UC Berkeley Food Access and Security

Emily Altman UC Global Food Initiative Fellowship

Introduction

The UC Global Food Initiative Food Access and Security Fellow at UC Berkeley has worked alongside food security champions at the university and across the UC system to address student food insecurity on our campus. Since the 2010-2011 academic year when the UC Berkeley University Health Services released a white paper on student hunger and consequently a task force to address student food insecurity was established, this has been an issue at the forefront of UC Berkeley's activities.

During the 2013-2014 academic year, the UC Berkeley Food Security Committee was established to bring together faculty, staff, administrators, graduate students, undergraduate students, and community experts working on or interested in food security on campus. The committee works to engage all of the relevant individuals and groups to address student food insecurity, with the goal of achieving a food secure university.

Along with financial support administered to students in need through the Financial Aid and Scholarships Office, the UC Berkeley Food Pantry launched in 2014 to provide emergency food assistance to students.

Today, there is are a wide variety of efforts targeting UC Berkeley student food insecurity, and all work together to achieve the goal of a food secure community.









Goals

There were two primary goals for the UC Berkeley Food Access and Security Fellowship:

- 1. Co-author the first-ever UC Berkeley Food Access and Security Report
- 1. Actively participate in UC Berkeley and UC system-wide conversations around addressing student food insecurity

In addition to these overarching fellowship goals, the fellow worked to support the UC Berkeley Food Pantry operations throughout the year, as they progressed as an organization to address nutrition as well as food insecurity.

Fellowship Activities

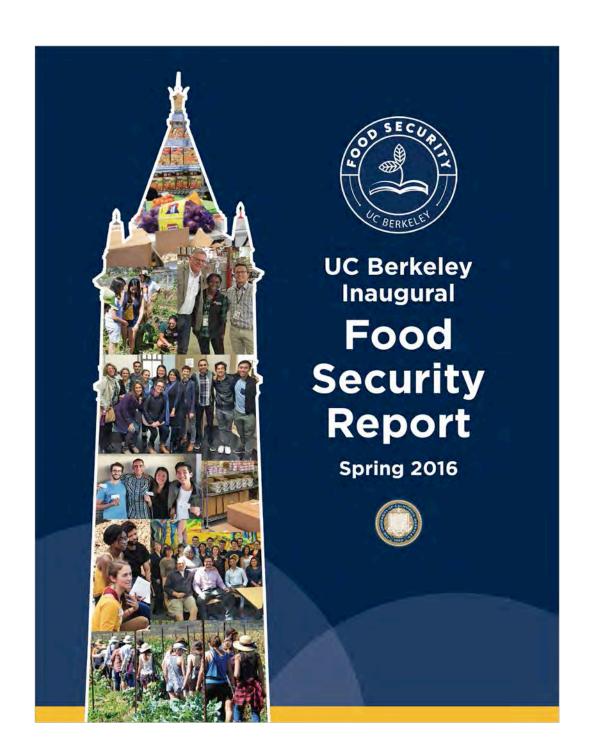
In order to accomplish the goals of the UC Berkeley Food Access and Security Fellowship, the fellow worked with a variety of partners and synthesized data from a variety of sources throughout the year.

Main fellowship activities included:

- Analyze quantitative and qualitative data on food insecurity among UC Berkeley Food Pantry clients
- Meet with UC Berkeley food security stakeholders – students, staff, and faculty to understand the landscape of activities to address food insecurity
- Participate in UC Berkeley Food Pantry weekly meetings to support activities of the organization
- Participate in UC Berkeley Food Security Committee and UC System-Wide Food Security Committee meetings
- Engage in development of UC Berkeley Food Security and system-wide Model
- Synthesize campus data about financial aid, housing, and cost of attendance
- Present on food security efforts to students, staff, and other stakeholders

Fellowship Accomplishments

In addition to a further developed UC Berkeley Food Security Model, which brings together a variety of stakeholders to more fully address student food insecurity, in May 2016, the first annual UC Berkeley Food Security Report was published.



