
Wellbeing Update | New Spaces on campus for UI Staff/Student Support New Food Pantry Space & Clothing Closet

Erin Litton, Senior Director, UI Wellness

Steph Beecher, Basic Needs and Care Coordinator, Dean Students

FOOD PANTRY

LINE
STARTS
here



Steph Beecher

Basic Needs
Coordinator

Erin Litton

Senior Director,
Well-Being Services



FOOD INSECURITY

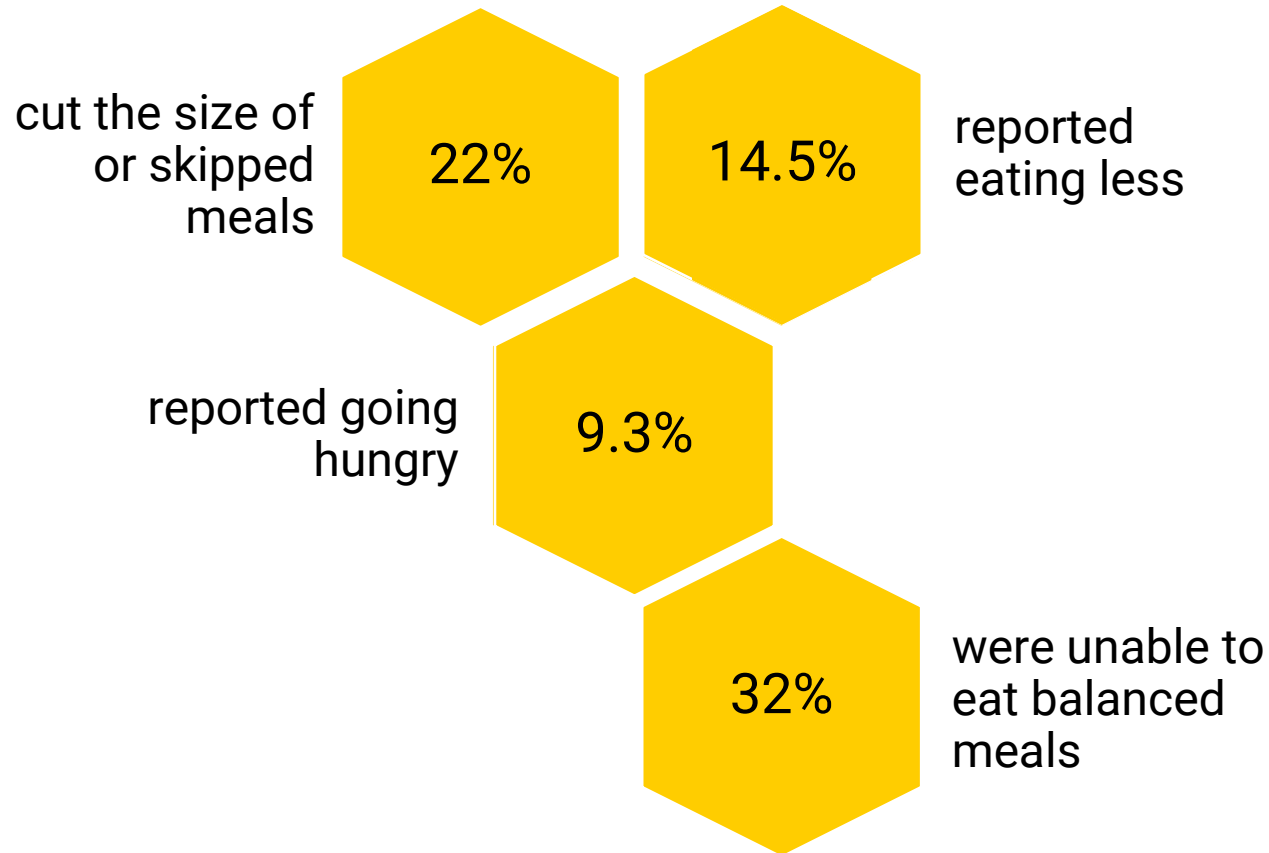
food in·se·cu·ri·ty, n.

