University of California Davis

Promoting Food Security for UC Davis Students

Report and Recommendations of the Chancellor's Task Force on Student Food Security

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Executive Summary

A 2015 study commissioned by the University of California Office of the President has reported that up to 42% of students throughout the UC system experience high levels of food insecurity; a common finding at colleges and universities across the nation. This adversely impacts the health and educational success of our students. UC Davis students are experiencing similar challenges with food access and affordability. While the campus has established programs to address the issues, their successes and impact on student welfare is unclear. In response, Chancellor Gary May appointed a task force in February 2018, charged to: "1) review our existing food programs and options; 2) suggest improvements to existing programs and services; and 3) make recommendations about what additional programs or options we should consider implementing."

Since being appointed, the task force has 1) gathered data from campus and other sources to inform our understanding of food insecurity and barriers to achieving food security affecting UC Davis students; 2) sought out constructive ideas on what can be done to enhance food security by conducting individual consultations with students, campus staff and leaders, and external local leaders in food security efforts; 3) conducted five focus groups of undergraduate and graduate students to learn about their experiences with food insecurity and campus resources; and 4) collaborated with the Office of Student Affairs to conduct a student food security survey.

This executive summary contains a brief listing of our task force recommendations. The full report which follows provides a more thorough review of the food security data and qualitative information that have informed our recommendations, and more details the campus should consider in implementing the recommendations. In formulating our recommendations, the task force has sought to be constructive and to focus on actions which are solution oriented and can contribute to the cumulative campus efforts. We have been guided by the following key
Guiding Principles:
- Ensuring food security for students is an opportunity and obligation to the UC Davis community to uphold the Principles of Community. Issues of poverty and economic deprivation result in food insecurity, which disproportionately affects diverse groups such as students of color, differing gender and sexual orientation, citizenship status, returning veterans, former foster children, and many others of varying socio-economic classes.

This disproportionate burden prevents students from contributing to and benefiting from the experience of UC Davis and is a failure to ensure academic equity for our students.

- Food security for students consists of access to foods to support a healthy active life, to prevent hunger, and to minimize financial concerns and stress regarding consistent availability and affordability of foods for personal and family well-being. This constitutes the most basic concern, but the campus response to food security must also consider the importance of access to high quality and nourishing foods.

- Food security is a fundamental basic need for individual student health. It extends beyond this to the greater university and public good, as it promotes student personal well-being, academic success and facilitates timely completion of their university degree.

- The existence of campus resources and other benefit programs to adequately address food security issues is critical, but equally important is ensuring that students who are at risk are aware of the resources and programs and are able to access them to strengthen personal food security as well as participate in the process of finding solutions that continue to meet their needs.

- The end goal is to eliminate student hunger and food insecurity on the UC Davis campus. It is recognized that this is a complex problem with many contributing factors; it will not be eliminated immediately, nor solely through the recommendations of the task force but we aim to contribute positive solutions and actions toward achieving that goal.

Food insecurity exists on the UC Davis campus. The recent survey data collected in May 2018 by the task force indicates a prevalence of 44% and is in close agreement with data from the UCOP system-wide Global Food Initiative survey. Student comments from the focus groups illustrate and give voice to the student experience of food insecurity, its impact on personal dignity and on academic achievements. This indicates that while numerous positive efforts are being made by the campus and student groups on campus, the problem of food insecurity and hunger still exists. Multiple contributing factors make food insecurity a challenging public health problem. Addressing the issue necessitates continued innovative, strategically planned and implemented, coordinated and multifaceted approaches to meet the needs of food insecure and vulnerable students at UC Davis.

A fundamental question underlying the impact of the programs is determining whether the actions are effectively reaching the students who are most in need. The data regarding use of

the ASUCD Pantry and the Fruit and Veggie UP! programs reveal that they are being used by a wide range of students, some of whom are from groups likely to be vulnerable to food insecurity. However it is likely that the programs are relatively underutilized by some groups who experience the most insecurity. Further, it appears that student awareness of campus programs and benefits which enhance the ability to access nutritious foods is not uniform. The task force survey revealed that nearly 30% of respondents were not aware of resources available to them. Thus, the campus must improve communications about the resources and utilize additional channels in social marketing approaches. Accessibility and acceptability of the programs available to students can be enhanced further by examining ways to reduce the stigma associated with their use; which may involve physical location, staffing hours, marketing focus, and practical food literacy information being provided. The launch of the Aggie Compass and associated functions in the MU space is a step in this direction.

The campus needs to ensure sustainability of successful programs, engage in additional innovative approaches with campus units, and continue to build external partnerships that serve both short term and long term student needs. The findings of this task force provide impetus and opportunity for the Chancellor to demonstrate continued leadership and the campus community to take action to address the complicated issue of food security; recognizing its context within associated issues of housing security and mental health.

Task Force Recommendations

The task force is recommending four areas for priority actions to address immediate needs (see #1-4 below) along with advocacy needed to support long-term success in promoting student food security (#5 below). Additionally a working committee to advise the Chancellor and assign priorities, as well as to facilitate implementation and monitor progress is recommended (#6 below). The campus goal must be to reduce the number of food insecure students and to assist students in overcoming these life challenges during their education at UC Davis. Enhancing student food security and moving toward a campus goal of eliminating hunger will benefit the health and welfare of the most vulnerable students and improve their educational success. Engaging the campus in finding solutions will benefit the whole campus community.

1. **Fiscal Sustainability of Campus Food and Basic Needs Programs:** We recommend that the campus make a commitment to 1) ensuring the continued presence and financial stability of vital programs such as the Aggie Compass, that are a hub for food security and emergency basic needs resources , and 2) ensuring financial stability for programs that directly impact the ability to deliver food-centric campus services and resources such as the Student Farm Community Table Project which grows produce for distribution and provides experiential student education, as well as 3) finding creative means to increase the number of emergency meal swipe cards.

2. **Campus Services and Programs that Promote Food Security:** We recommend that the campus examine options and means to implement improvements in several university programs, especially working with ASUCD to increase the accessibility, size and functionality of the Pantry to better serve students, perhaps through partnership with Aggie Compass. Campus should continue to build and expand external partnerships with groups such as the Yolo Food Bank, Tandem (farm) Properties, the UC Davis Farmers Market, and explore developing unique new programs.

3. **Marketing of Campus Options, Services and Benefits:** We recommend that the campus increase its outreach and social marketing, work through student organizations and host events to let students know about programs and options for services, with the goal of increasing awareness and improving access to benefits such as CalFresh and campus based programs to serve students. Emphasis should be placed on reducing stigma, reaching all students, and especially those most vulnerable to food insecurity.

4. **Promote Food and Health Literacy:** We recommend that the campus develop innovative and engaging culturally relevant informational programs and resources, outreach, and learning opportunities for students to build food and health literacy. Scalable ideas include education programs in the Residence Halls for freshman before they embark on off-campus living and videos for YouTube or campus websites on budgeting, cooking skills and how to use fresh produce from the Student Farm. These activities can contribute to the educational mission through experiential learning opportunities if they were, for example, co-led by the Healthy Aggies team, Departments of Nutrition and Food Science and Technology, and other campus partners such as Student Housing and Dining Services.

5. **University/State/Federal Policies and Programs:** Longer-term strategies must include advocacy for provision of affordable housing for students, and accurate cost of living estimates linked to student funding; with goals of avoiding a funding gap that adversely impacts food security. Students should not be faced with untenable choices between food, housing and education. Continued advocacy for revisions to CalFresh regulations for students is needed to eliminate barriers to student enrollment.

6. **Prioritization and Implementation of Recommendations:** We recommend the creation of a committee composed of campus partners working on food access, including faculty, staff and strong student representation. The group should provide leadership in advising the campus regarding priorities, strategies to accomplish goals and participate in leveraging campus and external partnerships. It is essential that the Aggie Compass Basic Needs Center be a part of this group as the central hub for campus food security activity. Participation of the Student Farm Community Table

Project would provide ongoing awareness of food production possibilities and limitations as well as social realities, both current and historical, of our food system. The Global Food Initiative Fellows program should be retained and transformed into a Campus Food Initiative Fellows program. These fellows would act as undergraduate and graduate student representatives on the committee. Finally, progress should be monitored with periodic program evaluations and student food security assessments.

Summary Table of Key Recommendations

UC DAVIS STUDENT FOOD SECURITY		
ISSUE	**NEED**	**RECOMMENDATIONS**
Fiscal Sustainability		
Financial Sustainability for basic needs services on campus & for units related to student food security * The ASUCD Pantry * * Aggie Compass Basic Needs Center (Fruit & Veggie Up! program) * Student Farm Community Table Project * Healthy UC Davis	- Fiscal stability and security is needed to ensure consistent campus presence, ability to continue to provide present level of services and expand capacity to meet student needs -Explore options for inclusion in campus budget, for tapping into faculty/staff donations, and for external philanthropy -Explore creating and leveraging partnerships on campus to encourage major donor giving; for example, Aggie Compass and ASUCD Pantry partnering for development activities	-Request campus commitment of funds for partial / full support of: Aggie Compass unit and activities (for beyond 2018-19 AY), Healthy Aggies student –focused projects related to food security, and to units involved in direct food production and distribution activities (e.g. ASUCD Pantry, and the Student Farm's Community Table Project) -Promote philanthropy to address basic student needs & combat student food insecurity through platform of the Chancellor's level giving -Establish quarterly campaign targeted to faculty & staff giving to support the Aggie Meal Share Cards, The ASUCD Pantry &/or the Fruit & Veggie UP! programs through various mechanisms such as Swipe out Hunger or a Pay-it-forward campaign using credit cards at campus point of purchase markets
Campus Services and Resources		
The ASUCD Pantry	-Student users expressing interest in increased flexibility/reliability of hours, different location & decreased burden to be able utilize benefits (point system) -Increased space for products and cold storage for perishables	-Suggest ASUCD Pantry examine current 3 point/day system, explore possibility of 1visit/week system with larger amount of items distributed -Examine location which is more accessible (not in Freeborn Hall basement), has greater overall capacity for food selection, and has capacity for cold storage for perishables -Explore supplemental funding mechanisms and partnership expansions -provide tips for how to use foods/cooking

Yolo Food Bank (YFB)	-Need for increased capacity for larger scale food distribution bringing foods to the students & eliminate need to travel to Woodland; leverage marketing about resources at event	-Explore increased engagement between campus & YFB to provide direct food distribution events on campus each quarter (such as YFB Day on the Quad) and develop creative ways to use food distribution channels to provide students with access to additional resources. For example, YFB mobile pantry on campus (truck distributing food and information about resources on campus and in community)
Meal Cards	-Need for increased number of Aggie Meal Share emergency meal cards (10 meals/card)	-Promote Swipe Out Hunger campaign for faculty/staff donations as a means to fund additional Aggie Meal Share cards
Off campus student meal plans	-Opportunity for low-cost meal plans for off-campus students; Alternatively a low-cost reloadable card to purchase meals as the individual student's finances allow	-Investigate ability of SHDS to offer low cost meals (subsidized cost) to off-campus students with financial need (such as -2 meal/day offered at affordable reduced rate cost)
Under-utilized foods – Food Recovery Network	-Identify sources of potential food excess or food distribution events and provide mechanisms to allow it to reach students in need	-Explore logistics of directing students in need to the available foods in real time; i.e. a Food Finders app (project could be facilitated through Aggie Compass)
End of quarter	-Ability to continue to assist students to meet food security needs at end of quarter when stress is high and volunteer groups not able to be as active	-Develop events targeted to students during last 2 weeks of quarter where additional food resources are offered; can involve staff & faculty
Student Farm Community Table Project	-Additional capacity to continue to scale up vegetable donation program to the Pantry, Fruit&Veggie Up! and the EOP cottage and provide student experiential learning opportunities	-Seek additional funding sources to support increased production, harvesting, and distribution and explore ways to increase efficiency -Continue to provide experiential learning about campus food systems and expand opportunities to reach all students
Fruit and Veggie Up! – a program of the Aggie Compass	-Additional capacity to continue to scale up the program	-Explore additional sources of produce, ways to expand distribution (either more days/week at the MU, or other sites on campus on a regular basis to meet needs of students unable to get to MU) -provide tips for how to use produce/cooking
Marketing & Awareness of campus options, services & benefits		
Lack of student awareness & understanding of services and benefits available	-Marketing strategies and branding of benefits; increased exposure to new Aggie Compass Basic Needs Center -Market product and services rather than the target audience	-Aggie Compass grand opening/ribbon cutting event in fall -Aggie Compass information at orientation -Increased visibility of information on resources (Compass, Pantry, CalFresh, etc) through campus financial aid site and UC Davis Now Guide Book app - Social Media Campaign -Increased visibility of resource information in at-risk student populations
Fragmented information	-Need for easy central source to access online information on campus food –	-Update information and make more visible at aggiefoodconnection.ucdavis.edu

	related issues	website (campus food and food security related resources central web presence)
Gap between student needs and program participation	-Need to identify at-risk groups and reasons for non-participation; reduce barriers; provide innovative approaches to close needs gap	- Targeted messages relevant to at-risk groups; take information & pop-up events to groups/locations where they feel comfortable/safe -Students who use services should be part of ongoing solution-building process
Lack of staff/faculty awareness and understanding of services and benefits available to students	-Increased awareness and process for referring students	-Aggie Compass presentations (inclusive of all food resources and basic needs) to Faculty, Academic Advisors, and student center directors/staff, etc. -Develop streamlined process for faculty/staff to point students toward resources or get students crisis relief
Food and Health Literacy		
Student life skills to meet challenges of food security and financial stresses as a college student	-Need to assist students to build resiliency and capacity to achieve food security -Current teaching kitchen programs through SHCS are great but not able to scale up adequately to meet campus needs; Need complementary program for students living on campus	-Develop innovative and engaging education programs for Freshmen, offered in winter and spring before moving off campus with goal of building Food and Health Literacy of students and knowledge of campus & community resources; Similar programs should be available for other groups such as transfer students -Deliver through Residence Halls & Dining Commons; Involve SHDS staff, Healthy Aggies team, and Nutrition undergraduate students to deliver education (experiential learning for students) -Examples: How to be a Foodie on a Budget; Lets Dish about Veggies, Cooking 101; Cooking with the Chef; etc.. -Cooking videos – to post on campus YouTube channel
University/State/Federal Policies and Programs		
Projected living costs of attending UC Davis	-Accurate cost of living estimates that reflect reality of Davis area; Financial aid awards based on inaccurate estimates leave $ shortfall for students to pay actual costs, resulting in adverse impacts on both housing & food security	-Examine UCOP and Campus formulas for cost of living; work to revise as needed for accuracy
CalFresh Program benefits	-50% work requirements for CalFresh enrollment untenable for FT students -Assistance with enrollment process for students; simplified process;	-Advocacy at State & Federal Levels for revision or exemptions for students -Continue to implement CalFresh program representative staff presence at Aggie Compass site 5 days/week; hold special clinics & pop-up events to explain & assist with CalFresh enrollments -Update CalFresh information delivered in every financial award letter -Explore ability to link FAFSA information with worksheet for CalFresh application

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The body of this report is presented in support of the recommendations listed in our executive summary. It includes the following sections:

Introduction

The definitions of food security and insecurity

USDA Definitions (1):

Food Security: Access at all times to enough food for an active, healthy life. This includes at a minimum: the ready availability of nutritionally adequate and safe foods; and the ability to acquire acceptable foods in socially acceptable ways (that is without resorting to emergency food supplies, scavenging and other coping strategies)

Food Insecurity: The limited or uncertain availability of nutritionally adequate and safe foods, or the limited or uncertain ability to acquire foods in socially acceptable ways.