UC BERKELEY INAUGURAL Food Security Report

Executive Summary

Food security is defined as "...all people at all times hav[ing] access to sufficient, safe, nutritious food to maintain a healthy and active life." In the United States, 15.8% of individuals (or roughly 49 million individuals) are considered food insecure According to results from the 2014 Undergraduate Experience Survey (UCUES), 23% of undergraduate students report skipping meals to save money somewhat often, often, or very often. As of now, the UCUES data is the best estimate of undergraduate Cost of living in California and the city of Berkeley is considerably higher than national averages. In fact, housing costs in Berkeley are 219% higher than the national average, and overall cost of living is 77% higher in Berkeley than in the United States.4

UC Berkeley's Response to Student Food Insecurity

Nutrition Assistance Program), also known as Cal Fresh.

at on-campus restaurants and with local food merchants during breaks and in emergency situations. Bigible students receive a list of those participating in the Cal 1 Card program. Funds are awarded on a case-by-case basis and are available for use UC Berkeley Food Pantry: The Food Pantry was established as an emergency relief food supply for all undergraduate and graduate students. Students can visit the pantry twice per month and receive up to five food items, with additional item Tract Community Farm (through Harvest Days), the Student Organic Gardening Association (SOGA), and with the Barkeley CalFrests: In partnership with the Alameda County Community Food Bank, the UC Berkeley Food Pantry offers CalFresh Clinics to students once per month, through which students can get assistance applying for SNAP (the Supplementa

Institutional and System-Wide Coordination UC Berkeley Food Security Committee During the 2013-2014 academic year, the UC Berkeley Food Security Committee was established to bring together faculty, staff, administrators, graduate students, undergraduate students, and community experts working on or interested in food security on campus. UC system-wide Food Security Committee: The University of California Global Food Initiative (GFI), launched in July 2014, works to "address how to sustainably and nutritiously feed a world population expected to reach eight billion by 2025"5 One arm of GFI works to address food access and security in the UC system; as such, in 2014 the GFI Food Access 1 http://www.who.int/trade/glossary/story028/e 3. http://opa.berkeley.edu/2014-ucues-results-and-summa

and Security Committee was established to research student food insecurity, establish work groups on each campus, creat the first-of-its-kind institutional & system wide food security model, and coor dinate the institutionalization of the model.

NST 198: Cooking Healthy on a Budget (soon to be renamed Personal Food Security and Wellness): Launched in Spring 2016 this 1 unit course works to improve students' nutrition-related behaviors by addressing attitudes, knowledge, skills and barriers related to food selection, purchasing and preparation and how these intersect with food security. NST 10: Introduction to Human Nutrition: Beginning Fall 2016, all discussion section topics in NST 10 will have a Community Workshops: Community cooking workshops hosted by the Personal Food Security and Wellness teaching team as well as the Tang Center are offered for students to learn low-budget and time-friendly cooking skills. Community Drap-In Hours: The teaching team for Personal Food Security and Wellness holds community drop-in hours

Grant Writing Class English 165: Special Topics on Arts of Writing, Grant Writing, Food Writing offers undergraduate students an opportunity to spend the semester working on a grant application for the Food Pantry, and reflect on their experiences

at the Food Pantry to discuss nutrition-related issues with food insecure students.

volunteering at the Pantry through a creative written piece

The UC Barkeley Rublic Service Center runs a semester-long DeCal and spring break service-learning trip, through which

2020 UC Food Security Model: In order to systematically address food insecurity among students in California, the UC students will be referred to available campus basic needs security support. Throughout a student's time in the UC system, campus culture will engage students to develop the skills and access the resources they need to be secure in their basic needs These resources include trainings and workshops around food security, as well as connection to the previously mentioned emergency relief resources such as Cal Fresh, the Food Assistance Program, and the Food Pantry.

Food Security Report | 2

Student Testimonials

"Education is crucial to better oneself, but it can be so expensive. It is becoming increasingly difficult to pay for school, and pay for living expenses such as food. I am constantly feeling overwhelmed, and the Food Pantry is helping to ease the burden. Resources like the Food Pantry give me hope that I will be able to finish my education and be able to help others once I am established."

"It gives me a feeling of security. I am confident that I can utilize such an amazing resource without feeling stigmatized."

"I come from a low-income family. Because my family is relying on me for financial support as well, I have to be as financially independent as I can without burdening my family. I prioritize their needs over mine, so I tend to neglect my own diet."

"The Food Pantry makes me feel more supported here at Cal. With a full stomach, I feel mentally and physically ready to tackle the rigor of school."

Future Goals

As our understanding of food insecurity at UC Berkeley progresses, the UC Berkeley Food Security Model will continue to evolve. A continued emphasis on data rigor and community engagement will be necessary in order to achieve the goal of a food secure university. The UC Berkeley Food Security Report will continue with new iterations each year, in order to gather and synthesize all the information about efforts to address student food insecurity on UC Berkeley's campus.

Acknowledgements

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UC Berkeley Food Security Committee

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