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods, culturally relevant foods, or the ability to acquire such foods in a socially acceptable manner. The most extreme form is often accompanied with physiological sensations of hunger.

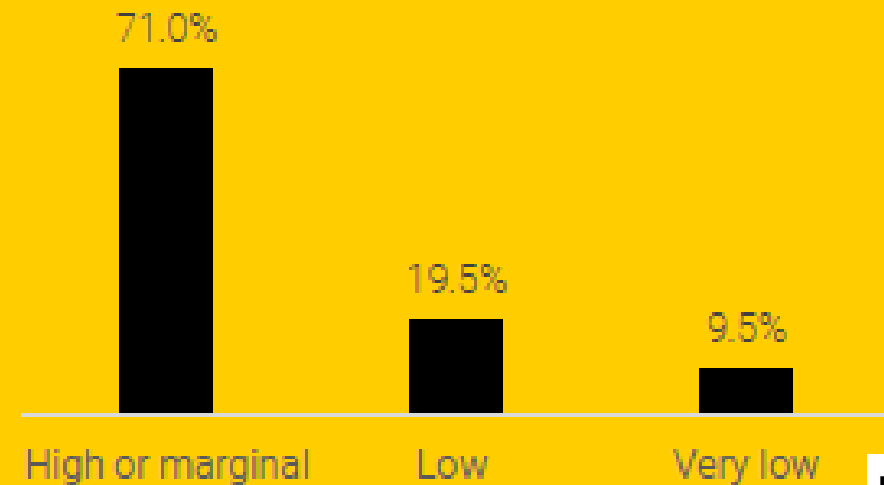


Donate Today!

FOOD SECURITY



Food Security* (USDA Food Security Index)



Donate Today!

Local Impact of Food Insecurity

UI Students

Food insecurity and hunger during college are associated with poorer academic performance and attainment, physical and mental health, and well-being.

- Students who experience very low food security early in college are more than 4% less likely to graduate the following year

Source: Broton, K. M., & Cady, C. L. (2020). *Food insecurity on campus: Action and Intervention*. Johns Hopkins University Press.