Measurement and Characterization: Food security & insecurity can be measured through validated USDA survey questions. The United States monitors food security annually, and the most recent data from 2015 indicate that 12.7% of households were food insecure (2). The continuum of food security is characterized into four ranges:

- High food security: No problems or anxiety about consistently accessing adequate food

- Marginal food security: Problems at times or anxiety about accessing adequate food, but the quality, variety and quantity of food intake is not substantially reduced
- Low food security: Reduced quality, variety and desirability of the diet, but quantity of food intake and normal eating patterns were not substantially disrupted
- Very low food security: Disrupted eating patterns and reduced food intake because of lack of money or other resources for food

Evidence for food insecurity on college campuses in America

Recognition of a problem: There is a growing recognition of the prevalence of student food insecurity and hunger on college and university campuses. This acknowledgement of this real problem is occurring in the popular press and grey literature, as articles and blogs from a variety of sources such as The Washington Post (3), by campus administrators, and in the peer-reviewed scientific literature (4-9). A recent systematic review examined existing literature and found an average prevalence rate of food insecurity among post-secondary education students of 42% (range 12.5-84%), while the average rate among studies conducted in the United States was 32.9% (range 14.1-58.8%) (10). Peer-reviewed literature on postsecondary food insecurity is predominately cross-sectional and has used a variety of methods, but commonly includes the USDA food security question module as part of the assessment. Therefore even though the studies have been conducted in a variety of educational institutions, the results are generalizable with recurring themes in the findings.

Common demographic factors identified across studies which either contribute to or were consequences of food insecurity include: students of color, those with children, student financial independence from family, independent living off campus, receiving financial aid of some type, and resulting negative effects on eating behaviors, health and academic outcomes.

Some specific findings of interest come from individual studies. A temporality of need was noted, where the incidence of food insecurity increases at the end of the term when stressors of final exams and funds running out coincide (11). The intersection of food insecurity and poor mental and emotional health outcomes (stress, anxiety and depressive mood) was reported, but it is unclear whether one is primarily causal or whether the relationship is dual directional (11-13). A positive relationship between food insecurity and housing instability as well as receiving financial aid was noted (13). This suggests that often the need-based financial aid packages provided may not be adequate to cover basic needs of students.

Nutritional quality of diets among students who are food insecure has been reported to be poor with limited dietary diversity, comprised largely of lower cost highly processed foods from the grain and cereal group, dairy foods, and is low in protein foods (14). Respondents in some studies expressed a desire for more fruits and vegetables and an interest in learning more about cooking and eating on a budget. A study of students living off campus without meal plans, with limited transportation and who were food insecure reported that they consumed significantly fewer fruits and vegetables than those students who were food secure (15). A study of campus food bank users at a Canadian university found that 90% were food insecure and based on self-

report, had compromised diet quality, health outcome measures and academic performance (16). This illustrates that while food banks are critically important short-term safety net strategies, they do not solve the longer-term problem of food insecurity, its determinants and associated adverse personal health and academic consequences. The public health issue of student food insecurity requires multifaceted intervention strategies on the part of the campus community.

National or University-based reports on student food insecurity

The most extensive reports on post-secondary student food insecurity come from the Wisconsin HOPE Lab collaborative reports. "Hunger on Campus" was released in 2016 and most recently in spring 2018, "Still Hungry and Homeless on Campus" (17-18). The primary findings from the 2018 report indicate that the nationwide average of the prevalence of food insecurity for university students is 36%, housing insecurity is also 36%, and homelessness is 9%, and that marginalized students are disproportionately affected. Similar findings are echoed by reports from individual campuses, such as Rutgers University in their March 2018 report. (19). The California State University (CSU) released a "Study of Student Basic Needs" in January 2018. The report represents data from 24,537 students across the 23 CSU campuses and revealed a 41.6% rate of food insecurity and 10.9% rate of homelessness (20). The rates of food insecurity reported across multiple studies are higher than that of the general United States population, highlighting the severity of the problem on university campuses.

Food insecurity at University of California: A 2016 University of California report regarding food insecurity across the UC system campuses detailed findings of a 2015 survey conducted as part of the UCOP Global Food Initiative (GFI) (21). Martinez et.al. found that 42% of UC students system-wide experienced food insecurity (22). Several factors increased the odds of being food insecure among the 8,705 students responding to the survey: these included being a student of color (Hispanic, African American, Asian, other mixed race), living off-campus and particularly being homeless, being a student beyond freshman level and particularly fifth year undergraduates, receiving need-based financial assistance, and the most significant factor was having a history of childhood food insecurity. Having more than one of these factors present for a given individual further increases the risk of insecurity. This data provides insights into risk factors for UC student food insecurity and the complex socio-racial-economic context in which food insecurity is intertwined with housing security and family experience.

Coping methods and consequences of food insecurity at UC: The food insecure students reported significantly more use of a variety of coping mechanisms such as buying cheaper and filling but less healthful foods, asking friends and family to assist with food costs, and going hungry to be able to participate in social times with friends (22). The level of poverty that food insecure students in the UC system experience results in difficult financial choices surrounding food and other expenses. Food insecure students reported significantly higher instances of having to make choices in the past 12 months between paying for food or paying for medicine

and health care, between paying for food or housing and utilities, and between paying for food or educational costs. A corollary finding to this is that 10% of the food insecure students reported having to suspend their studies due to financial hardships, compared to 3% of food secure students. 28% of food insecure students reported difficulty concentrating or studying due to hunger and no money to buy food, while only 1% of food secure students experience this. Furthermore, the cumulative grade point average was significantly lower for food insecure students than for those who were secure. This study provides empirical evidence of the extent of student food insecurity specifically within the UC system, the detrimental impact that it can have on student academic success and graduation rates, and the potential negative impact on health and wellness of our students.

Description of Existing Campus Food and Nutrition related Programs and Initiatives

UC Davis campus efforts to address student food security (both access & nutritional quality) at the present time (spring 2018) include the following:

- The Pantry (volunteer organization, open daily to all students, student run & funded by ASUCD; foods obtained through corporate, farm, food bank & individual donations)
    - *The Pantry can provide up to three food or personal items a day for UC Davis students who show a UC Davis identification card. The pantry stocks perishables and some fresh produce donated by the UCD Student Farm and other sources.* https://thepantry.ucdavis.edu/index.html
- Fruit & Veggie Up! (volunteer organization, run by the Aggie Compass, distributes free fresh produce 2 x/week to students)
    - *This program is made possible by donations from UC Davis Student Farm, Tandem Farm, the Davis Co-op and Nugget Markets. https://aggiecompass.ucdavis.edu/news/fruit-and-veggie*
- The Student Farm (experiential education & food production for sales and donation; part of the Agricultural Sustainability Institute (ASI))
    - *The Student Farm's Community Table Project, funded by GFI,is an evolving effort looking at the ways the Student Farm can address campus food insecurity and start dialogue around the intersections of people, place, and food. The project works with Student Farmers to grow, harvest, and deliver fruits and vegetables to students through weekly donations to the ASUCD Pantry, Fruit and Veggie Up!, & EOP. The project also mentors students in internships and a growing number of classes in understanding and participating in the campus food system. Since receipt of GFI funds in fall 2016, the Student Farm project had donated more than 22,000 pounds of fresh produce (data as of June 2018), hosted over 350 students from new classes, and mentored 38students in focused internships addressing food insecurity. This*

represents a substantial increase in productivity and level of involvement of student interns.
http://asi.ucdavis.edu/programs/sf/programs/community-table-project

- o Campus Student Housing and Dining Services (SHDS) Efforts
    - ▪ Swipe Out Hunger & Meal Share (students provide unused meal swipes)
        - *Swipe Out Hunger provides an opportunity for the UC Davis student community to contribute to a fund used by campus and local community charities to purchase food and other essentials to support students and community members most in need.*
          http://housing.ucdavis.edu/dining/swipe-out-hunger/
        - *Aggie Meal Share through Financial Aid currently provides 1000 meals annually (SHDS provides 100 food aid cards - with 10 meals/card to student financial aid unit for distribution)*
    - ▪ SHDS Facilitates philanthropic donations of products from corporate vendors used by dining services, these products are provided to the Pantry
    - ▪ SHDS procures at wholesale cost, food for The Pantry with swipe out hunger generated funds
    - ▪ SHDS has established Electronic Benefit Transfer (EBT) certifications to enable students enrolled in CalFresh to use their benefits at campus markets and convenience stores (The MU Market EBT is established, remainder are in approvals stages)
- o Aggie Food Connection – Resources regarding foods on campus website
    - ▪ *Aggie Food Connection (AFC) provides one online access point for UC Davis information, resources and services pertaining to food security and nutrition. As a response to the UC Global Food Initiative, UC Davis established the AFC to connect the UC Davis student population with easy, immediate and confidential UC Davis food resources while working to overcome stigma associated with needing help. Website listing various food resources on campus (Pantry, Fruit & Veggie Up!, EBT at the Market, Teaching Kitchens) and in the community*
      https://aggiefoodconnection.ucdavis.edu/
- o Aggie Compass – Basic Needs Center at MU established June 2018
    - ▪ *Focus on Foods/Nutrition, Housing, Mental Health services and referrals. Funded by SB 85, funds available through 2018-19 academic year.*
      https://aggiecompass.ucdavis.edu/
    - ▪ *Food distribution occurs at the Compass, such as Fruit & Veggie Up!, Emergency food bags are available, limited Pantry distribution is in a contiguous area, an office staff provided by CalFresh will be housed at Compass 5d/wk starting Fall 2018.*
      https://aggiecompass.ucdavis.edu/food-security
- o CalFresh (California name for the Federal Supplemental Nutrition Assistance Program – i.e. Food Stamps)
    - ▪ *CalFresh is a federally-funded food assistance program that enables eligible low income students and community members to buy food using*

an Electronic Benefit Transfer card. International and undocumented students are not eligible. *https://students.getcalfresh.org/en*
- o <u>Goodness Grows</u> *(Program through UC Davis Stores & Farm Fresh to You, a local farm - this project was suspended recently*
    - ▪ *For $8/month payment using debit card or EBT students purchase a fresh produce box which is delivered to the UC Davis Bookstore for pick up twice a month*
- o <u>Student-led programs (other than the ASUCD Pantry) involved in food access & justice which can target both students and community members</u>
    - ▪ Challah for Hunger (*50% profits donated to Yolo Food Bank*) https://challahforhunger.org/chapter-spotlight-uc-davis/
    - ▪ Soup kitchen (*Students volunteer with Davis Community Meals one night/week to prepare and serve meals*)
    - ▪ Food Recovery Network (*student club with focus on reducing food loss/waste; picks up bring surplus food from campus dining to locations that will help feed the local community. Food Recovery Network at UC Davis was started in February 2013 by a group of students who were concerned about excess food in the Dining Commons go to waste. Since its founding, Food Recovery Network at UC Davis has recovered and redistributed over 21,000 pounds of food as of February 2018. The student officers of the club work closely with Student Housing and Dining Services to coordinate deliveries from several on-campus locations. Foods are distributed to the Pantry, Davis Community Meals, local food banks and shelters)* http://housing.ucdavis.edu/dining/food-recovery-network/, https://aggielife.ucdavis.edu/organization/food-recovery-network-at-uc-davis
- o <u>Healthy UC Davis - Nutrition work group projects</u> (UC Davis arm of UCOP-led Healthy Campus UC Network) https://healthy.ucdavis.edu/food-nutrition
    - ▪ Food Access Map (*shows campus spots to purchase foods, obtain food assistance, and use microwaves*) https://healthy.ucdavis.edu/food-nutrition/foodmap
    - ▪ Nourish (*point of purchase food icon indicates nutritional content of foods found at numerous campus eatery locations*) https://healthy.ucdavis.edu/food-nutrition/nourish
- o <u>Student Health and Counseling Services</u> – Nutrition Education and nutrition counseling services available https://shcs.ucdavis.edu/wellness/healthy-eating ;
    - ▪ Teaching Kitchen (*basic cooking skills*) & One Balanced Kitchen (*recipes & resources on website*) https://shcs.ucdavis.edu/wellness/food-and-nutrition
    - ▪ Individual nutrition assessments and counseling (appointment at the SHCS) and drop-in general nutrition and health counseling at the ARC (Healthy Aggies – student run organization) https://cru.ucdavis.edu/content/117-healthy-aggies-.htm

- Edible Campus (*plantings around campus that provide food available for personal harvest and when volume is adequate, have donated produce to the Pantry*) https://ediblecampus.ucdavis.edu/
- Fruit and Veggie Map and EBT locations
    - *The purpose of the fruit & vegetable map is to highlight the various locations where students & members of the community can find fresh fruits & vegetables within a 10mi radius of Davis, CA. The map was created to encourage individuals to eat the recommended amount of fruit and vegetables each day by providing a compilation of local sources into one central resource. The map & different markers provide an easy visual of the different locations in Davis & is not meant to endorse specific vendors. Each location has links and/or telephone numbers for more information &, when available, daily specials. https://www.google.com/maps/d/viewer?ll=38.57420599999998%2C-121.712894&spn=0.099446%2C0.179043&hl=en&msa=0&z=13&ie=UTF8&mid=141IbTqBd4LL-xTfuRB5osnSWOZU*
- UC Davis Farmers Market (*held in fall and spring on North Quad in partnership with the Davis Farmers Market*)
    - *EBT users can exchange EBT with Farmers Market tokens at a market information table. When someone spends their CalFresh benefits at the market, they receive extra funds in the form of market dollars. Market matches up to $10 of EBT with an additional $10 in Market dollars. https://healthy.ucdavis.edu/food-nutrition/farmers-market*
- Other Community Resources: *These mainly target community members, but are available to students*
    - Yolo Food Bank (*Located in Woodland, conducts direct distribution as well as partners with multiple organizations; sends food to the Pantry*) https://yolofoodbank.org/
        - Under the Find Food tab, additional food resources can be found listed for Davis and other locations in Yolo County region https://yolofoodbank.org/get-help/

    - STEAC (*Short Term Emergency Aid Committee offers help with food, rental, utility and job readiness for individuals with incomes at or below the federal poverty level*) http://www.steac.org/

    - Davis Community Meals (*offers free dinner on Tuesday and Thursday and lunch on Saturday. The meals are prepared and served at St. Martin's Episcopal Church by various volunteers & organizations*) https://daviscommunitymeals.org/meals-program/

DATA GATHERED BY TASK FORCE AND INTERPRETATION OF FINDINGS

Student Survey Conducted by Task Force

Process: The campus Center Student Affairs Assessment unit assisted with planning and deploying a Qualtrics survey. The goal of the survey was to gain input from students regarding the three charges of the task force. Accordingly, they were asked what UC Davis programs they were aware of to make sure that students have access to enough nutritious food, for suggestions on how to improve them, and any other resources that the campus could provide to ensure students have access to food. The six item USDA food security module questions were included in the survey to assess what percentage of the respondents was experiencing food insecurity and to be able to contextualize the survey responses. The survey was distributed to 7,149 randomly selected students who were either undergraduate students or were a graduate or professional student, including all ethnicities and was open for one week. The survey was sent out by email on April, 2018, shared on social media channels of the campus to reach students who were not in the randomized sample and appeared as a prompt on the MyUCDavis landing page. Additionally the survey was shared by word of mouth of the task force members and the opportunity to complete the survey was offered to participants at one of the Fruit and Veggie Up! produce distributions.

