

Addressing Food Insecurity at Baruch College

What is the food insecurity?

Food insecurity is more complicated than just being hungry. A student is considered food insecure when he/she/they “lacks consistent access to healthy, safe food” (Bruening, et al., 2016). It can also include “experiencing hunger as a result of running out of food and being unable to afford more or eating a poor-quality diet as a result of limited food options, anxiety about acquiring food or having to rely on food relief” (Hughes, et al. 2011).

A Government Accountability Office (GAO) report in 2018 identified that across the United States, approximately 30% of people face food insecurity (GAO 19-95). Sara Goldrick-Rab’s landmark study in 2017 found that 36% of students surveyed were food insecure (Goldrick-Rab, Richardson and Hernandez, 2017).

In a 2017 study by Temple University, 36% of students surveyed experienced food insecurity.

How do I know if a student is food insecure?

Some students may tell you directly that food is an issue they are facing. If you are working with a student and they express concerns over food (haven’t eaten for a long stretch of time, not enough money to buy food, skipping meals to save money, saving food given to feed a family member, etc.) it is a clear indication that they may not know when they will eat again.

Not every student will tell you directly that they are experiencing food insecurity. Sometimes you may have to ask a question like, “when did you last eat” or “how are you fitting meals in to your busy schedule?” How they respond can give you some insight in to whether or not they have consistent access to food.

What can I do if a student has food insecurity?

Grab and Go Bags: There are currently 3 offices within the NVC where students can receive a “Grab and Go Bag” of food. The bag contains 3 meals worth of food (breakfast, lunch and dinner). To receive a bag, [students can visit the Dean of Students Office \(NVC 3-175\), Health & Wellness \(NVC 3-241\) or Student Life on the second floor of the NVC](#). When they arrive at the offices, they can let the person at the front desk know that they are requesting a Grab and Go Bag. A member of the team will provide the student with food for the day and help them with other possible resources.

Weekly Hot Meals: Beginning in the Fall 2019 semester, a hot meal will be offered to students facing food insecurity once a week. To learn more about the Hot Meals, students can visit the Dean of Students Office in NVC 3-175.

Food Vouchers: As part of the Student Emergency Fund, students who demonstrate a need can receive food vouchers to be used at Hidden City Café (125 E. 23rd Street) and Gramercy Grill (32 Lexington Ave.) close to campus. Each voucher is worth \$5 and is given on a non-descript card to present at the restaurant. The number of vouchers a student is provided is based on their need. To apply to the Student Emergency Fund, visit www.baruch.cuny.edu/emergencyfunding. All current, matriculated students are eligible to apply.



Sources: Bruening, Meg, Stephanie Brennhofner, Irene van Woerden, Michael Todd, Melissa Laska. (May 2016) “Factors Related to the High Rates of Food Insecurity among Diverse, Urban College Freshmen” Journal of the Academy of Nutrition and Dietetics, 145(5); Goldrick-Rab, Sara, Jed Richardson, Anthony Hernandez, Wisconsin HOPE Lab (March 2017). “Hungry and Homeless in College: Results from a national study of basic needs insecurity in higher education”; Hughes, Roger, Irene Serebryanikova, Katherine Donaldson and Michael Leveritt (2011) Nutrition & Dietetics, 68, 27-32. United States Government Accountability Office, December 2018 “Food Insecurity: Better information could help eligible college students access federal food assistance benefits”, GAO-19-95.