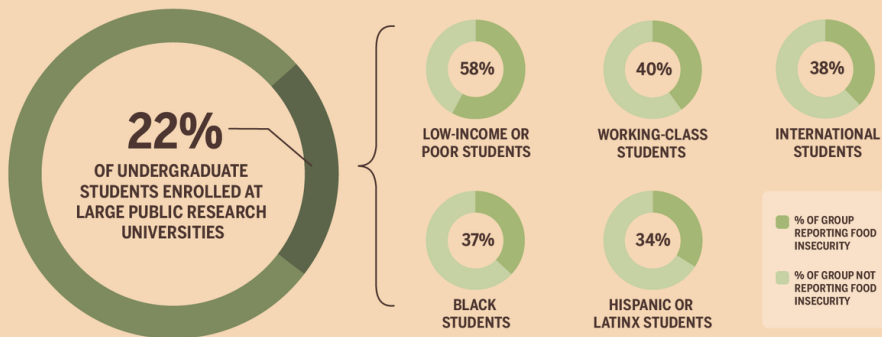


Food Assistance for College Students

By Kaytlin Wisenor

FOOD INSECURITY AMONG UNDERGRADUATE STUDENTS DURING COVID-19 PANDEMIC

PERCENTAGES REPORTING FOOD INSECURITY DURING THE EARLY MONTHS OF THE COVID-19 PANDEMIC:



JOSEPH CASEY | STAFF
SOURCE: REPORT FROM THE STUDENT EXPERIENCE IN THE RESEARCH UNIVERSITY CONSORTIUM, "UNDERGRADUATE AND GRADUATE STUDENTS' FOOD INSECURITY DURING THE COVID-19 PANDEMIC"

What is food insecurity?

Food insecurity is defined as the limited or uncertain ability to obtain nutritionally adequate food due to lack of financial resources, which can result in disrupted eating patterns and/or reduced food intake.

Why are college students struggling with food security?

Non-traditional Students

Many college students today are non-traditional students. This means they are above the age of 24 and have taken time off before pursuing higher education. Many non-traditional students are also juggling parental responsibilities, full-time jobs, and financial obligations. These responsibilities along with the high cost of education can leave students with a small food budget causing them to compromise on the quality or quantity of their food.

Traditional Students

Alternatively traditional students or those starting college right after high school, may experience food insecurity for different reasons. Many of these are learning how to be self-sufficient and may experience difficulties such as limited earning potential, lack of cooking skills/tools, minimal nutritious options on campus, and lack of transportation to reach grocery stores.



Food Assistance Resources

MSU Denver Campus:

Rowdy's Corner (Formerly Roadrunner Food Pantry)

- **WHO:** MSU Denver Student with Student ID
- **WHERE:** MSU Denver Tivoli Building Room 271
- **WHEN:** M-Th 8am-5pm, Fr 8am-11am
- **More info:** <https://www.msudenver.edu/student-care-center/roadrunner-food-pantry/#rowdy%27s-corner-student-faq>

FREE Mobile Food Market

- **WHO:** All Students
- **WHERE:** 1449 7th Street, Denver, CO 80204 (near Dazbog Coffee)
- **WHEN:** 1st Tuesday, 3rd Wednesday of month from 10am-1pm
- **More info:** <https://www.msudenver.edu/student-care-center/roadrunner-food-pantry/#rowdy%27s-corner-student-faq>

SHARE MEALS App

- Phone application that allows event organizers on campus to post when they have extra food available!
- All app participants will receive push notification alerting them of where to pick up the extra food

State/Local Resources:

Supplemental Nutrition Assistance Program (SNAP)

- Students may be eligible for \$190 in food assistance per month!
- **Eligibility Requirements:** [CLICK HERE](#)
- **More Information:** [APPLY FOR SNAP HERE](#)
- **Need Help Applying?** MSU Denver now has case managers available to help you apply for SNAP or other food assistance! Complete a [CARE Referral](#) to be connected with a Case Manager.

Metro Caring

- **Location:** 1100 E. 18th Avenue, Denver 80218
- **Eligibility Requirements:** No requirements, each family allowed one shopping trip per month
- **Hours:**
- For more information or to sign up for a food shopping trip, **visit their website** [HERE](#)

Food Bank of the Rockies

- Use their [find food locator](#) to find a food distribution location near you.

We Don't Waste

- Free mobile food markets for everyone! [CLICK HERE](#) to find out when the next one is happening.

Spectrum of Food Security

Defined by USDA

High Food Security

Access to food is not a problem.

Marginal Food Security

There may be some anxiety about getting enough food, but the type of food and eating patterns are more or less unchanged.

Low Food Security

Food may be of low quality, variety or desirability, but reduced food intake is not a significant issue.

Very Low Food Security

Eating patterns are disrupted at multiple points, and food intake is reduced.



How YOU can help

- **VOLUNTEER:** Non-profit organizations need committed individuals like you to fulfill their mission!
 - Food Bank of the Rockies
 - Metro Caring
 - Hunger Free Colorado
- Start a food drive in your area with help from [Move for Hunger](#)
- **ADVOCATE:** Writing an email to your representative can send an important message. [Legislator Directory](#)
- **EDUCATE:** Spread awareness about food assistance programs in your community



- **DONATE:** If financially able, donate to food assistance organizations so they can purchase exactly what they need.



About the Author

Kaytlin graduated from MSU Denver with her Bachelors of Science in Human Nutrition Dietetics in May 2022. She is currently completing her dietetic internship at MSU Denver. Kaytlin believes everyone should have access to nutritious food regardless of their economic status. She is passionate about sharing anti-hunger resources with her peers at MSU Denver to ensure everyone has the food they need to support their academic success.

