**Food Insecurity in College**



**Food insecurity:** *The state of being without reliable access to a sufficient quantity of affordable, nutritious food.* ***1 in 7*** *Americans are struggling every day to put food on the table.  Food insecurity may cause short and long-term effects including but not limited to headaches, lethargy, anxiety, depression, chronic health issues and difficulty keeping up with day to day tasks.*

******It is a common misconception that those attending college are strictly funded by their parents. Currently, there is a growing population of nontraditional students; students with families, students working part and full-time jobs to make ends meet, students struggling with financial crisis, etc. While no two stories are alike, BGSU recognizes the fact that food insecurity is a real issue that students are facing. Food insecurity can make it difficult and stressful for students to focus on coursework, making food security a priority at BGSU through the BGSU Ending Hunger initiative and the Center for Public Impact.

**Food insecurity can mean:**

* Having to skip meals due to limited food
* Not being able to afford balanced, healthy meals
* Running out of food temporarily or frequently
* Not knowing where your next meal is coming from

***What kind of resources are available to food insecure students?***

* Community and BGSU mobile pantries
* Healthy eating on a budget resources
* Dean of Students: Falcon Care Program, Grab and Go bags, Student Emergency Fund & Basic Needs Assistance Program
* SNAP and WIC benefits
* BGSU Community garden (seasonal)

**How to Get Involved**

*There are several campus and community programs and organizations that are addressing food insecurity locally and globally. The list below includes just a few opportunities, so please stop by the Center for Public Impact for more ideas on getting involved in the fight against food insecurity!*

**WAYS TO GIVE BACK ON CAMPUS**

* **Falcon Care Program** | Do not let your falcon swipes at the Carillon or Oaks go to waste – donate them! Donated meal swipes are then given to students in need. Simply go to the dining hall and ask to donate a swipe. You can donate one swipe per week, so stay on top of knowing if you have excess swipes that could be put to good use!
* **Food Drives & Fundraising** | Many campus organizations and individuals work to fundraise food and money for local pantries and the BGSU Mobile Pantry. Reach out to **publicimpact@bgsu.edu** to find out how you can get involved.
* **BGSU Ending Hunger Steering Committee |** This group meets monthly on the first Wednesday of every month at 9am in University Hall 405 during the regular academic year. This group discuss food insecurity programming and initiatives. To join, contact **publicimpact@bgsu.edu**.

**COMMUNITY OPPORTUNITIES**

* **Brown Bag Food Project** | This is a local non-profit that addresses the issue of food insecurity in Wood County. They provide people with an immediate source of food and connect them to appropriate resources. Go to **brownbagfoodproject.org** to sign up for future volunteer opportunities.
* **Food for Thought** | This organization located in Toledo seeks to provide immediate assistance for food insecure individuals. From Friday night meal packing to Saturday morning mobile meals and mobile pantry days, there is a lot to get involved with at Food for Thought. Reach out to get involved or show up to the public events! For more information go to **feedtoledo.org**
* **Wednesday Night Live |** This program every Wednesday at 6pm provides a free meal for any community member in need of a hot meal. You can volunteer to help with cooking and serving, please visit [**https://stmarksbg.org/2018/09/wednesday-night-live/**](https://stmarksbg.org/2018/09/wednesday-night-live/) for more information.

**STUDENT ORGANIZATIONS**

* **Food Recovery Network (FRN)** | This BGSU campus organization targets food waste by donating food that would otherwise be thrown away at the dining halls to partners that distribute it to those in need. The organization collects food on Thursday at 7:45am and arrives back on campus by 9:30am. If this is something that fits in your schedule, it is a great way to get involved on campus! Visit the FRN website at [**https://www.foodrecoverynetwork.org/ohio#BGSU**](https://www.foodrecoverynetwork.org/ohio#BGSU)to get in contact.
* **Feed My Starving Children (FMSC)** | FMSC is a BGSU campus organization that has a mission to help feed malnourished children across the globe. This organization spends the year raising money to fund their mobile pack during the spring semester. For further information, visit their website **http://fmscbgsu.wixsite.com/fmsc**

***For more information:***

**publicimpact@bgsu.edu | 419-372-9865 | 100 University Hall**