UI Community

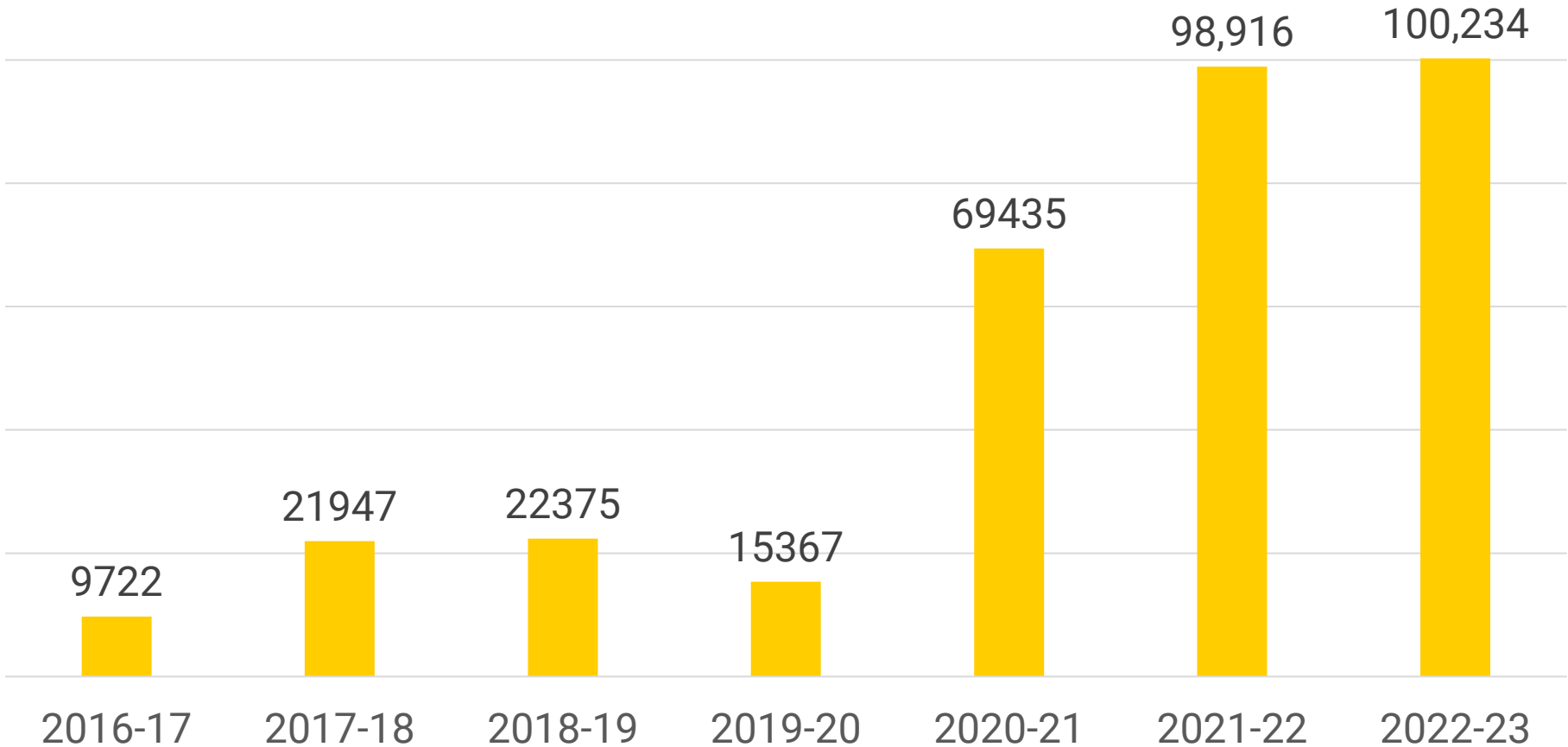
Approximately 8.2% of Johnson County residents, with over 10% being children, face food insecurity, struggling to consistently access sufficient food.

- Alarmingly, about 30% of these food-insecure individuals, including 44% of the children, reside in households that earn too much income to qualify for the federal Supplemental Nutrition Assistance Program (SNAP).
- Source: Hunger Relief in Johnson County Report



