

Housing and Food Insecurity in Higher Education

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Campus Compact

Housing Insecurity

Defining Housing Insecurity

Housing Insecurity vs. Homelessness

Housing Insecurity: the risk of becoming homeless that may be due to uncertainty about the ability to pay rent, utilities bill; moving frequently

Homelessness: “the lack of a fixed, regular, and adequate nighttime residence or sharing housing with others because of loss of previous shelter”

(Silva, 2015)

IE: car, abandoned building, shelter, couch surfing, doubling up

Students and Housing Insecurity

578,000 people affected by homelessness every night (Silva et al., 2015).

58,000 students filed as homeless on the FAFSA in 2014
(Broton and Goldrick-Rab, 2016).

Sarah Goldrick-Rab and colleagues surveyed 33,000 community college students and
“found that...just over 50% were housing insecure” (p.2 , 2017).

-13-14% were homeless

Populations Vulnerable to Housing Insecurity

- First generation
- Veterans
- Former foster care
- DACA or undocumented
- Families and single parents
- Survivors of domestic and sexual violence
- LGBTQI+

Systemic and Institutional Interventions

Colleges and Universities with Housing on Campus

- 9/12 month contracts: break housing
- short-term/ emergency housing

Aligning Financial Aid and Housing Security Deposit

Community colleges forging partnership with 4 year colleges/universities;
housing authorities

Faculty, Staff, Student Intervention

Service Providers: collaboration with community organizations

(includes shelters, transitional living programs)

Campus Programs: Legal Aid, Financial Coaching (credit history)

Campus Community: training for faculty, staff (language, best practice, IE: syllabi)

Students: Service-learning, coursework

Food Insecurity

Defining Food Insecurity

Food Insecurity: limited or uncertain availability of nutritionally adequate and safe foods, or the ability to acquire such foods in a socially acceptable manner

Measures of food insecurity: skipping meals, cutting sizes of meals, can't afford to eat balanced meals, hungry but unable to eat, etc.

Student Food Insecurity

48% of respondents reported FI in the previous 30 days, including 22% with very low levels of food security that qualify them as hungry

“Hunger on Campus: The Challenge of Food Insecurity for College Students” Dubick, Matthews, Cady

Available literature suggests that the rate of food insecurity among college students is up to four times greater than the national average (around 14%)

UMass Boston: Nearly a quarter of the respondents had experienced some form of food insecurity over the past year

6.4% of participants reported severe FI

Who's Affected: Food Insecurity

More than half of all first-generation students (56%) were food insecure, compared to 45% of students who had a least one parent who attended college

43% of meal plan enrollees still experienced food insecurity

Three in four food insecure students received some form of financial aid

Underrepresented students are 20% more likely to be food insecure than White students

*“Hunger on Campus: The Challenge of Food Insecurity for College Students” Dubick, Matthews, Cady

Interventions

Assessments on campus

Food pantries, mobile food banks, and food recovery programs

Meal vouchers, reduced meals and meal plans, student swipe donations

SNAP Application Assistance

Resource referrals, bringing community resources to campus, resource guides

Financial literacy, budgeting, and healthy/affordable meal planning (workshops)

Campus gardens and farmers' markets

Interventions

One stop shop models

- Single Stop
- U-ACCESS Office at UMass Boston

Emergency Aid

Single Point of Contact (SPOC)

- Health care
- Academic Counseling, Tutoring
- Housing, Food Security Resources
- Transportation
- Financial Aid

Resources

-Wisconsin Hope Lab: <http://wihopelab.com/>

-Sarah Goldrick-Rab: "Paying the Price"

-Newman Civic Fellows' Involvement with Housing Insecurity
<https://compact.org/season2-episode9/>

-College and University Food Bank Alliance www.cufba.org

-Campus Compact of Southern New England Campus Food Security
<http://ccsne.compact.org/campus-food-security/>

Resources

Member Campus Pro

BUNKER HILL COMMUNITY COLLEGE

MOUNT WACHUSETT COMMUNITY COLLEGE

NORWALK COMMUNITY COLLEGE

MIDDLESEX COMMUNITY COLLEGE

UNIVERSITY OF MASSACHUSETTS BOSTON

Key Resources



View & Download



View & Download



View & Download

School-Specific Studies and Reports



Relationship Between Food Security, Housing Stability, and School Performance...

View & Download



Partnering to Build a Pantry: A University Campus Responds to Student Food Insecurity

View & Download



View & Download

Intervention Resources

ASSESSMENT OF CAMPUS FOOD INSECURITY

Many campuses have taken up efforts to assess the prevalence of food insecurity among their student population. Start with the recently published *Guide to Assessing Basic Needs Insecurity in Higher Education* from the Wisconsin HOPE Lab.

Guide to Assessing Basic Needs Insecurity in Higher Education

For more assessment and data collection resources, see the following:

U.S. Department of Agriculture Food Security Survey Tools

U.S. Household Food Security Survey Module: Six-Item Short Form Economic Research Service, USDA

Guide to Measuring Household Food Security

Annotated Bibliography: Basic Needs Insecurity in Higher Education

Making the Most of Opportunities to Learn What Works: A School District's Guide

+ CAMPUS FOOD PANTRIES & MOBILE FOOD MARKETS

+ ONE STOP SHOP MODELS

+ FOOD RECOVERY PROGRAMS

+ SNAP ENROLLMENT

+ EMERGENCY AID

+ MEAL VOUCHERS AND SWIPE DONATIONS

+ CAMPUS AND COMMUNITY RESOURCE GUIDES FOR STUDENTS

+ WORKSHOPS AND EDUCATION TO SUPPORT FOOD INSECURE STUDENTS

+ RAISING AWARENESS

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Bibliography

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Dubick, Matthews, and Cady. "Hunger on Campus: The Challenge of Food Insecurity for College Students." October 2016.

Goldrick-Rab, Richardson, and Hernandez. "Hungry and Homeless in College." March 2017. wihopelab.com

Silva et al. "The Relationship between Food Security, Housing Stability, and School Performance among College Students in an Urban University." *Journal of College Student Retention: Research, Theory, & Practice*, (2015): doi:10.1177/1521025115621918.