



Food Pantry and Beyond

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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



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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)

Significance of Study

- 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

Category	Food Security	Definition
Food Secure	High food security	No reported indications of food-access problems or limitations.
	Marginal food security	One or two reported indications. Little or no indication of changes in diets or food intake.
Food Insecure	Low food security	Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
	Very low food security	Reports of multiple indications of disrupted eating patterns and reduced food intake.

Methodology



Snapshot

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

Food Security	Definition	% of Participants	# of Participants	Category
High food security	No reported indications of food-access problems or limitations.	31%	5	Food Secure 31%
Marginal food security	One or two reported indications. Little or no indication of changes in diets or food intake.			
Low food security	Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.	38%	6	Food Insecure 69%
Very low food security	Reports of multiple indications of disrupted eating patterns and reduced food intake.	31%	5	

Findings



Findings

Journey of Undergraduates Using a Campus Food Pantry



Feelings Before Visiting the Pantry

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

Food for Thought...

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**

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Thank you!

Beyond a Food Pantry

Creative Ways to Alleviate Food
Insecurity

Food Pantry with a Case Management
Model

Ismary 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

Fresh Produce Giveaway



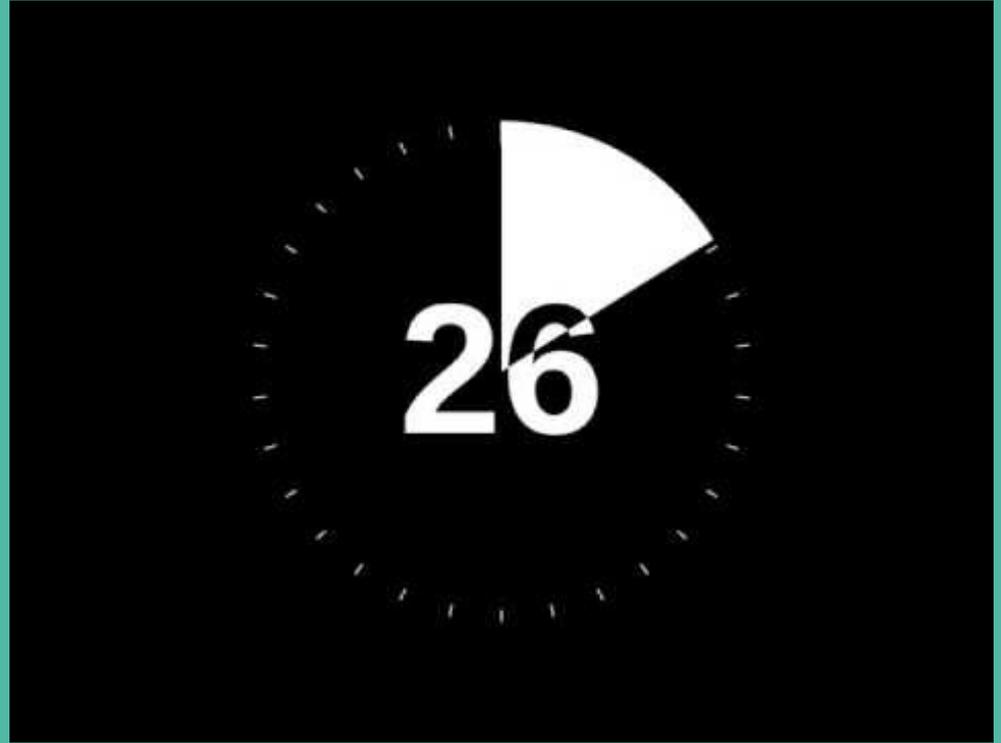
- In partnership with local food banks
 - Food Link Tulare County
 - Central California Food Bank
- Serves students, staff and faculty, and community members
- Different across COS campuses
 - Nutrition in the Bag!
 - Nutrition on the Go with a Twist!
- Once a month
- Sign-ups versus open

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](#)

GIANT NUTRITIONAL CENTER USER 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:

Student Status	Employment Status	Ethnicity	Gender	Children?
<input type="checkbox"/> Full time <input type="checkbox"/> Part time <input type="checkbox"/> ESL	<input type="checkbox"/> Full time <input type="checkbox"/> Part-time <input type="checkbox"/> Federal Work Study <input type="checkbox"/> Cal Works <input type="checkbox"/> Unemployed	<input type="checkbox"/> African American <input type="checkbox"/> Native American <input type="checkbox"/> Asian <input type="checkbox"/> Pacific Islander <input type="checkbox"/> Caucasian/White <input type="checkbox"/> Latino/Hispanic <input type="checkbox"/> Middle Eastern <input type="checkbox"/> Other _____	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Choose not to specify	<input type="checkbox"/> Yes <input type="checkbox"/> No

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

Benefits	COS Program
<input type="checkbox"/> WIC – Women, Infant & Children <input type="checkbox"/> Cal Fresh – Food Stamps, EBT, SNAP. <input type="checkbox"/> TANF – Temporary Assistance for Needy Families <input type="checkbox"/> TEFAP – The Emergency Food Assistance Program <input type="checkbox"/> VA/Military Benefits <input type="checkbox"/> SSI – Supplemental Security Income	<input type="checkbox"/> MESA <input type="checkbox"/> PUENTE <input type="checkbox"/> EOPS – Extended Opportunity Programs & Services <input type="checkbox"/> Next Up/YESS <input type="checkbox"/> Access & Ability Center <input type="checkbox"/> Other
Are you interested in receiving information about any of these programs? <input type="checkbox"/> Yes <input type="checkbox"/> 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
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CM MH NURSING CALFRESH _____

Please, read and sign below.

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 foods 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: _____

GIANT NUTRITIONAL CENTER USER FORM



OFFICIAL USE ONLY

OFFICIAL USE ONLY

NEW

UPDATED

Giant Nutritional Center: CalFresh Sign Up

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 Mediat 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: _____

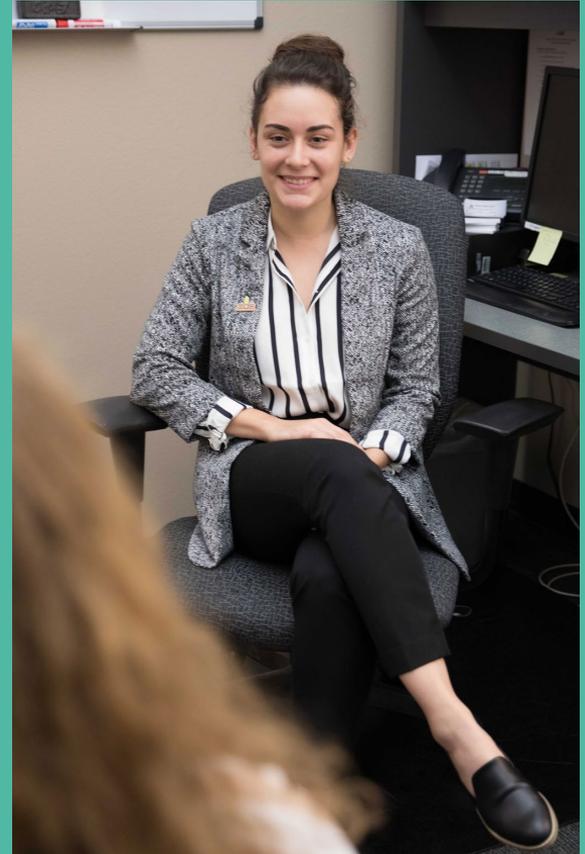
Do you have any other needs? Check all that apply.	
<input type="checkbox"/> Housing	<input type="checkbox"/> Childcare/Family Support
<input type="checkbox"/> Dental	<input type="checkbox"/> Legal Services
<input type="checkbox"/> Vision	<input type="checkbox"/> Domestic Violence
<input type="checkbox"/> STDs or Other Health Concerns	<input type="checkbox"/> Mental Health (on campus)
<input type="checkbox"/> Financial Aid	<input type="checkbox"/> Mental Health (off campus)
<input type="checkbox"/> Health Insurance	<input type="checkbox"/> Substance Use
<input type="checkbox"/> Academic/Career Counseling	
If you checked any of these items, would you like to be contacted by a case manager? <input type="checkbox"/> Yes	
<input type="checkbox"/> 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 Liason 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. *Note: 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