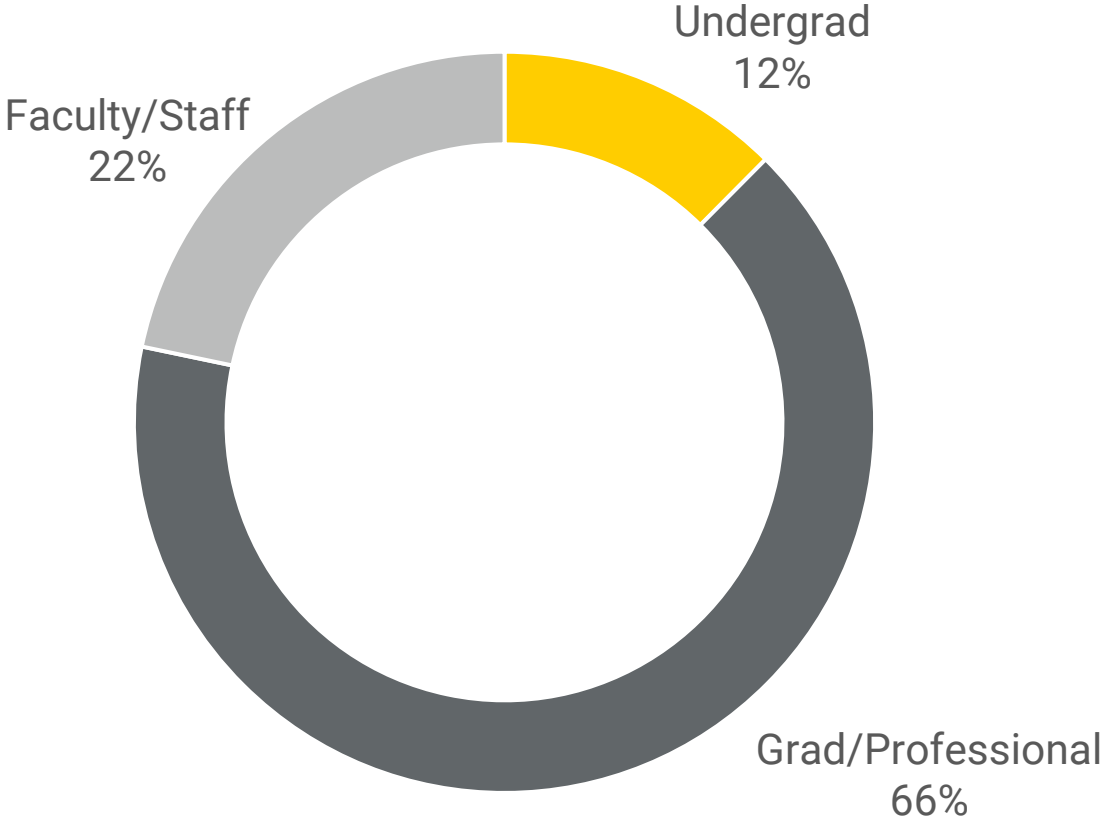
Donate Today!

POUNDS OF FOOD DISTRIBUTED



Donate Today!