Results: A total of 376 surveys were completed, a 5.3% response rate. This is lower than the Global Food Initiative and NCHA surveys, which were open for multiple weeks and offered incentives, which differed from the current task force survey.
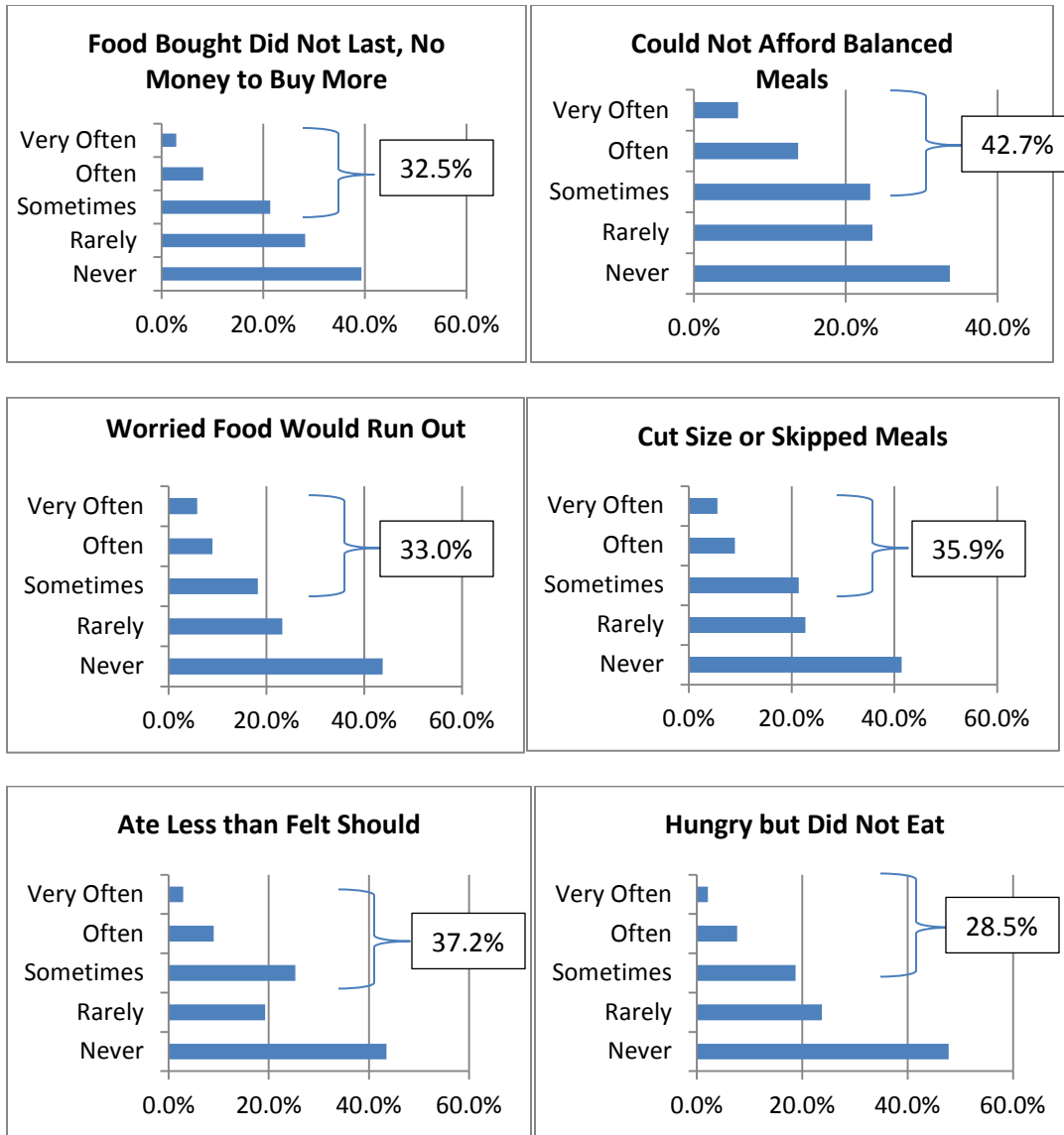
The USDA food security module questions ask about experiences and behaviors that indicate food insecurity, such as being able to afford balanced meals, cutting the size of meals because of too little money for food, or being hungry because of too little money for food. The questions are scored such that a response of never or rarely was a '0' point and all other responses (sometimes, often, very often) were considered affirmative and given a score of '1' point. The total number of affirmative food-insecure conditions reported is summed, and the total score is the raw score. Food security status is assigned as follows: Raw Score of 0-1 = High or marginal food security; Raw Score of 2-4 = Low food security; Raw Score of 5-6 = Very low food security. The results of the survey yielded the following results:

Total Responses = 376

Raw Score	Status	Number	%
0-1	High Food Security	210	55.9%
2-4	Low Food Security	82	21.8%
5-6	Very Low Food Security	84	22.3%

Total Prevalence of combined Low + Very Low Food Security = 44.1%

Each of the USDA Food Security Module Questions and responses are presented graphically below. Combining the response categories of 'Very Often', 'Often', and 'Sometimes' into one aggregate response number gives an indication of the proportion of students regularly experiencing these conditions. This has been added to each graph.

Food Bought Did Not Last, No Money to Buy More

Very Often
Often
Sometimes
Rarely
Never

32.5%

0.0% 20.0% 40.0% 60.0%

Could Not Afford Balanced Meals

Very Often
Often
Sometimes
Rarely
Never

42.7%

0.0% 20.0% 40.0%

Worried Food Would Run Out

Very Often
Often
Sometimes
Rarely
Never

33.0%

0.0% 20.0% 40.0% 60.0%

Cut Size or Skipped Meals

Very Often
Often
Sometimes
Rarely
Never

35.9%

0.0% 20.0% 40.0% 60.0%

Ate Less than Felt Should

Very Often
Often
Sometimes
Rarely
Never

37.2%

0.0% 20.0% 40.0% 60.0%

Hungry but Did Not Eat

Very Often
Often
Sometimes
Rarely
Never

28.5%

0.0% 20.0% 40.0% 60.0%

Responses to the open-ended question asking students what UC Davis programs they are aware of, that help to make sure that students have access to enough nutritious food, yielded the following data (the percentages add up to more than 100%, since some students' listed more than one answer):

Program	% of Students Listing or Describing Program
Pantry	43.0%
Fruit & Veggie Up!	40.1%
CalFresh	14.8%
Meal Cards	2.3%
Other	6.0%
Did not know of any	28.5%

Students were then asked to provide suggestions on how to improve the programs. The common themes of the responses are listed below:

- More fruits and veggies (often run out), more days of distribution or extended hours for Fruit & Veggie Up!
- Improve process for Fruit & Veggie Up! distribution – list produce available on whiteboard & cross off as they are gone, take a number for line, let students know ahead of time what will be offered
- More variety of foods in the Pantry, and overall more foods stocked in the Pantry since they frequently have either run out or have limited choices
- Change location of the Pantry to a better place on campus, locate Pantry to more central location such as SCC, make Pantry more accessible and visible, or increase signage to let students know where to find the Pantry
- Allow more foods (points) to be picked up at Pantry 1 time a week instead of small amount (3 points) daily, too time consuming to go daily and not enough food for a meal
- More marketing and advertising to let students know about Pantry and Fruit & Veggies
- Better and healthier foods at the Pantry, more ethnic/cultural foods
- More than one location on campus for the programs
- Better access to food distributions for health science students (MedSci and VetMed)
- More availability for CalFresh representatives on campus

The responses and common themes of responses to the question of what other resources UC Davis could offer to ensure students have access to enough nutritious food include:

- Programs are not the problems, adequate funding for students & grad students are the issues along with housing costs
- More CalFresh enrollment, more help with enrollment, change eligibility regulations
- Larger Pantry with more nutritious choices and more fresh foods, a Pantry at SCC
- Offer discounted meal swipe cards, or reduced rate coupons for meals
- Reduced rate meal plans based on financial needs for non-freshman living off campus
- More edible landscaping
- Free or low cost community meal on campus
- Cheaper and more nutritious food options on campus for everyone, not just Pantry and food distributions
- Workshops & classes on cooking on a budget and on making simple nutritious meals, offer to freshman students before they leave the dorms, online videos
- Campus event to learn about food assistance options and healthy cooking tips
- More places that take EBT cards

Interpretation The data from the first three graphs indicated that the percentage of student respondents who have worry about food and experience decreased quality, variety or desirability of diet ranges from 32.5-42.7% of the UC Davis student population. The next three graphs depicted those respondents who are experiencing disrupted eating patterns and decreased overall food intake, representing 28.5-37.2% of the population. When the USDA

module questions were scored as per the standard USDA guidelines, the data shows that 44.1% of the survey population of UC Davis students is experiencing low or very low food security. This is entirely consistent with the 2015 UCOP system-wide study report of 42% of students being food insecure. Despite the caveat of this current 2018 sample size being very small and therefore may not be representative of the entire student body, the data is very consistent with all existing previous data from national surveys and the UCOP study. This provides a measure of confidence in utilizing the data as a current (spring 2018) snapshot of the food security status of the UC Davis student population. A particularly important finding is the lack of awareness of campus programs to increase student access to healthy foods. The most well-known programs were the Pantry and Fruit and Veggie Up!, but very few knew of CalFresh and close to 30% were not aware of any programs. When the respondents who did not know of any programs were examined as to their food security status responses, a majority never experienced food insecurity and it could be argued that they were not aware of programs because they did not have need of them. However, one third of the respondents were food insecure. This indicates that there is a failure to reach all students who need information about campus resources. The free text responses about suggestions to improve campus programs were consistent with the themes that emerged from the focus groups.

Survey Assessing Perceptions of Barriers to Healthy Eating

Process: During the 2018 winter quarter, a survey was conducted by a graduate student GFI fellow from the UC Davis Center for Student Affairs Assessment unit. This student survey aimed to explore perceptions that may serve as barriers to healthy eating behavior in underrepresented communities within higher education. The proposed perceived barriers included convenience, finances, cooking skill self-efficacy, and cultural background. Secondarily, this study explored whether the students would be receptive to various channels of social media as outreach to mitigate these barriers. The survey was sent out through various list serves, word of mouth, twice to MyUCDavis landing page, and was available for one month, with gift card incentives for participation.

Results: A total of 1,320 students completed the questionnaire. They represented a wide diversity of ethnicities, level in school, and other groups such as the LBGTQ+ population. The questions had internal consistency (cronbach's alpha >0.7) within several categories.

Category	Cronbach's Alpha	Questions
Convenience	0.72	• Cooking takes a lot of time • Time prevents me from wanting to cook meals. • Convenience is the most important factors when I choose meals. • I prefer to eat out for most of my meals. • I tend to grab packaged convenience items when I am really hungry.
Finances	0.71	• Healthy eating is expensive. • I do not buy produce because it is expensive.

		• Buying fast food is cheaper than preparing healthy food.
Self-Efficacy	0.85	• I am confident in my cooking skills. • I know how to correctly use cooking equipment. • I am comfortable preparing and cooking food from a recipe. • I feel like my current cooking abilities prevent me from eating healthy.
Improvement	0.68	• I would like to increase my cooking skills. • I would cook more if I had better cooking skills.
Healthy Options	0.63	• I see foods from my culture/background as healthy eating options. • Foods that I grew up with are healthy.
Food Preference	0.50	• I prefer to eat foods that others are eating around me. • I prefer to eat foods from my culture or background. • I am more willing to eat healthier foods that I am familiar with.

Composite variables were created for the six grouped categories, representing individual responses for each. Statistical analyses using SPSS software were carried out using Mann-Whitney U-Tests to determine any significant differences (p<0.05) between the represented (n=701) and underrepresented (n=605) student groups.

Variable	Represented	Underrepresented	Significance
Convenience	627.2	693.8	0.001*
Finances	613.6	708.4	< 0.001*
Self-Efficacy	689.3	623.8	0.002*
Improvement	622.8	695.5	< 0.001*
Healthy Options	672.2	640.0	0.114
Food Preference	609.3	713.3	p < 0.001d*

Interpretation: The results revealed that students in underrepresented groups generally had low self-efficacy for cooking, but expressed interest in learning. This group had greater concern with finances, need for convenience and dependence on food preferences and cultural aspects of foods. These issues can potentially serve as barriers to healthy eating in groups at risk of food insecurity. These students regularly used social media and were receptive to information provided through these channels, especially the platforms of Facebook, YouTube and

Instagram. Future programs can expand upon addressing these perceptions using social media platforms using targeted marketing approaches.

Swipe Card Data – Demographic Data Regarding Use of The Pantry and Fruit/Veggie Up!

Beginning in fall quarter 2017, student ID cards were swiped each time a student utilized food assistance services such as the ASUCD Pantry and Fruit and Veggie UP! This data provided an opportunity to examine the volume of participation and represents a snapshot of who is using the campus programs and services. The database was provided by the UC Davis Center for Student Affairs Assessment as listings of each visit during fall 2017 and winter 2018 quarters. The data was analyzed using STATA and the demographic data is summarized below.

