is closed during semester breaks
- ▶ Fall 2018 (Aptos only)
 - ▶ Distributed 9545# of food to 837 students
- ▶ Spring 2019 (Aptos only)
 - ▶ Distributed 11148# of food to 777 students



That's **10.34 TONS** of FREE fresh produce in 2 semesters

What do students say?

- ▶ I don't receive any aid but as a broke college student, I can say this helps tremendously.
- ▶ Fresh produce is the best
- ▶ I will eat healthy this week
- ▶ Outstanding service
- ▶ Having a kid, this helps while studying and working!
- ▶ This is an amazing service. I feel invested in to succeed.
- ▶ Thank you for the community support! I really needed this this week
- ▶ I can work one less day per week now, more study time

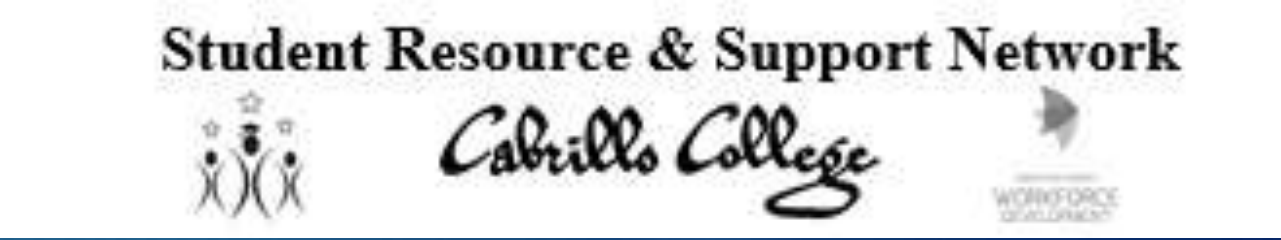
What's on the horizon?

- ▶ We are developing a Food Scholarship program modeled after Houston Community College
- ▶ Working with the Cabrillo Foundation for additional financial support
- ▶ Participation in the Grocery Rescue Program
- ▶ CalFresh pop-ups at different locations on campus

Who are our partners?



Hunger Free Campus Initiative



Questions???

Sources

The New Face of Hunger

Tracie McMillan, July 16, 2014, National Geographic

2018 #REALCOLLEGE SURVEY SCHOOL REPORT FOR CABRILLO COLLEGE

Report prepared by the Hope Center for College, Community, and Justice at Temple University, April 2019

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