FOOD PANTRY CLIENTS



82.2%

**FOOD PANTRY CLIENTS
COULDN'T AFFORD
BALANCED MEALS (12 MO)**

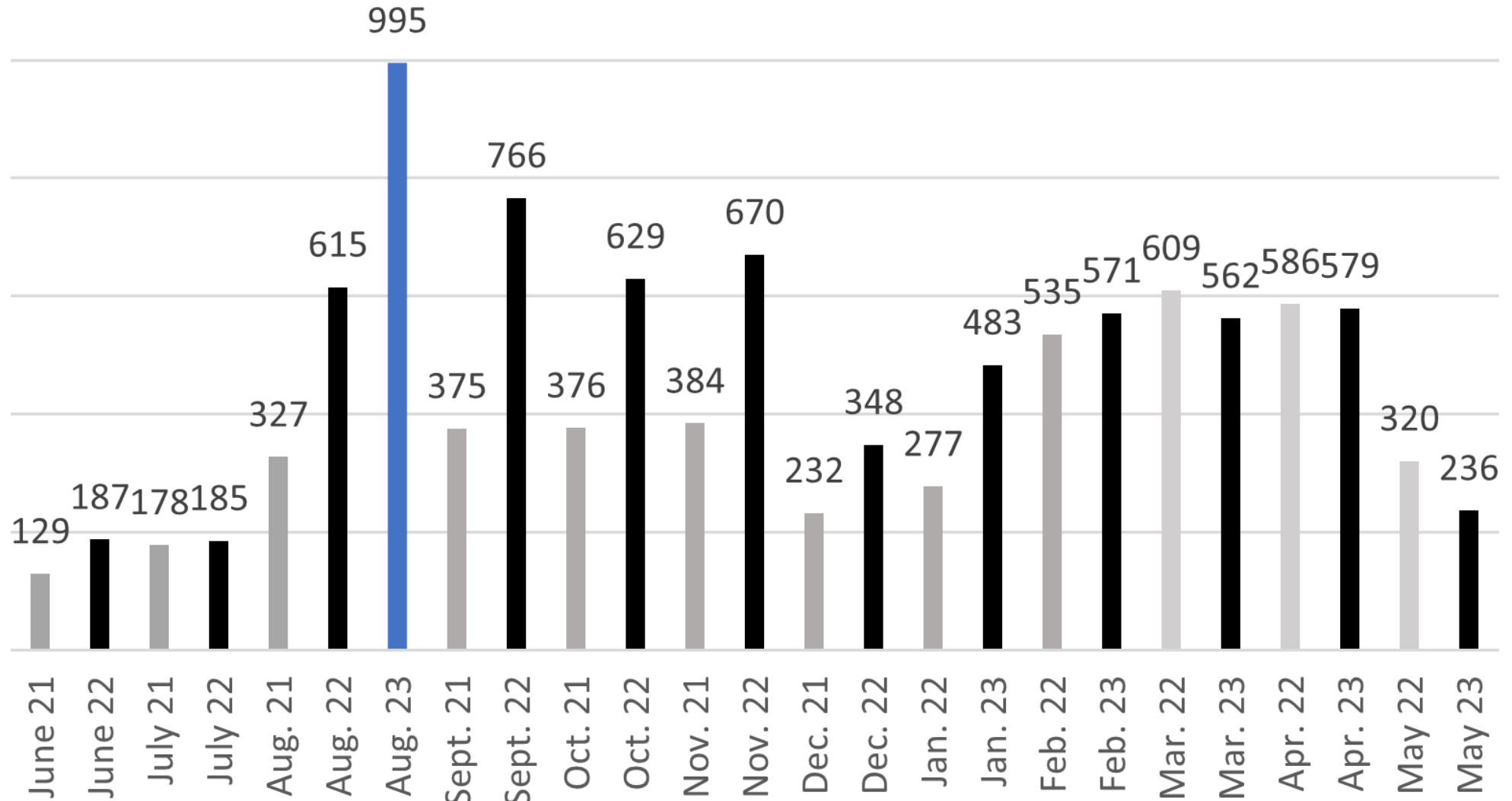
4.4%