The ASUCD Pantry: Total visits for the two quarters = 9,269

Gender: Female = 65.1%, Male = 34.8%   Total students= 1,624

Level: Undergraduates 86.5% (8,014 visits)   Graduates 11.4% (1,057 visits)

Residency: CA = 80.6% (7,467 visits), Non-Residents=15.4% (1,426 visits), AB450=3.7% (338 visits)

Ethnicity: MX>WH>CH>VT>LA>FP>AF>EI>OA>KO>AI>NO>JA>PI

Ethnicity when considering frequency of use: same as above

Frequency: mean usage= 5.7 ± 7.8 times   range = 1-50 times   High usage= ≥7 times (75%tile)

Usage: 1 time = 6.6%   1-6 times=28.4% of cumulative use   7-50 times=71.6% cumulative use
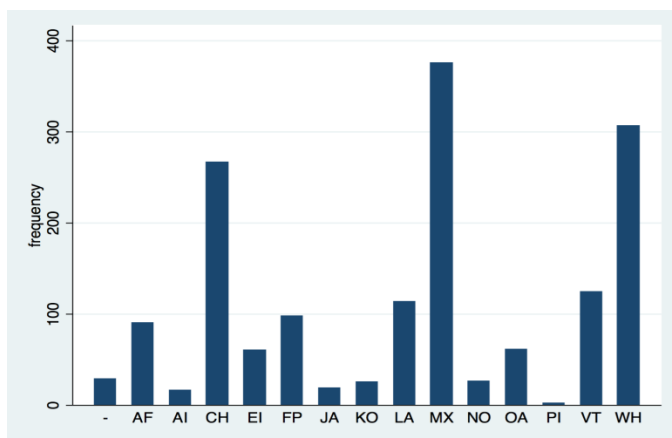

Fruit and Veggie Up!: Total visits for the two quarters = 6,180

Gender: Female = 75%, Male = 24.3%   Total students= 2,274

Level: Undergraduates 73.2% (4,522 visits)   Graduates 21.7% (1,338 visits)

Residency: CA = 71.8% (4,436 visits), Non-Residents=23.9% (1,477 visits), AB450=3.1% (190 visits)

Ethnicity: WH>CH> MX> LA>VT> NO> EI> AF>OA>FP>KO> JA>AI>PI

Ethnicity when considering frequency of use: WH>CH=MX>LA>VT> AF> FP> EI>OA> NO> KO>JA>AI>PI

Frequency: mean usage= 2.7 ± 3.5 times   range = 1-32 times   High usage= ≥3 times (75%tile)

Usage: 1 time = 20.8% 1-2 times=31.7% of cumulative use   3-32 times=68.3% cumulative use
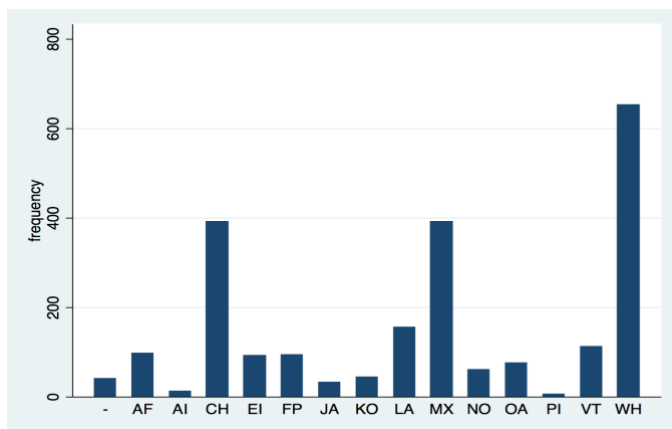
Interpretation: The student card swipe data provides information to partially answer the critical question of whether the campus services are reaching those students most in need. Neither the ASUCD Pantry or Fruit and Veggie Up! require documentation of student financial status for ability to participate. Therefore, the question of the students' economic need for food provided by the services cannot be answered. Both campus programs experienced high levels of usage over the first two quarters of the 2017-18 academic year. Undergraduate students are the primary users of both the programs, reflecting the largest proportion of the campus student body. Graduate students participated equally in both programs based on total visits, but as proportion of users, they contributed to Fruit and Veggie Up! at twice the rate compared to the Pantry. The state residency status of Pantry users reflects the campus enrollment, but non-residents, including international students, were more likely to use the Fruit and Veggie Up! program. Undocumented students (AB450) utilized both programs equally. The ethnic composition of program users was slightly different between programs, with Pantry users comprising students of Mexican heritage as the greatest number of users, with white and Chinese students each nearly equal in number to Mexican. Other ethnicities were variously represented. For Fruit and Veggie Up!, white students were in the greatest numbers, with Mexican and Chinese being the ethnicities represented next. It would appear that while groups predicted to experience significant food insecurity (such as students of color) are utilizing the programs, their participation is less that might be predicted and therefore the programs may be underutilized by the some of the most vulnerable students.

Both programs had a substantial number of infrequent or episodic visits, but the majority of usage (approximately 70%) was students who utilized the programs with a high level of use (75%tile of frequency). The Pantry usage is particularly instructive, with 2.7% (44 students) who used the program at a very high rate of 30 to 50 visits during the review period. This suggests

that these students were experiencing severe food insecurity for a significant period of time and needed to utilize the Pantry as a continuing safety net resource. It is unknown whether this was a transient period in their life, whether they were waiting for additional sources of assistance such as CalFresh to be starting, or whether this was a continuous experience for the students. The rate of usage (30-50 visits) is also likely to be related to the way the Pantry functions, with a limited number of items per person per day able to be dispensed. This sets up a significant burden on the extremely food insecure students who must go to the pantry multiple times per week to get enough items to sustain themselves or to be able to make a meal.

Student Class projects relevant to food security at UC Davis:

Summary of group project from course CRD 147 – (fall 2017, Professor Jonathan London). Title of student report: 'An evaluation of student utilization of food related resources at UC Davis'. This project was conducted by six students as a class assignment and utilized review of literature, informal interviews, and expert interview, a convenience sample survey of 22 students and two focus groups. The results indicated half of students believed that they were food insecure, only one quarter viewed their diet as healthy and most used coping mechanisms of skipping meals, and purchasing cheap and quick to prepare meals. Several reported their shopping habits were constrained by cost and lack of transportation, as well as lack of culturally appropriate food choices and expense of prepared foods at the campus eateries and food trucks. Several students were not aware of campus resources and services around foods and nutrition. 55% had utilized resources in the past, with 27% having utilized The Pantry. Concerns were voiced about the location of the Pantry, feeling deterred by the physical location and the foods received. Some participants associated a negative stigma with the CalFresh program.

Recommendations were to promote CalFresh through posters, staff assistance at various locations on campus, and clarification of eligibility guidelines. Another key recommendation was to move The Pantry to a more accessible central location and possibly open a second across campus, and ensure freshness of the foods. Other recommendations included additional information about off-campus resources, and information sessions about food resources at the end of freshman year to facilitate the transition to students living off campus.

Summary of group project from course GSM 120 (fall 2017). Title of student report: 'CalFresh at UC Davis'. The group used a convenience survey of 100 students and informal interviews to explore issues surrounding the student experiences with CalFresh enrollment on the UC Davis campus. Barriers to student enrollments were identified and some solutions proposed for the campus to more fully meet the existing needs of student food security. Barriers included lack of student awareness, lack of transparency about enrollment process, documents needed and eligibility guidelines, long time for processing and need to travel to Woodland.

Solutions proposed included efforts by campus to provide more information, checklist for application process, develop a simplified application for students and shorten turnaround time for approval. Lastly, the final recommendation was for campus to explore the feasibility to partner with a 3rd party entity, such as 'Sales Force' to facilitate management and transfer of

personal and financial information (organize, store, transmit, segment information) to reduce student barriers to application & turnaround time for approval; and to investigate whether it is possible to transfer information directly from FAFSA application to the CalFresh application so that student does not have to locate information and documents. *note that most of the recommendations (with exception of final one) were already in the process of being implemented by the campus during fall quarter, but were not able to be captured as outcomes by the student report.

Informal Discussions and Presentation to Task Force

CalFresh – Nolan Sullivan, Yolo County Director presented to the Task Force Committee in April 2018 providing an update of campus CalFresh enrollment tracking for 2017-2018 and a discussion of eligibility issues that students face. Since the partnership between Yolo County and the UC Davis campus began in 2016, a number of actions have been taken to increase student participation. The program has been rebranded as a benefit rather than a welfare program, web and mobile-based application procedures have been instituted and a CalFresh representative has worked on the campus and will be increasing to full time in fall 2018. The number of applications received has increased by 600% over the past year and the approval rate is at 89%. Continued growth in enrollment is anticipated. The biggest challenges remain as barriers to eligibility based on federal regulations and student misconceptions about the program. With the full-time campus CalFresh staff, various strategies are being planned for getting the word out to students at various campus locations including the main library, SCC, student group organization meeting spaces and the home base of the Aggie Compass.

Yolo Food Bank (YFB): Discussion held on June 6, 2018 with YFB Director and members of the Board of Directors revealed a strong desire to strengthen the partnership with UC Davis and develop the surrounding Davis area network of food bank partners to further benefit students. Strategies were discussed to increase direct food distributions on campus, and examples provided of current efforts with the campus Food Recovery Network and Solano Park residents that represent creative ways to meet local needs. YFB discussed a willingness to explore ways to partner with the campus on seeking grants for expanding Pantry capacity for cold storage. Conversations such as these with campus leadership can build relationships for future collaborative efforts.

Focus Groups Conducted by Task Force sub-committee

In May and June of 2018, the Food Security Taskforce conducted a series of focus groups to examine student opinions and experiences related to existing programs/services and generate ideas on ways that UC Davis can improve student access to enough nutritious foods. The target audience included: a) UCD students with limited or uncertain access to enough food and b) UCD student volunteers who deliver existing programs or other student leaders.

With the assistance of a note-taker, the graduate student moderator convened five focus group discussions from mid-May to early June. Each session was held in a private space (mostly adjacent to or in the Aggie Compass area) and lasted up to 1 ½ hours. Refreshments were provided, and each participant received a small food gift bag as an incentive. The sessions were recorded and later transcribed for analysis of emerging themes. The moderator and faculty member reviewed the transcripts and concurred on the themes described below.

The participants consisted of current UC Davis undergraduate (n=10) and graduate students (n=3) who used current campus food resources and/or were student leaders involved with the pre-existing programs. One participant was a student who has currently discontinued his studies due to the inability to pay tuition. The following majors were represented: Nutritional Biology, Community and Regional Development, Biotechnology, Ecology, Environmental Toxicology, Physics, International Relations/History, Linguistics/Communications, Design, Anthropology, Biopsychology, Sustainable Agriculture and Food Systems, and Civil and Environmental Engineering. Five females and nine males participated in the sessions.

The sections that follow encompass the topical questions discussed during each of the focus groups, a qualitative summary of the issues and ideas discussed, some direct student quotes regarding their experiences, along with a summary of each topical question, and finally key messages the students wanted conveyed to the Chancellor.

Familiarity and experiences with existing programs/services:

The Pantry   All of the participants had either used the Pantry themselves or knew someone who had. They described the Pantry as a valuable resource because it is on campus but also noted its location in the basement of the Memorial Union is not ideal. Across all sessions, students described their first impressions of the Pantry in negative terms: "got lost"; "scary"; "creepy"; "wondered how it's sourced"; "closed"; "in dirty area"; and "dark and dingy". However, they also found the volunteer staff welcoming, open, and helpful. One student said that, he was a "pantryholic" in his sophomore year, coordinating with his roommates pick-ups several times a week but lately has been too busy to use this resource. The Pantry was described as being great for staples and toiletries, but others noted the nonperishable food selections tend to be less healthy (low in fiber and high in sugar and salt).

Some felt the location of the Pantry perpetuates the stigma of taking advantage of free food resources. The needs-based marketing may also make it less appealing to students. One chose not to use the Pantry because he felt that the resources would better serve others. However, a couple of participants started using the Pantry after they were told this resource was for any student who needed help and/or could benefit from the ease of access. These students noted that time constraints—and not just money—might lead students to the Pantry to grab snack or other free foods.

The participants also raised several frustrations with the Pantry. One stopped using the Pantry because the operating hours were inconsistent and very limited. Several commented that the

current point system was not useful for students, as the foods were not sufficient to make a meal.

Quotes from the Student Voices:

> "When you get three points, it's hard to pick and choose. And the foods there are meant to last, instead of nutritional eating… You're eating instant stuff…basically I stopped going…I would get condiments…but if I don't have food to eat with them, what's the point?"

> "I prefer the Pantry to Fruit and Veggie Up!…because being a full-time student and having jobs, I can't prepare this food…The Pantry is usually better for getting a mid-day snack or something you can heat up when you are at home"

Fruit & Veggie Up! (FVUp) Participants described access to the FVUp program more positively, compared to the Pantry. Generally the participants appreciated the new location in the Memorial Union, as compared to the Student Health and Wellness Center (SHWC). Originally operating out of the SHWC and coupled with cooking demonstrations, FVUp in its current Aggie Compass location appears "more approachable", "nutrition-based", "convenient", and "cool". However, one described this location as awkward when the lines get long and she needs to sit on the floor. Most participants believed the marketing of FVUp is more welcoming to all students than that of the Pantry which appears more "need-based".

Participants liked getting fresh local produce through FVUp and particularly, being able to get it on campus. However, some participants said it was difficult having to carry fruit and vegetables in their backpacks all day because they were too busy to travel back to their off-campus housing until evening. They also commented that long lines and high demand often meant FVUp ran out of produce quickly, especially of the more familiar items. One graduate student worried whether the program might not be available over the summer which would be detrimental to graduate students, especially because some do not have teaching assistant positions at that time. Several students mentioned lack of time and cooking skills to prepare some of the more unusual types of vegetables as barriers to using the produce. More than half the groups discussed the need for cooking demonstrations, simple recipe ideas, or Youtube videos on using featured produce. One student, who had never heard of FVUp, thought cooking demonstrations would be "awesome" if he could learn simple healthy cooking tips.

Quotes from the Student Voices:

> "It's cheaper to live farther away from campus than living across from U-Mall…but the downside is very far away if you were to get a vegetable here like asparagus or broccoli in the AM, you carry it around all day"

> "There are time periods you have to meet in using FVUp. Everyone ransacks all the good vegetables. If you don't get there fast enough, there's like cabbage left or some random vegetable that no one can cook"

"Show people how to cook it healthy with techniques that normal people can use, a cutting board and a knife and a pan, instead of magical blenders"

CalFresh   Nationally known as the Supplemental Nutrition Assistance Program (SNAP) and formerly called Food Stamps, this food assistance program is branded as CalFresh in California. Eligibility for CalFresh, determined at the federal level, does not extend to international or nonresident students and others who are claimed as dependents on their parents' income but nevertheless are food insecure. Having a CalFresh representative on campus, holding clinics, and putting CalFresh on the financial aid statement may be increasing awareness of and interest in the program. Although participants generally shared positive opinions about CalFresh, they often experienced frustration with the application process (both in-person and online) and delays in receiving their cards. Even if they qualify, they do not get their cards immediately and usually have to wait about a month or more. This makes it difficult to navigate if they did not have immediate access to food. Stigma can be another barrier to using CalFresh but perhaps less so for students whose low-income families benefited from the program in the past. Participants liked having on-campus a farmers' market that accepted CalFresh benefits but due to funding cuts, the market match value is now half of what it had been.

