

## Food Insecurity, National Research and Student Success

- Food insecure college students are 15 times more likely to fail a class<sup>(1)</sup>
- Fewer than 20% of basic-needs-insecure college students graduate within 5 years<sup>(1)</sup>
- 55% of college students with very-low food security also report symptoms of depression<sup>(1)</sup>

## Food Insecurity at OSU's Human Services Resource Center

*HSRC students come from every major across the university and are both undergraduates and students in graduate programs. They are also a representative mix of domestic and international students. This data is count of self-reported HSRC program survey data or program participation numbers.*

**42%** of OSU undergraduates report not receiving sufficient financial aid <sup>(2)</sup>

**2,791** non-unique students applied for food assistance/food vouchers in the 17-18 AY

81% of these met the USDA definition of food insecurity and more than half were experiencing very-low food security, the extreme end of the scale.

**3,200** non-unique students were served by the HSRC food pantry in the 17-18 AY

**1,600+** OSU students and community members follow the @eatfreeOSU food waste recovery/food security twitter account

**1,462** students were screened for SNAP eligibility in the 17-18 AY

**91** students have signed up to participate in HSRC cooking classes

## Student SNAP Facts

- SNAP can help eligible students leverage up to \$2,300 annually in federal dollars to afford groceries
- Students SNAP eligibility has been expanded for community college students in eligible CTE programs
- University student eligibility remains restricted to those working 20 hours weekly, in work-study employment, participating in similar eligibility programs (like TANF) or those who can provide documentation that explains their inability to work a full 20 hours per week.
- Trained HSRC staff have helped students access \$133,000 in SNAP benefits so far in academic year 18-19

<sup>(1)</sup>O'Connor, M. Badger, H. Brown, E. Rothenburg, L. Dillon, A. (2018). Addressing College Students' Basic Needs: Food and Housing Insecurity on Campus. Educational Advisory Board Student Affairs Forum.

<sup>(2)</sup>[https://studentaffairs.oregonstate.edu/sites/studentaffairs.oregonstate.edu/files/2017\\_student\\_campus\\_inclusivity\\_survey\\_executive\\_summary\\_6062018.pdf](https://studentaffairs.oregonstate.edu/sites/studentaffairs.oregonstate.edu/files/2017_student_campus_inclusivity_survey_executive_summary_6062018.pdf)

# About the Human Services Resource Center at Oregon State University

The Human Services Resource Center (HSRC) is a one-stop location for students to get support for their basic needs. The center includes a textbook loan program, emergency housing support, food security programs and shower and laundry facilities for student use. The HSRC has become a national model as other colleges and universities seek to address these same challenges.

Roughly 3 out of 4 HSRC students are Oregon residents. More than half of HSRC students are first-generation and as many as 80% of HSRC students report prior experience on social safety programs like the free and reduced lunch program.

## What HSRC students say:

*“Tuition bills and rent take most of my paycheck each month and I'm left to get by with very little for food and taking care of myself. **The cost of college has been too much and I often regret coming here,** but I am so close to graduation and keep telling myself to just keep going. Being able to stop in and get a good wholesome meal on campus would be extremely helpful and would make the difference of being able to go to sleep without hunger. I struggle to maintain my weight and every additional meal would help.” –HSRC Student, Winter 2018*

*“**Have you ever gone to sleep for dinner?** I have been in multiple situations where it would be easier to fall asleep hungry rather than waste the food for the following day when I needed it so I could be concentrated in class. **Falling asleep in hunger has become a very casual part of my everyday life.**” – HSRC student, Fall 2017*

*“I was ready to leave OSU because it's expensive and I don't have family to help me out. The HSRC helped me get health insurance, walked me through the SNAP application, provided me with a laptop for the term, textbooks and I was awarded Pell grant. I wouldn't be at OSU if it wasn't for them.” –HSRC Student Spring 2019*



Photo credit: Rylan Good

## Students should be worrying about academics, not where their next meal will come from

When students come to the HSRC food pantry, they have the opportunity to leave with enough food to feed themselves and the rest of their family for up to a week.

Once a month, pantry clients have an additional opportunity to bring home more fresh produce because of our new effort, Fresh Food Fridays and partnerships with local community gardens, the campus Student Sustainability Initiative and other generous supporters.

The HSRC Food Pantry is an important food security program providing tens of thousands of meals-worth of food per year. In academic year 2018, we estimate that the pantry served close to 70,000 meals-worth of food to low-income students and community members.

Other food security programs include cooking classes, a food assistance program that loads money on a student's ID so they can buy meals on campus and support for students completing applications for the Supplemental Nutrition Assistance Program (SNAP), commonly known as food stamps.

## HSRC Food Pantry By the Numbers: (2017-18 Academic year)

4501 Individuals  
Served (non-unique)



18 lbs of  
food  
per person

1978 Households  
Served – 93% of  
households had at  
least one student