**FOOD PANTRY CLIENTS
UTILIZE SNAP BENEFITS**

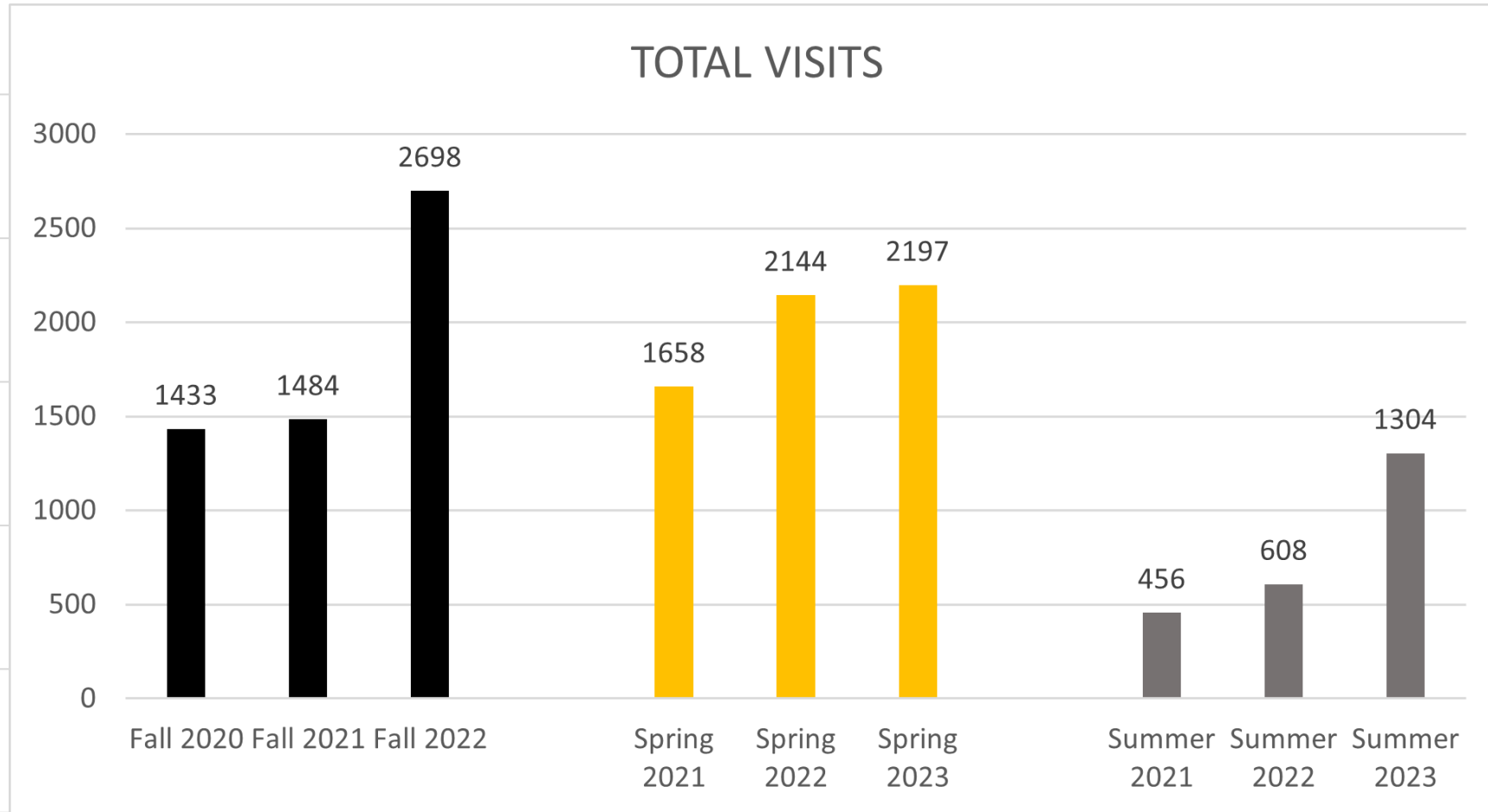


Donate Today!

TOTAL VISITS



TOTAL VISITS



IOWA



Donate Today!