Quotes from the Student Voices:

"CalFresh is very helpful if you're trying to learn to cook, there's a lot of space for failure. If something is too expensive for you to buy, you never would have tried it. CalFresh helps you afford it"

"The paperwork and application are the worst part for CalFresh. Max was there to guide me through the process. But if he is really busy or has a long line, it's not helpful. Maybe a second rep at busier times like at the beginning of the quarter could help"

"The problem with CalFresh &food stamps is you can't do it. There's an income check on your parents and yours. I was not able to declare independence for the first 3 years I was at UC Davis so CalFresh was completely useless. That's why I ended up having to take school off"

Other programs & services   Participants mentioned several other on- or off-campus resources, programs or services that they had used and liked. Among these were: Dining Commons Swipes (demand exceeds supplies); two-for-one pizzas at the Coho; discounted student meals at the Silo and Gunrock Pub; the Brown Bag project through the Cross Cultural Center (no longer funded); the Student Farm and Market Garden ; the Giving Garden app; and the Freedge (off-campus site to pick-up donated fruit and vegetables).

Overall emerging themes summary   Students were generally open to using the resources and enjoyed receiving free food. Having access to a wide variety of different resources is important to meet the needs of students who may not have money, time, or skills to prepare nutritious

meals. Demand may exceed supplies, suggesting that program expansion should be considered. More flexibility and predictability in times, days, and locations for accessing food resources is also desirable to meet the needs of full-time students who may also work, commute, live far from campus, and/or frequent different places on campus. Publicity or marketing about these programs could be improved but a needs-based message may deter some students from accessing resources.

Conditions that prompted or enabled students to access to existing programs:

Experiences of students from low-income and middle-income families   Some participants actively searched the web and social media to learn about the food security resources at UC Davis. Others got the information through campus centers, student clubs, or even their coursework. Two participants from low-income families and targeted for retention efforts attended informational workshops held by student centers and heard information. Another student who did not qualify for CalFresh due to parents' income and entered as a transfer student later located the information by google search and word-of-mouth. For that student and possibly others, the impetus to seek help may come too late or at a crisis point, especially if they or their families perceive these resources are designated for needy students.

Quotes from the Student Voices:

> "Mine was a special circumstance. Not a lot of students know about this [the Pantry], especially when they first come in. The reason why I was able to know was because I was heavily involved with student centers…I sought it out because I knew I would need it being from a low-income family in a UC school, already expensive and with the academic load, the workload, the extracurricular activities I have to take to be successful and the time it takes to cook. I struggle, that's why I searched out these resources"

> "When I transferred, I had no income…Just ate 1 lb burritos for a $1, $2 a day for about a year. I thought that was okay but after a year, my mental health was deteriorating…My dad's advice was do what he did, work at KFC [Kentucky Fried Chicken] and pay all your tuition and expenses by working at minimum wage….For the average person, it's almost impossible…So, I was in that state after eating burritos for a year, I started looking for resources, eventually the resources were not enough, I didn't qualify for them, so just ended up not going to school"

Perceptions related to need   Student leaders in one session discussed the issue of whether the resources were intended for all students or only those in need. Student perception is that the Pantry serves the "neediest" students while Fruit and Veggie Up! serves students of all economic levels. One student leader participant felt that FV-up and the Pantry sent different messages about their intended audiences, with FV-up aiming to help all students eat healthy foods and the Pantry addressing more basic needs of food insecure students. She pointed out that the attitude "someone needs it more" could lead some students to ignore their own needs

and not utilize campus resources. Through active involvement in campus food security efforts, another student leader described getting over his own initial caution to use the Pantry by realizing this resource exists for all students, regardless of financial background because time and ability to access food can be limited.

Ways to improve outreach and education:

Orientation   Participants suggested that presentations at orientation cover more information about food security resources and issues that student may encounter in managing time and limited budgets. This could involve development of a video for in-coming students, as well as incorporating points for the campus tours. One student suggested a food security module, similar to the sexual harassment training, be required for all students. Orientation leaders should also be well-versed in these resources. Highlighting some special services to all students, like having a full-time CalFresh representative on campus, also might help reduce stigma and educate families to support their students in accessing resources.

Transition from dorm life to off-campus living Two students noted that there is a lack of preparation from the Dining Commons to living on one's own. Educational programs, offered through Campus housing and dining services, may be able to help ease the transition for some students to living off-campus after the first year. With videos and/or cooking demonstrations, basic information and skills related to food acquisition and preparation can be emphasized. An exchange or recycling program where graduating students donate small kitchen appliances or utensils might help students get set up in their off-campus apartments

Student organizations & communities Many participants commented that public outreach could be better and that finding out about resources was difficult when using the internet or word-of-mouth. They recommended going through student organizations and centers, rather than email blasts and flyers, to get out word about specific services or events. Some, like veterans' organizations, are looking for ways to get their members more involved in campus activities (for example, food drives for the Pantry). Building partnerships with centers, such as the African Diaspora Center, may facilitate locating satellite sites for food distributions. Student leaders also noted that more work should be done to create and coordinate a unified platform among different campus groups working to support food security.

Academic departments/Curriculum development Currently, students in some majors such as Community and Regional Development or Sustainable Agriculture and Food Systems learn more about food security resources than other majors because material is incorporated directly into their classes. Student leaders recommended working with the departments to insert information about how to access food security resources and services into course syllabi using weblinks or hotlines. While several students asked for informal cooking demonstrations, one student suggested developing a 1 unit class (general elective) that would focus on basic cooking skills.

Quotes from the Student Voices:

"For example, the Chichanx/Latinx Center or the African American or Native American Centers… The goal is to reach every type of population on campus because they are all separated for one reason or another"

"I have been fortunate to be involved in spaces that …give me access to knowledge about them (programs). Sustainable Ag has an abundance of info for these things"

Ways to improve provision of services/resources:

Existing programs: Some relatively easy fixes for the Pantry are to update daily online schedules of operating hours and provide staffing to maintain those hours. At the same time schedules are updated, both the Pantry and FVUp can inform students about currently available items, including featured produce and simple tips to prepare these items. Signage in the Memorial Union to guide students to the Pantry location is also needed.

However, ultimately expanding and moving the Pantry services to a better location, extending hours, and providing satellite services to other campus locations would improve access. Students recommended having satellite locations in different centers to increase engagement and access. They believed this was important as different types of students tend to be drawn to different areas on campus, such as Vet/Med complex or the Silo. Some students never congregate at the Memorial Union. FVUp already has a bicycle service to deliver produce but storage sites on campus are needed or possibly extending services through a mobile van to off-campus housing locations after 5 pm. Expansion (increasing the amount of food provided) should also be considered as demand already seems to exceed supplies.

The Food Map could be improved by showing students not only where microwave and vending machines are located but also the locations of free food and other food security resources. Two student leaders suggested that it would be beneficial to make it an interactive app where students can locate sites to pick up food from different events on campus. They gave the Giving Garden app as an example of useful app used in the Davis area. They said that the Aggie Food Connection website needs serious renovation. Delving more into social media algorithms to use for outreach may be worthwhile. For example, one participant mentioned how he "likes" events just so others in his circle can see what resources are out there.

New services: Though the Pantry and FVUp provide useful services, some students feel the need for a daily discounted hot meal or at least an already prepared meal. International students pointed to examples from universities in other countries (Brazil, Colombia, France) where a highly subsidized meal is available to all students and professors pay the full price. Formerly, there was a brown bag program offered through the Cross Cultural Center but the program was eliminated due to lack of an educational component. One participant suggested finding ways to use nonstandard fruit and vegetables ("ugly produce") to reduce the costs of such a meal.

Participants also felt more could be done in conjunction with the local businesses to provide student discounts on foods and re-allocate food surpluses to campus (eg. food recovery efforts). They encouraged the administration to re-visit rules about using food leftover from events to

reduce waste and food insecurity. Alternatively, if food waste could be reduced at conference events through serving smaller portions, then the savings might be rolled over to cover basic needs food security resources.

Quotes from the Student Voices:

> "If it is a community meal thing, then there would be no stigma associated with being a low-income or food insecure student since it would be open to everyone…Creating something like this would allow people to spend their time more efficiently"

> "I think it is important to continue to grow these programs, like if we just sit and hand out free produce to students, it may get taken for granted. So, I think it [should be] doing something new each year…cooking classes on-campus. Make it sustainable"

Overall emerging themes summary: The rate of unmet needs is unacceptable but "there is also not a one-size fits all approach" to the solution. Existing services need expansion and improvement. New services, especially those providing discounted prepared foods/meals, should be explored.

Key messages that students in the focus groups want to convey (to the Chancellor):

- Ensure access to basic resources for everyone helps with better retention and graduation rates. Food encompasses more than having enough calories—it goes beyond to students' identities, self-esteem, and sense of belonging. Being in one of the wealthiest locations in the planet, food insecurity should not exist. Investing in food security and basic needs may not seem the most glamorous way to enhance our campus, but continual support is an investment into the future success of UC Davis students and will allow them to take advantage of the UC Davis' world-class education.

- Clarify whether services are intended for only food insecure or all students and align messages and strategies accordingly. Many students are uncertain if they should access resources until they are in imminent danger.

- There is an intersection between food insecurity, mental health, and housing. Housing needs to be more affordable

- Meet directly with student leaders (for example, Aggie Food Connection Coalition). There are good foundations in place and many creative ideas that might be considered.

SWOT analysis

The task force engaged in discussions of where the campus is at this point in time regarding efforts to end food insecurity and hunger among UC Davis students. This took the form of a "SWOT" analysis and reflects a broad brush view to the issues given the information that was gathered over the spring quarter. From this approach and more detailed examination of key findings, we generated our recommendations, which follow and are discussed in the remaining section of the report.

Strengths

- Many of the initiatives addressing food insecurity are student driven (The Pantry, Food Recovery Network, etc.) and therefore empower students
- UCOP Global Food Initiative (GFI) work has provided a jump start to addressing issues
- UC Davis has long history of attention to and a current commitment to promoting social justice
- Chancellor's support and engagement with issues relevant to student food insecurity
- High level of interdisciplinary expertise exists on campus, both breadth and depth, which enables the campus to identify innovative solutions, provide leadership, and take action
- Agricultural campus which provides farmland to grow crops on the Student Farm for use in the Community Table Project
- Experiential learning and ability to incorporate campus efforts around food security into educational mission

Weaknesses

- Multiple campus efforts exist to address food security issues, but lack fully coordinated efforts and vision
- Communication efforts about various food related benefits not reaching all students in need
- Food insecurity and hunger still exists on campus despite current efforts to address the issue
- Food insecurity cannot be solved in isolation, but is linked with the housing crisis in Davis and other financial issues affecting vulnerable students
- GFI funding is temporary and will be ending this year; loss will adversely impact programs such as Student Farm Community Table Project – Fresh Focus food production & donation
- Funding for Aggie Compass will be ending by conclusion of 2018-19 AY
- Funding model for The Pantry can be subject to variability depending on ASUCD funding priorities and changing leadership
- Limited direct fundraising efforts for food security for students or "food-centric" issues

Opportunities

- Awareness of food insecurity issues is growing on campus and among the public

- Potential untapped philanthropic potential exists around food issues
- Development of various innovative strategies to address food security on campus
- External groups such as Yolo Food Bank are interested in building larger partnerships and network with UC Davis to solve student food insecurity and hunger
- Ability to leverage existing data to understand problem and create solutions
- UC Davis well positioned to demonstrate leadership in addressing campus food security issues, using and expanding upon basis of current programs and infrastructure
- UC Davis can be at forefront of disseminating best practices UC-wide and nationally through conferences and other venues

Threats

- Unknown outcomes of the Federal Farm Bill and possible implications for food assistance programs, such as proposed funding cuts of one-third and tighter eligibility and work requirements
- Sustainability of campus food related programs and initiatives (The Pantry, Aggie Compass, GFI efforts and fellows, Healthy Campus) due to uncertain funding status
- Staff burnout trying to meet unfunded mandate to continue successful programs
- Continued financial pressures on students due to Davis housing crisis and associated costs as well as rising costs of tuition to attend University, and inadequate financial aid benefits to meet basic needs of vulnerable students
- Stigma of food insecurity and programs (food bank, The Pantry, CalFresh, etc) limiting students' usage of these benefits
- CalFresh regulations limiting students ability to qualify
- Student retention issue with loss of vulnerable student population if campus is unable to assist in meeting food security needs, resulting in failure of educational mission and loss of public social confidence in campus
- Time to degree erosion due to adverse consequences of food insecurity

Summary and key findings

Food insecurity exists on the UC Davis campus. The recent 2018 survey data collected by the task force indicates a 44.1% prevalence of food insecurity. This is in close agreement with data from the UC system-wide GFI survey (42%) and the UC Davis data from the NCHA surveys in 2015 and 2017. This indicates that while numerous positive efforts are being made by the campus and student groups on campus, the problem of food insecurity and hunger still exists. This reinforces that multiple contributing factors make food insecurity a challenging public health problem. Addressing the issue necessitates continued innovative, strategically planned and implemented, coordinated and multifaceted approaches to meet the needs of food insecure and vulnerable students at UC Davis.

A fundamental question underlying the impact of the programs is determining whether the actions are effectively reaching the students who are most in need. The data regarding use of

the ASUCD Pantry and the Fruit and Veggie Up! programs reveal that they are being used by a wide range of students, some of whom are from groups likely to be vulnerable to food insecurity. However it is likely that the programs are relatively underutilized by some groups who experience the most insecurity. Nearly 70% are frequent users of the programs, presumably due to financial needs. Thus they are serving a critical safety net need. However the capacity of the programs to further scale up to serve more students is questionable without additional inputs. Donations from the Student Farm's Community Table Project are nearing capacity, without additional farm supplies (e.g. seeds), professional staff, and student employees. The Pantry is slated for additional funding from ASUCD for enlarging the physical space and gaining cold storage. However space renovations will take time, and concerns exist regarding whether the current location is optimal, as well as adequacy of staffing and hours of operation, and the appropriate selection and nutritional quality of the food choices. These issues warrant further examination and input from campus.

Qualitative data from the focus groups and open-ended responses in the survey reveals that not all students are aware of campus resources available to them, and there is student desire for greater accessibility to the Pantry and the development of new programs. The data regarding barriers that the students perceive reveals that under-represented students in particular have relatively low perceived self-efficacy for cooking skills and cooking culturally relevant, healthy foods on a budget, but desire more information. Additionally the student responses suggest several social media channels that may be effective in outreach. The overall conclusion is that there is a failure of the campus to reach all students with information about services, benefits and programs available to them to enhance their ability to access enough nutritious foods. Not all students who need the information are aware of options available for them, some may wait to seek help until there situation is dire, and some may be forced to delay their education for a time.

Social stigma is attached to not having enough to eat and to the use of food assistance programs and other strategies for subsistence. Therefore some students will choose not to avail themselves of the programs due to embarrassment or shame. Others feel that they should save the programs for others who have greater needs, despite describing situations and consequences of their status that indicates food insecurity. Members of underrepresented groups may not be comfortable accessing services in traditional ways outside of their peer groups, especially in potentially stigmatizing situations. Thus, there is uncertainty on the part of students as to whether programs are intended for all students or just those in critical need, and how they can access the services. To be broadly inclusive, information about campus food related resources should be described in a positive manner – as benefits for all students not just aid for those who are in critical distress. The campus discussion and outreach can be framed as focusing more on the product or service rather than the target audience. For example, the Pantry can be described as a service geared more to students who lack money, time, skills, and /or transportation to shop and prepare food. The Fruit and Veggie Up! can be marketed as geared to students who want healthier eating habits.