STATISTICS

7 VISITS

AVE VISITS PER PERSON

Undergrad: 3

Graduate: 9

Faculty/Staff: 8

2.6 people

HOUSEHOLD SIZE

Undergrad: 2.3

Graduate: 2.3

Faculty/Staff: 3.5

FACULTY/STAFF

Merit: 65%

P&S: 30%

Faculty: 2.5%

32%

FIRST GENERATION

48%

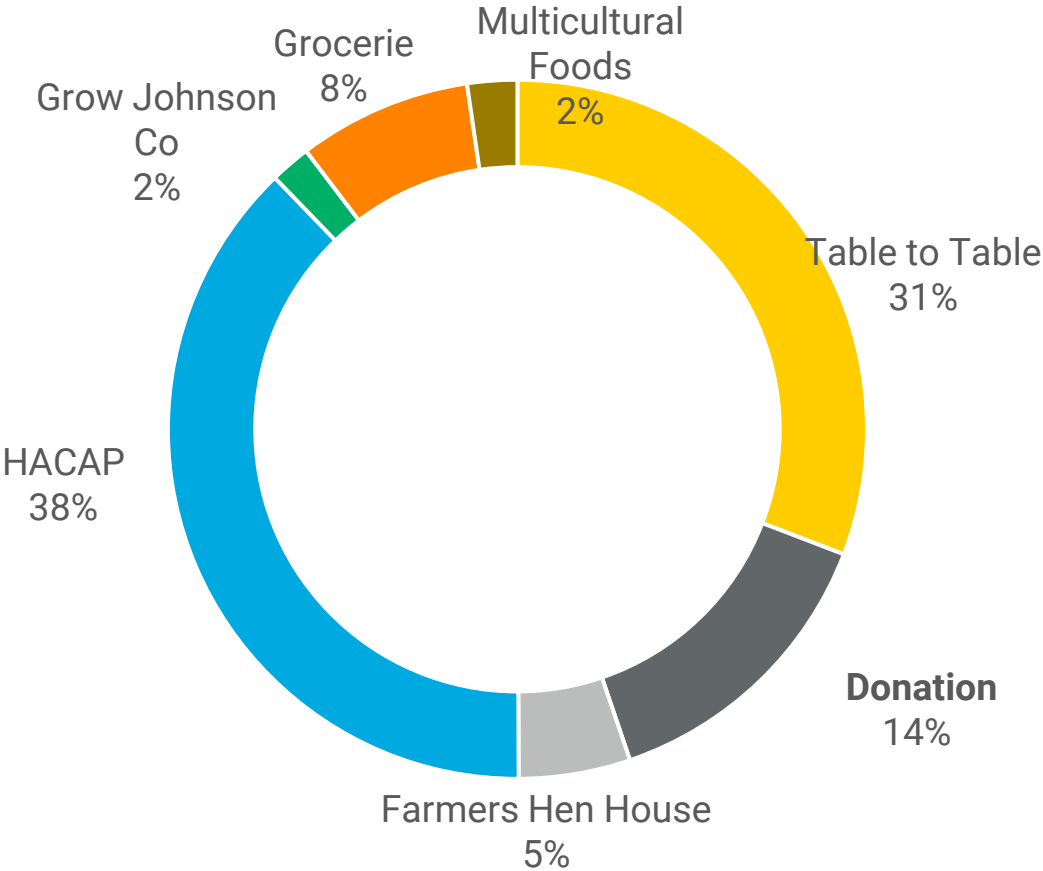
INTERNATIONAL

IOWA



Donate Today!

FOOD SOURCES



Donate Today!



COMMON TRENDS ACROSS CULTURES

- **Focus on fresh produce.** The number one requested food category is fresh produce.
- **Avoid canned foods** (in most cases). Many immigrant families may not have had canned foods in their home country and therefore consider them unhealthy.
- **Provide whole foods.** An example of a whole food would be offering a fresh tomato instead of a pasta sauce. By offering whole ingredients, it provides more flexibility on how that item can be used or seasoned.
- **Holidays may change food preferences.** To be culturally responsive, it is important to understand the calendar for cultural holidays. A seasonal or religious holiday may change what foods are used and the quantity needed. A western example would be serving turkey for Thanksgiving. Please see our Holiday Calendar resource for more information.



BARRIERS

- **Funding** Largely supported by undergraduate fees - USG
- **Seasonal influxes** Summertime
- **Food drives** Perishable items are hard to keep fresh



Make a difference in Food Insecurity on UI Campus!

Calls to Action:

- **Donate**

- Everything helps make a difference supporting our UI Community
- Donations include Amazon Purchase, Food Donation, or Financial Support

- **Volunteer**

- Sign-up Genius available to get involved in supporting Food Pantry Service

- **Share with your Team/Connections**

- People can't support the UI Food Pantry if they don't know!



Donate Today!

**Support your
well-being by
getting
involved!**



Improved Mental Health

- Reduced Stress
- Increased Happiness
- Enhanced Self-Esteem

Increased Social Connection

- Strengthened Relationships
- Reduced Feelings of Isolation

Physical Health Benefits

- Physical Activity
- Reduced Risk of Depression

Cognitive Benefits:

- Mental Stimulation
- Skill Development

Increased Sense of Purpose

- Sense of Meaning

Better Emotional Well-being

- Emotional Resilience
- Altruistic Feelings

Career Benefits

- Skill Enhancement
- Networking
- Longevity



Thank you!

Steph Beecher

- Basic Needs and Care Coordinator
- Dean of Students
- stephanie-beecher@uiowa.edu

Erin Litton

- Senior Director, UI Wellness
- Benefits Health & Productivity
- Erin-litton@uiowa.edu