Awareness and accessibility of key resources are limiting factors for effective utilization by students, and are themes that came out of multiple sources of data. Not all students are

currently aware of resources available to them and accessibility is not optimal for some students. The location of the Pantry and other resources should be re-evaluated, normalized and readily available, rather than hidden in a location tucked away out of sight where students don't feel comfortable seeking foods. Barriers expressed by students such as hours of operation and wholesomeness of foods need to be re-examined. The Communications and marketing for food related resources should be broadly distributed through multiple channels and some constituent groups may benefit from having trusted members as part of the communication pathway and services provided through designated spaces, such as various Resource Centers at the Student Community Center. Students are requesting additional practical information on foods and cooking literacy. This can provide life skills and resiliency to the recipients and engage students delivering the informational programs in experiential learning as part of the educational mission of the university.

The establishment of the Aggie Compass Basic Needs Center as a student-facing center physically located in the MU and on the web is a significant step forward for the campus and will be able to address some of the concerns. This center will be a central hub for information, resources, referrals, acute immediate need assistance and coordination of campus efforts. It can bridge between the campus administration and the ASUCD Pantry, possibly facilitating some campus assistance to the student unit to leverage its impact and reach.

The network of safety net and emergency services to meet short-term food security needs must be paired with options and resources to address longer-term needs of students, utilizing both campus and community resources. Increasing participation in CalFresh is an important piece that provides financial stability and access to healthy foods. Strides have been made over the past academic year through on-campus enrollment assistance and web-based interface tools, but lack of student understanding of the program still exist for some groups of students and enrollment barriers due to federal regulations preclude others from participating. The full-time staffer working out of the Aggie Compass in the upcoming year will help increase program enrollment. Existing partners should be encouraged to raise awareness of this resource at the Aggie Compass. Outcomes for CalFresh enrollment and other campus programs should be tracked.

Food security is inextricably linked to housing security and to physical and mental well-being of students. These are topics of the other appointed Chancellor's Task Forces and recommendations of all should be considered in tandem to fully achieve positive outcomes. A crucial aspect is adequacy of financial aid to meet the actual living costs. Current aid estimations fall short of the high costs of living in Davis, leaving an economic gap for many vulnerable students – the consequence of which is either food insecurity or homelessness or both, and is compounded by the accompanying emotional stress.

Fiscal sustainability of promising and successful campus programs is a critical factor to be able to make progress to eliminate hunger and food insecurity on the UC Davis campus. As funding sources such as GFI and one-time state funds will be ending in the upcoming academic year, financial gaps will exist for activities such as Community Table Project at the Student Farm, the Aggie Compass Basic Needs Center and Healthy UC Davis. Continuance of these and other

program development plans will require investment from the campus administration and increased development focus to promote philanthropic donations. Further development of external partnerships can leverage campus efforts.

Continued student engagement in the campus approaches to promoting food security will be important for transparency, promotion of social justice efforts and sense of student partnership with the campus to help solve the issues. Student volunteerism and novel ideas should be embraced as much as is feasible. Incorporation of problem solving approaches and outreach into the educational mission of the university provides multiple layers of benefits and becomes part of the learning laboratory.

The reality is that two years of GFI funding and campus activities have not "moved the dial' yet on the prevalence of student food insecurity on the UC Davis campus. However, this has been a building period of developing and enlarging programs, which have lacked cohesion and full student visibility. The Task Force has optimism that increased coordination and consolidation of efforts into a highly visible and proactive Aggie Compass Basic Needs Center will make a difference. It is anticipated that this platform will act as a hub and catalyst to enable greater messaging and additional programmatic approaches to reach students in need. A continued commitment to the goal of food security for all UC Davis students requires effort, enthusiasm and strategic planning. We hope that the recommendations of this report will prove useful in campus decision-making about necessary financial support for programs, prioritization of efforts and new ideas to be pursued.

Task Force Recommendations

Fiscal Sustainability of Campus Food Programs

- **Additional funding is required to replace UCOP Global Food Initiative funds and other one-time sources. Explore options for inclusion of funding allocations in campus budget, and seek external funding sources and philanthropy:** Fiscal stability and security is needed to ensure a consistent campus presence and the ability to provide present levels of service as well as expand capacity to fill unmet needs.
  - Request funding commitment for Aggie Compass Basic Needs Center beyond 2018-19 AY. This center represents best practices for providing resources to assist students in meeting basic needs and acting as central information hub for food security efforts.
  - Request funding commitment for continuation of the Student Farm's Community Table Project which grows produce for the Fruit and Veggie Up! distribution program, the Pantry, and EOP.
  - Explore continuation of funding for Healthy UC Davis projects related to student food security, which could be coordinated through Aggie Compass.
- **Explore opportunities to increase faculty and staff donations and for external philanthropy directed toward supporting food access and food security programs on campus**

- Establish a quarterly campaign targeted to one of the campus programs (rotate recipient organization) such as The Pantry, Fruit and Veggie Up!, Aggie Meal Share Cards or others. Faculty & Staff giving could be similar to the "Swipe Out Hunger" or "Pay it Forward" campaign, where they could be able to use credit or debit cards at campus point of purchase markets connected to the SHDS or through the COHO.
- Engage with development officers to explore additional ways to highlight philanthropic goals of supporting food access programs or educational efforts around food literacy and health for students; consider partnership of Aggie Compass and ASUCD Pantry development efforts. Seek donors for such programs.
- Consider including campus Pantry or other program as a donation target for the Big Day of Giving and/or Picnic Day giving campaign.

Campus Services and Resources

- **Encourage collaborative evaluation and "re-imagining" of possibilities for The ASUCD Pantry:** The campus Student Affairs and Assessment unit and the Aggie Compass Basic Needs Center are well positioned to provide assistance to the ASUCD and student-led Pantry to examine ways to increase the impact of the Pantry and serve the students.
    - Explore alternative locations for the Pantry which would be more accessible to students, not promote stigma, and would have greater overall space and capacity for food selection and cold storage for perishable foods. ASUCD has allocated funds for renovation over the next several years, therefore now is the time to evaluate a new location before renovations are made to the basement location in Freeborn Hall.
    - Examine the current 3 point per day system, and explore possible changes to allow a larger amount of items to be distributed at one time. This will decrease the burden of students needing to visit the Pantry daily just to get a snack or enough to make a meal.
    - Poll students to determine optimal times for the Pantry to be open and consider strategies to have staffing to keep the Pantry open on a consistent and reliable basis. Consider augmenting all volunteer staff if needed with paid student positions
    - Evaluate the nutritional quality of the foods offered in the Pantry and increase choices available with high nutrient density and quality to promote healthy diet choices.
    - Explore various new partnerships with external groups and community resources that could provide additional support, facilitate small grants or donations.
- **Explore increased engagement between campus and Yolo Food Bank in creative ways**
    - Discuss scaling up the routine delivery of both non-perishable and perishable foods to the Pantry (an already established Partner of the YFB)

- o Explore a YFB Day on the Quad once a quarter, to provide an opportunity for a direct food distribution event and for ability to leverage marketing about YFB, Pantry and other community resources for food assistance.
  - o Consider a YFB Mobile Food Pantry truck to distribute foods and resource information on the campus.
  - o Continue current discussions and summer pilot of cooperation between YFB, Food Recovery Network, Campus and Solano Park residents to deliver leftover produce from the Saturday Farmers' Market to Solano Park residents.
- **Develop the means to increase the number of Aggie Meal Share emergency meal cards (10 meals/ card, distributed through financial aid office and Aggie Compass)**
  - o Investigate possible funding mechanisms such as the Swipe Out Hunger from students (already doing this), with swipe donations from faculty and staff, or from catering clients choosing smaller portions for their catering order (for the usual price) and the additional funds that did not go toward food provision would be directed to use as Aggie Meal Share
- **Investigate the ability of SDHS to offer low cost meal plans to off-campus students with financial need, at a reduced rate.**
  - o Explore funding mechanism to subsidize the meal plan costs; evaluate what would be most useful to students – a pay up-front partial meal plan, or a meal card with reduced rate meals that students can purchase throughout the year and reload as they have funds available.
- **Explore the logistics of directing students to available extra foods in real time – i.e. develop a "Food Finders App"**
  - o A Student working with the Food Recovery Network will be working on the logistics of the app during summer 2018; information disseminated through the app could be coordinated via the Aggie Compass.
- **Continue to work with the Food Recovery Network to identify ways to facilitate use of unused foods that will meet campus policies and health/safety codes.**
  - o Partner with the SHDS for maximum effectiveness.
- **Develop and sponsor events targeted to students during the last 2 weeks of the quarter – i.e. provide snacks or additional food resources during the stressful times of finals and when food money has often run out.**
  - o Coordinated through the Aggie Compass Basic Needs Center and ideally would involve staff and faculty volunteers to staff and greet students. Some colleges, such as CAES, already offer a finals week snack break for their students; efforts could utilize this model to make the events more targeted and personal.
- **Explore means to increase capacity for production at the Student Farm to provide for produce donations and provide more experiential learning positions for students.**
  - o The Community Table Project's Fresh Focus program (growing produce for donation) is limited in its ability to provide additional produce due to a lack of financial resources. Currently, the Community Table project operates without a budget for seeds, fertilizer, and supplies. GFI funds, which previously supported staff, is ending. Funding for supplies and additional staff and student employees

would ensure a greater supply of produce for donation and more interns engaged in their campus food system.

- **Investigate ways to expand distribution of the Fruit and Veggie Up! program and scale up the program. Student demand exceeds the current capacity of the distribution program.**
    - o Additional sources of produce would be needed to scale up the program – either from increased Student Farm capacity or through additional external farm or grocery partners.
    - o Explore distribution to other sites on campus to meet needs of students unable to get to the MU. Current bicycle and pop-up distributions at sites such as the student resource centers of the Student Community Center are popular.
    - o Explore potential cold storage locations on campus to better facilitate the storage of food resources.
- **The SHDS continue to work with food vendors to explore creative ways to leverage buying power of the university to benefit food access programs on campus.**
    - o Dining services director continue to explore ways to encourage food producers and vendors to donate extra product to the Pantry and to purchase supplies for the Pantry through campus contracts.
- **Explore actions which can be taken to expand availability of lower cost and nutritious food choices on campus (at the Pantry and for-purchase sites)**
    - o Include consideration of choices for students with food allergies and digestive diseases

Marketing and Awareness of Campus Options, Services and Benefits

- **Deliver Aggie Compass Basic Needs information about food access resources through multiple venues and student organizations**
    - o Orientation and summer advising packets for transfer students
    - o Basic needs fair in the fall
    - o Food Connections Fair in the spring
    - o Social media
    - o Flyers on campus
    - o Redesign Aggie Food Connections website so that all the resources are on one page, instead of students having to click through multiple pages
    - o Tabling at events
    - o Pop-up events and clinics at locations such as the library, law school, vet med school, student community center
- **Continue to target messages specific to vulnerable groups of students**
    - o Pop-up events at resource center locations
- **Encourage faculty to include information about food access benefits on campus with their students**
    - o Place text on their Canvas site or on the syllabus. Example of text: 'Many UCD students experience food insecurity. Campus resources are available to you if

you consistently have difficulty accessing affordable, nutritious, and sufficient food. [Visit Aggie Compass located at the MU and their website for more information]'

- **Presence of the Aggie Compass at the MU is expected to have a positive impact on the current fragmentation of information and the lack of student awareness of services and benefits available.**
- **Explore starting a larger campus conversation about food insecurity through a relevant selection as a Campus Book Club.**
- **Provide information to faculty and staff regarding campus food security resources for students, and a process for how to refer students in crisis**

Food and Health Literacy

- **Develop innovative and engaging educational programs and resources, outreach, and experiential learning opportunities for students to build food and health literacy:** Assisting students with developing life skills and building resiliency to achieve food security will help them to meet challenges regarding food access and good health during their years on campus and throughout life. Current SHCS teaching kitchen programs are valuable but not scalable to meet overall campus need.
    - **Education programs in the dorms for end of freshman year before the students embark on off campus independent living –** Will provide knowledge of basic cooking skills, making budgets, shopping tips, and information about campus and community resources for food access. Deliver through Residence Halls and dining halls; involve SHDS staff and Chefs, Healthy Aggies student team and Nutrition undergraduate students to deliver education and provide experiential learning for students. Examples of topics: Cooking 101; How to be a foodie on a budget; Lets dish about veggies; Cooking with the Chef.
    - **Cooking videos to post on campus websites for basic needs, or YouTube channel –** Short videos of cooking skills, recipes, tips on how to use vegetables from the student farm; developed by departments of Nutrition and Food Science and Technology students. Periodically offering an in-person event demonstrating basic cooking and healthy eating tips, can also be videotaped for archiving to the web. (The CAES will be launching a pilot nutrition and cooking demonstration event on October 15, 2018).
    - **Increase information about produce being offered at the Pantry and Fruit and Veggie Up! –** Student volunteers at the Student Farm are currently working on expanding information cards or website information that can be provided to students who select the produce about how to use the foods. These will be updated by student employees in order to stay relevant to students accessing food resources.
    - **Courses on campus can engage around developing creative solutions to promote food security –** In the past 2017-18 year, two undergraduate courses (one in CRD and one in GSM) chose to include the topic as part of options for group projects. One GSM graduate course worked with the Agriculture Sustainability Institute and Community Table Project to explore challenges and

create solutions to improving the produce distribution system. In the 2018-19 year, a graduate Food Science and Technology course will focus on food security on campus. Food Justice courses being developed in the Ethnic Studies departments will provide additional opportunities for students to engage in creative solutions. There may be potential for a first year Freshman seminar course to be developed around exploring issues of food insecurity.

University/State/Federal Policies and Programs

- **Advocate for accurate UCOP and Campus formulas for cost of living**: Projected costs of living in Davis need to be accurate to avoid a funding gap for students, and resulting adverse impacts on both housing and food security. UCOP and Campus derived estimates of the cost of living appear to systematically underestimate the reality of housing costs in the Davis area (*information from the UC Davis Chancellor's Task Force on Affordable Housing). Financial aid awards are based on these estimates, therefore leaving some students in the untenable position of having to choose between housing costs and ability to buy foods.
- **Advocate at State and Federal levels for revisions to CalFresh (SNAP) regulations for students and explore actions to take in UC Davis practices**: Requirement to have 50% time employment for students in order to enroll in CalFresh often presents a barrier for full time students.
    - o On-campus employment is typically less than 50% time – explore campus employment practices of work-study students.
- **Explore ways to simplify CalFresh application process:** The application process is lengthy, quite confusing to many students and necessitates many forms documenting needs, financial independence from parents, citizenship, proof of residence, and any dependent children. The student friendly website rolled out this past year has had a positive effect and is seen as helpful by students.
    - o Staff from Yolo county CalFresh on campus to facilitate application process – this part-time help has shortened wait time for application approval and dramatically increased number of applications approved in the first two quarters of 2017-18 AY. Once the staff person is on campus full time, 5 days per week in the fall, it is anticipated that the increasing number of approved CalFresh applications will continue to increase. Results should be tracked for evaluation of success.
    - o Update the CalFresh information delivered in each financial aid offer letter
    - o Campus should explore ability to link FAFSA information to the CalFresh application in order to minimize burden of application process.

Prioritization and Implementation of Recommendations

- **A committee should be established to evaluate feasibility of various recommendations, develop strategies to implement plans and monitor success:**
    - o The committee should be composed of campus partners working on food access, including faculty, staff and strong student representation. The group should provide strong leadership in advising the campus regarding priorities, strategies

to accomplish goals and participate in leveraging campus and external partnerships. It is essential that the Aggie Compass Basic Needs Center be a part of this group, as this will be a central hub for campus food security activity and Student Farm as a key food production and distribution partner. Efforts should be made to also include students on the committee. The Global Food Initiative Fellows program should be retained and transformed into a Campus Food Initiative Fellows program.

- **Monitoring and evaluations should be conducted**
  - o Periodic evaluation of programmatic effectiveness and prevalence of student food security should be carried out routinely as part of institutional data, using survey tools that allow for consistency and comparability of data year to year within UC Davis as well as among UC campuses and other universities.
  - o Additional indices of program effectiveness and impact should be identified and tracked, in order to monitor incremental progress in the ability of campus to meet food access and other basic needs for our students.

Appendices

Appendix A. – Task Force Charge Letter

Appendix B. – Committee Work Process Timeline

Appendix C. – References From Text

Appendix D - Student Survey Questionnaire

Appendix D - Full Transcripts of Focus Groups

*Raw data from surveys and swipe data available upon request

GARY S. MAY
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February 9, 2018

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RE: Student Food Security Task Force

Dear Colleagues:

I write to invite you to serve as a member of a newly constituted task force on Student Food Security.

This new task force will be convened and led by Nutrition Department Chair Francene Steinberg. I ask that it please: (1) review our existing food programs and options; (2) suggest improvements to existing programs and services; and (3) make recommendations about what additional programs or options we should consider implementing.

The task force is requested to submit a report with its feedback and recommendations to me by no later than **June 30, 2018.** If you are unable to serve on this group, please inform Ada McAdow in my office at almcadow@ucdavis.edu or (530) 752-9065.

Thank you for your willingness to serve our campus through your efforts to review and improve the availability of nutritional food for UC Davis students.

Sincerely,

Gary S. May
Chancellor

/am

Appendix B. – Committee Work Process Timeline

1. Committee appointed by Chancellor May (Feb 9, 2018)
2. Committee Chair Steinberg held individual meetings with:
   a. Steve Weisler, Chief Data Officer BIA (February 21, 2018)
   b. Timo Rico, Executive Director CSAA (March 14, 2018)
   c. Kraig Brady, Director Hospitality and Dining Services (March 5 & May 21, 2018)
   d. Gopika Mavalankar, Student Assistant to Chancellor (April 6, 2018)
   e. Students from GSM & CRD classes re. food security projects (April 6, 2018)
   f. Charlotte Biltakoff, Associate Professor, FST and Amer. Studies (May 1, 2018)
   g. Tom Tomich, Professor and Director ASI (May 8, 2018)
   h. Ned Spang, Assistant Professor, Food Waste Initiative (May 16, 2018)
   i. Healthy UC Davis representatives (Stacy Breizing, Linda Adams) (May 29, 2018)
3. Committee Chair Steinberg and Leslie Kemp held meeting with Yolo Food Bank (YFB) representatives (June 6, 2018).
   a. Michael Bisch (Executive Director)
   b. Cindy Paso (Director of Programs)
   c. Joy Cohen (Director of Philanthropy)
   d. Elizabeth Schmitz (Board of Directors)
4. Committee in-person meetings were held on dates below, and email communications were frequent throughout the spring quarter time period (April-June):
   a. March 22, 2018
   b. April 27, 2018 (Presentation given by Nolan Sullivan, Yolo County CalFresh)
   c. May 22, 2018
   d. June 1, 2018
   e. June 7, 2018
5. Sub-committees – multiple informal meetings and email communications (April – June)
   a. Survey: Timo Rico and Francene Steinberg
   b. Focus Groups: Lucia Kaiser, Natalie Pang, Francene Steinberg

Appendix C. – References From Text

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Task Force on Student Food Security Survey

Q5   Dear student: UC Davis is conducting efforts to better understand the dietary habits and needs of its students. We kindly ask you to complete this 3-minute survey on issues related to your diet. We would greatly appreciate your help in sharing your information with us, which would allow us to provide students with better services.   If you have any questions, please feel free to email them at csaa@ucdavis.edu

Sincerely,

Center for Student Affairs Assessment
Division of Student Affairs
University of California, Davis

Q8 The food that I bought didn't last, and I didn't have money to get more.

○ Never (13)

○ Rarely (14)

○ Sometimes (15)

○ Often (16)

○ Very often (17)

Q9 I couldn't afford to eat balanced meals.

○ Never (1)

○ Rarely (2)

○ Sometimes (3)

○ Often (4)

○ Very often (5)

Q10 I was worried about whether my food would run before I got money to buy more

○ Never (1)

○ Rarely (2)

○ Sometimes (3)

○ Often (4)

○ Very often (5)

Q11 I cut the size of or skipped meals because I didn't have enough money for food.

○ Never (1)

○ Rarely (2)

○ Sometimes (3)

○ Often (4)

○ Very often (5)

Q12 I ate less than felt I should because I didn't have enough money for food.

○ Never (1)

○ Rarely (2)

○ Sometimes (3)

○ Often (4)

○ Very often (5)

Q13 I was hungry but didn't eat because I didn't have enough money for food.

○ Never (1)

○ Rarely (2)

○ Sometimes (3)

○ Often (4)

○ Very often (5)

Q14 Please mention the UC Davis programs that you are aware of to make sure that students have access to the enough nutritious food.

_____

Q15 Of the programs you listed above, do you have any suggestions on how to improve them?

_____

Q16 In your opinion, what other resources could UC Davis offer to ensure students have access to enough, nutritious food?

_____

Q2 Please indicate your class level.

○ Freshman (1)

○ Sophomore (2)

○ Junior (3)

○ Graduate student (4)

○ Professional student (5)

○ Staff (6)

○ Faculty (7)

Q17 Please indicate your gender identity.

○ Transgender (1)

○ Intersex (2)

○ Intersex woman (3)

○ Genderqueer (4)

○ Two spirit (5)

○ Trans woman (6)

○ Trans man (7)

○ Woman (8)

○ Man (9)

○ Agender (10)

○ Decline to state (11)

○ Additional category (12) _____

Q19 Are you Hispanic or Latino?

○ Yes (1)

○ No (2)

○ Decline to state (4)

Q18 Please indicate your race/ethnicity

○ African/African American/Black (1)

○ American Indian/Alaskian Native (2)

○ Caucasian/White (3)

○ Chicana(o) (4)

○ Chinese/Chinese American (5)

○ East Indian/Pakistani (6)

○ Filipino/Filipino American (7)

○ Hmong (8)

○ Iu-Mien (9)

○ Japanese/Japanese American (10)

○ Korean/Korean American (11)

○ Hispanic/Latina(o) (12)

○ Mexican/Mexican American (13)

○ Middle Eastern (14)

○ Pacific Islander (15)

○ Russian (16)

○ Ukranian (17)

○ Vietnamese/Vietnamese American (18)

Q20 If you would like to provide us with more information about your access to enough and nutritious food and how this relates to your condition as a UC Davis student, please enter your email address below.

_____

Food Security Task Force – Focus Group Plan

Focus groups are small group discussions, conducted to explore the range of feelings or differences in perspectives about a topic; uncover factors that influence motivation and behaviors; and/or generate new ideas about programs. Usually, 6-9 people participate in each group discussion, which is facilitated by a moderator. A co-moderator assists by taking notes and recording sessions. Generally, 2-4 discussions per type of group are planned but more may be needed. About 1 ½ hours is often needed for each discussion. Food and incentives are usually provided. Notes and recordings will be used later to prepare transcriptions for analysis of emerging themes.

Purpose: Clarifying the purpose is a critical first step. This will determine not only who will be recruited as participants but also the questions to be asked. For the Food Security taskforce, the purpose may be:

To examine student opinions and experiences related to existing programs/services and generate ideas on ways that UC Davis can improve student access to enough nutritious foods.

Target audience: After reaching agreement on the purpose, a decision must be made about who will be recruited to participate in the focus groups. For example, at least two groups may be considered: a) UCD students with limited or uncertain access to enough food and b) UCD student volunteers who deliver existing programs or other student leaders.

Recruiting strategies, days of the week, and best times/places to conduct the focus groups: To be determined

Moderators/co-moderators: Must be good listeners, capable of facilitating a discussion, and able to ensure comfort and safety of a group

Leading the focus groups:

After refreshments and allowing time for people to relax, the moderator starts with an explanation of what will happen. This explanation should include purpose of the focus groups, confidentiality, recording/note-taking, ground rules, and timeline for report. Always end with a question to verify that people are willing to participate, be recorded, and stay for the discussion.

To ensure a good discussion, the moderator begins with some basic ground rules, such as:

- One person speaks at a time (no side conversations)

- There are no right or wrong answers, only different experiences. Be respectful of everyone's opinions. We are interested in hearing from everyone.

- Listen to others (silence cell phones, no checking emails, etc)

- Moderator and co-moderator are here to listen. After the discussion, they can stay and answer questions that may arise

Leader Script & Questioning Guide:

Opening: To break the ice and get people talking, begin with an easy question. For instance,

1) Tell us your name, what your major is, and how long you have lived in Davis.

Introduction: To give an overview and allow the moderator to learn more about the participants

2) Over the past few years, the UC campuses have begun offering programs and other resources to help students access enough nutritious foods, especially to assist those students living on a limited budget. Which programs (services) have you heard about? How did you find out about those programs?

Transition: To give the participant time to recall and reflect on the main topic

3) Think back to when you first heard (or used) those services, what were your first impressions? What was your first experience with that program like?

a) Were their particular conditions that allowed you to take advantage of these programs (services)?

b) What held you back (or prevented you) from using these programs (services)?

Key questions: Usually 3-5 good key questions to elicit answers related to the purpose

4) What was particularly helpful about these programs (services)?

a) How have these programs (services) met your needs?

5) What was particularly frustrating about these programs (services)?

a) What needs have gone unmet?

6) In your opinion, what other resources could UC Davis offer to help students have access to enough nutritious foods?

- Remember to address any topics that could be further expanded upon

Ending questions: Get a summary of the most important points

7) As we mentioned at the beginning, we intend to share the results of these conversations with the Chancellor. In your opinion, what is the most important advice or message to convey to him?

8) Since we truly want to evaluate and improve UCD's programs and service, we ask you again if there is anything we have missed or anything you came wanting to say but did not get a chance.

Focus Group #1 May 15, 2018 – Transcript

N: Tell your name, major, how long you've been in Davis

1--Female PHD student, GGNB, 3 yrs in Davis, go to FVup frequently, every wk

2--Male 3rd yr undergrad, physics major, end of 1st yr at Davis, transferred from Sacramento, that's where I live, most fun fact is I have 2 dogs

N: We are interested in food security and wondering about if you have heard about any of the programs, if you have gone there

1—I heard about FVup on the Student Health & Wellness Center (SHWC) website when I first got to Davis. Basically, thought it was awesome that I could get free F&V. Been going since the beginning when it started over at the SHWC and then when it moved to the Mu. It has gotten a lot busier but still try to make it and I have also started going to the pantry this qtr, just b/c I heard about it from someone in the FVup line. Thought I'll go check it out so I only go there on the days I am over there for FVup as well. But it's nice. I do supplement some of my food from there, like pasta and beans and stuff. But the selection is a little thin at times I don't know exactly how all that is sourced. I don't really know how that works. The FV up is nice b/c they always tell us where all the veggies and fruits are coming from that day. But, yeah, it definitely helps me cut down on grocery bills b/c I eat a lot of FV

N: Any 2, we are asking about which programs you've heard about.

2—I know I've heard about the pantry but I've never personally used it. I've heard of friends, a couple of buddies of mine, I know they have used it. I've never heard of F&V up. That actually sounds pretty cool but I've never actually used that either.

N: OK. Since this is the first time hearing about those programs, would you be interested in using those programs?

2—I don't see why not. I don't know much about the programs themselves, I haven't really needed it but I tend to think it's better for people who actually need it. So, if I do need it, I would probably use it.

N: And then #1, when you were first using these programs, FVup and the pantry, what were some of your first impressions?

1-- FVup: first impressions, thought it was a really cool program, seemed like they were trying to reach out, I liked that they sometimes had the cooking demonstrations when they were over at the SHWC, although that's not happening at the MU but I do like that they have expanded, it started out it was just the Nugget, then they added the Student farm, and the Coop, so that's nice. My first impressions was that it was kind of an open environment to kind of get the resources you needed to be healthy. And then the pantry, maybe it's b/c it's in a basement, but it seems little more like closed, not as open and as I said earlier, you don't know how they're sourcing all their stuff, where is this stuff coming from, I think it would be nice if it was a little more open, in terms of knowing how it's sourced, maybe it's just me wondering "why don't they have this all the time?" Inconsistent with what they have.

N: so, although you've mentioned you haven't used these different resources, I was curious to know what your impressions have been?

2—I know the pantry from the couple of friends I have, know that it's more a need basis. That's pretty much the primary reason I haven't used them b/c it's not a need for me. I haven't any issues. However, she's talking about the FV thing with the cooking demo. That sounds "awesome". That would be a good way to influence me to go to something like that, learning to cook a little bit healthier than I normally cook but as far as what I've heard from my friends, they've had no complaints. They get the food they need.

1—I should re-state that. They are not doing the cooking demos anymore, now that they have moved to the MU. But the SHWC does offer some cooking classes so if you go on their website, you can see what they are offering this qtr and the dates. So, it's not connected to FV up anymore.

2—Still sounds awesome. I haven't heard anything negative about them; I just have felt the need myself to use them.

N: would you all be able to expand upon what you found particularly helpful or frustrating about these services? L: I would ask one question at a time.

1-- So, useful, it provides a lot of fruit and veggies that I will then not have to buy at the grocery store, helping me cut back on costs. And the pantry, I get staples from the pantry

N: So, #2, Have your friends found anything particularly useful about the services they have been using?

2—One specific friend, here a lot, a physics major, he's said the ease of access, quicker for him to use it, rather than go off-campus and find other resources

N: Now, that we've discussed what you found helpful, would you be able to expand upon what you found frustrating?

1—So for FVup, moving from the SHWC to the MU, it's the space is very awkward, people who are waiting, are waiting on the floor. I have to get there very early if I want to be able to get my stuff and go. So, I'll sit and try to do my work, but it's a bit of an inconvenience. And with the pantry, it's the inconsistency in offerings, so beggars can't be choosers but it would be nice if there was a little more consistency in the availability of their food stuffs

N: And #2, have your friends expressed any frustrations?

2—I think for the pantry, what I've heard is what she talked about, inconsistency. Seems like everyone gets pasta, nonperishable canned food type stuff. I think like for FVup, it's at the MU, I'm there a lot and have never seen it. I think that's a negative b/c I'm there at least a few times a week and never heard of it, never seen it.

N: And so do you feel like there's different conditions that would allow you to take advantage of these programs, or at least the ones that seemed of interest?

2—The F/v one sounds good, I liked that one, just never heard of it, I can be oblivious sometimes but as for the pantry, I've always been told if you need help and that's fine, it makes sense, I don't want to take something that someone else actually needs it and is going to take. Guess that would be the 2 biggest things, b/c I like pasta

[L to N: What would you like to do with that response? One opportunity, he's said , it's not very visible so an opportunity is ask him what would be the best channel to communicate to students; so I would ask if he could suggest ways that are better for outreach for this program]

2—I'm sure there are a lot of flyers for this program but I'm there specifically for the veteran's program b/c that' where the VSC is, DSVO. That would help there, Maybe work with specific groups in holding events, that were sponsored by the FV Up, where they could bring out fruit and veggies or the cooking thing is a great idea to get more people involved. I would go to those b/c as I said, I don't want to feel like I'm taking away from other people who are using it, and actually need it. If it is actually just for need, that's fine. But if it's more of a student service, part of what you pay tuition for, I would say then maybe gear it towards that, rather claiming it's just based on need.

Z—I would add to that. What kind of messages that the school puts out that you do respond to, leads you to respond to them? N: that was a good question.

2—For me, a lot of that is thru the student organization I'm in, the DSVO. We've been trying to get a lot more veterans involved in pretty much anything around the school. Usually, I'm working with Earl and Yolanda--they'll usually send email blasts, about what's going on, how veterans can get more involved, that's what strikes a cord with me. So, I would say going thru organizations is probably the fastest way of getting word out about specific events. To get people, b/c that's what people want. I know with the pantry, we just did a mental health workshop, it was about peer support, and that's where they mentioned the pantry, again if you need help, that's a great place to go. Food is one of those things that is affecting your happiness, so fourth time hearing of it, thru my org, That's how I got here

1—I agree going thru specific groups is best b/c when they see all the mass emails, they just ignore them, "this is too much". Definitely, emails from specific groups and targeting specific events, doing a cooking class, marketing FV up to those people at the event would be useful. Generic emails often get tossed aside

Z--so it seems like we've combined #6 & 7, L: You have to think as you go what's important to capture

N: So, while using these programs and services, do you feel like they have met your needs?

1—Yeah, it's pretty good what you can get when you are there but sometimes it just hasn't worked with my schedule b/c you have to wait for a while in line for FV up. But it's pretty sufficient. Obviously it doesn't cover all my grocery needs but it does help supplement

2—From my friends, same thing for them,I think it's a great way to supplement if you need to save money.

N: Have your needs gone unmet in other ways, transportation?

1—I did hear that FVup might not be continuing over the summer which would be definitely inconvenient for me ,just b/c I feel like that's a big thing, especially for me over the summer, some of us don't TA a class for at least part of the summer and so that definitely cuts into our stipend, and budget, what we're able to afford. Not having that resource over the summer would be really detrimental, so hopefully that doesn't happen

N: And #2, do you feel with your friends who are using these resources that they have other needs that are going unet?

2-Honestly, none that I've heard of. They might just keep that to themselves

N: And do you feel like there are other resources UCD could offer?

1—I think it would be really cool if there was some way to work with the grocery stores, points, discounts, or if they are going to give stuff away, students could access that, I don't know if its possible. This is college-based town,

2—For me, since I am older than the average student. Learning about nutritious food is complicated for me. Any type of cooking classes would help

N: so, each of you have mentioned cooking demos. What have been your experiences/ What would you like to get out of them

1—so the cooking demos I've gone to, that used to be at FV up, they would feature something th what they have available that day, which I think is really cool b/c a lot people are not familiar with the fruit or veg. thought that was cool, made it more accessbile, less scary. Some of the cooking demos I've been to thru the SHWC, likes the ones that were interactive, they'd portion out sample, show you how to do it, then you could pick up the recipes after. For me, I do a lot of cooking but still it's kind of fun. But for people who didn't know, they could ask questions, like how long do you cook it, why do you do that? People who didn't know a lot about the food or how to cook it, could really interact

2—think for me, everything she said was perfect. Also, cooking techniques that normal people can use, like I've watched Food Network—they say it's easy but I don't even know what it is, or how they did it. And for me, anything that steers away from the best way to cook the veg is with butter, cheese. Show people how to cook it healthy, with techniques that normal people can use, a cutting board, and a knife, a pan instead of magical blenders

{#1 leaves}

N: We will be sharing this info with the chancellor. What is the most important message you want to convey to him about these service?

2—If the goal is just to get more people to use them, then steer clear of the mantra it's on a need basis And also get people more involved—do people actually donate to the pantry—I don't know how that

61

works? But if you can get students involved in actually acquiring food for the pantry. Biggest reason I don't go is b/c if it's on a need basis.

Focus Group #2 May 29, 2018 – Transcript

Natalie: Tell us your name, what your major is, and how long you have lived in Davis.

Moderator: Natalie, 1st year Master,

Co-mod: Lucia, retired specialist in Nutrition

1-_____, 3rd yr undergrad, major--design, minor tech mgt

3-_____, 5th yr male biopsych major, took 1 yr off to work, and financially stabilize myself, very interested in food security

Natalie: Which programs (services) have you heard about? Whether personal experience or people you've known

1- During my 1st yr, I learned about the pantry and actually used it when I was first or second yr. Went to a lot of CalFresh workshops. Definitely did that. Because there's the fruit & veggie bicycle—really cool

3- I transferred & didn't know about it at first, later learned about the pantry which I find is ok, kind of helpful. I had trouble making the designated times based on my school schedule. And I found it hard finding out when it was open. Online said it was open but it wasn't. The times listed online were constantly updated so I kind of gave up on the pantry as a reliable assistance. I would only go there if my class ended early or had a break from lab so I would stop by there to see if it was open, stopped checking the schedule online as reliable. They have basic resources there , 3 pts—probably enough for 2 meals. It's nice. Learned a yr or 2 later about F&V up. What I found very confusing was all these names like F&V up, CalFresh. Wasn't sure - thought they were the same thing but turns out they're not. Noticed somethimes there was fruit and veg out here—that's the FV up. Found that helpful-have no complaints , think they could expand it, Probably b/c there's more f/v farmed here than anywhere else on the planet.—readily abundant. The problem with CalFresh & food stamps-you can't do it. There's an income check on your parents' income and yours and unless you are independent and very few students are independent. I was not able to declare independence for the first 3 yrs I was at Davis so CalFresh completely useless. That's why I ended up having to take school off.When I was 23-24, then I could qualify for Calfresh. That's more of a state issue than a school issue. A little complaint I had even though my parents weren't supporting me, on paper I did not qualify. Very frustrating. With Aggie compass, we were thinking about creating a "network of supplying"—lots of restaurants, esp Panera, Budin, they throw 100's of lbs of bread at end of day. So there's all these restaurants that are expanding out from here and many students, driving in from different places, could reallocate this extra food that is being thrown away. When I used to talk to

homeless people, I would direct to where I worked where 100's of lb of bread was being thrown away. Or we could go to the dollar store and buy a bag, repackage and redistribute

Natalie- It's an idea to play around with

3—I don't know if there are legalities or liabilities. If we did establish relationships with places like Panera, maybe create some incentives for them where someone's marketing would come in handy, create a plaque that would say "Proud supporter of UC Davis Student Center for Basic Needs", They could display it proudly, like an award. Incentives like the Yelp sticker. Beneficial to them and for us. They could save money too by not throwing away all this bread, they have to pay $100 a day for garbage.

1—To bypass that, have a student org on here campus that is for sustainability, food resource could collaborate within the Center too. B/c they're not UC Davis like officially, affiliated, there's not a lot, legalitywise,

3-Like hire someone?

1- Not outside of school. Students can reach out to someone like Panera , like "We're an org on campus, do you want to sponsor us?". Like UCD is partnered with Pepsi, so you don't see a lot of Coca cola on campus. You see mostly Pepsi So if Coca Cola wants to expand their presence on campus, they would go to a student org and sponsor.

3 Working with food suppliers, could a form of advertising? We could almost help them brand their image by them giving us free food.

1-helping students with their cause and a marketing thing

 Natalie—these are really good ideas. Cool brainstorming session. So, how did you first find out about these resources? You said that as a first year, you were using the pantry?

1-Mine was a special circumstance. Not a lot of students know about this, especially when they first come in. The reason why I was able to know was b/c I was heavily involved with student centers—Natalie—could you expand on centers?

1-Student community retention center AB? SCC, WRC (?)[Note; I cannot hear this part of the recording] provide a lot of resources, then had accessibility, knowledge. Most CalFresh I went to were hosted by centers

3—The people are well connected. Like Aggie Compass. The food initiative for example

Natalie— Then, 3, When you were starting to use these resources, how did you first hear about them?

3—I don't really remember. Then I may have found it on google, by random chance one day. A lot of the people I transferred, friends, were from the Bay Area –like upper class—so all them moved to West Village. I can't pay $1200 a month. So, the people I knew there was no mention of things like pantry, FVup, food stamps. I learned about CalFresh (aka) food stamps

when I was incoming to my 5th year from a friend who graduated from UCSB who had a friend who was using

Natalie—So, More of a word of mouth type of thing?

3—Yeah, for some of it, but the pantry& FVup I learned about 1 ½ year after I transferred found those online, checked out the pantry in the basement

Natalie—So what were your first experiences like when you went to the pantry?

1—Pantry— I remember I got lost in Freeborn

3—I got lost too

1-- walking down some stairs.. where am I?

3—like a little dirty area

1- And the selection is like, um, I'm not a nutrition major but I think it's more like lasting, the purpose is to last, not necessarily to healthfully feed students. Although there is FV up but if you're not there by 30 min, it's all gone.

3—That's true

1—although the pantry does have good resources like toothbrushes

3—yeah, I like that, toiletries,

1—That's a good idea. It's just that its hard when you get 3 points and it's hard to pick and choose. And the food items there are meant to last, instead of nutritional eating

3—Not quality

1—You're eating like instant stuff, basically, I kind of stopped going, I would get condiments but then I wouldn't really have a use for them, like if I don't have food to eat with them, there's no point. Also timing—it didn't match with my schedule. Went to a lot of Calfresh workshops, meaning to apply, but every time I tried to go over there, there's a long line, can't wait a long time, ok I'll just come back or do it on my own but get stuck, and I don't want to file something wrong and get in trouble. A concern of mine in making food accessible for folks who are undocumented, they don't have the accessibility

[#2 arrives.. Lucia to Natalie—why don't you take a moment to catch him up?]

Natalie: could you give a brief intro?

2- male Anthropology major, 5th year

Natalie: There are numerous food programs on campus, which ones have you specifically heard about? Or maybe your friends have taken advantage of?

2-- Calfresh, Pantry— the pantry's the big one, love the pantry, try to go every day

Natalie: How did you first hear about the pantry?

2—Facebook, social media

Natalie: Different social networks. What was your first experience with the pantry like?

[#1 needs to take a restroom break]

2—Scary, going down to the dark basement, am I going the right way? Didn't know where it was,

3—Yeah, that's what all of us have said, kind of creepy

2—Didn't know what it entailed. A Singular experience. After I got there, the volunteers were really helpful. They explained everything and how it worked. Made me feel at home. Keep going there every time now.

Natalie—And when did you first hear about that program?

2-- I believe in my junior year, is when I heard about CalFresh and the Pantry. It was a really food insecure time

Natalie—And so you are saying that was a very food insecure time. Were there particular moments that made you want to seek out these resources?

2--Yeah, it was a period when I was getting dismissed from school, didn't have a job so I looked into campus resources, found some thru Facebook, pretty much life-saving for me

Natalie—Was there anything that first prevented you from using the pantry?

2—I guess I had never really needed it, freshman yr, here in the dorms . Sophomore yr, I didn't know anything about it or didn't have a need for it

[break, waiting for #1 to return]

Natalie: I just asked #2 this question but #1 &3, what were the particular conditions that made you seek out these resources?

1—When I grew up, I grew up with Calfresh. Only later when I was in high school, realized, you became socially aware, of one's own personal identities, realized that not all families use Calfresh. Oh shoot…realized my family's social standing in class, when I became more aware, Still aware when came to college, For me there's no shame to it, though there is societal shame. I sought it out b/c I knew I would need it being from a low-income family in a UC school, already very expensive, and with the academic load, and the workload, the extracurricular activities I have to take in order to be successful and the time it takes to cook, I

struggle with that's why I search out these resources. Like whenever anyone says "do as much as you can", when you're in school, like take a lot of internships. Not a lot talk about how expensive it is

3- a lot don't pay, especially at first

1—To be successful, you need to do this, this, and this but to do that you're going to need to have money, so my money went to that, mostly, for the path I'm taking. I have to do this. It's kind of weird. Like food is a necessity but to me at that point, .it became not a necessity, that's when I realized, "oh I should eat!" That's when I sought it out. It's a necessity I should be more aware of, have importance

Natalie: And #3, where there exact conditions that made you seek out these resources?

3—When I transferred, I had no income. Played it by ear Didn't have a plan. Girlfriend was working, supporting me. Helped pay b/c I couldn't. Didn't think it was that bad. Del Taco had these one-lb burritos- Just ate 1 lb burritos for a $1, for about a year, $2 a day. It's now only half a lb. That and spaghetti, pasta sauce, pasta. I thought that was ok but after a year my mental health was deteriorating from poor habits, like not eating well, am pretty sure it was having lots of effects on my body that I didn't know. I didn't go to a doctor but I could tell that something was off from eating so much high calorie, high sodium, high sugar food for every single meal. So my dad's advice was do what he did, work at KFC and pay your tuition and all your expenses by working at minimum wage. As all of us note, it's impossible to pay for everything on minimum wage and still progress forward and be competitive. I think there's a bit of a generation change. All my relatives had worked at McDonalds, "I paid for all the tuition and expenses and got top in my class". For the average person, it's almost impossible. Nowadays, at least with the tuition cost. So, I was in that state after eating burritos for a year, I started looking for resources, eventually the resources weren't enough, I didn't qualify for them, so just ended up not going to school. That's what I'm doing right now, just working.

Natalie: And was there anything that prevented you all from using these programs?

3—Time, #1 mentioned that, there are certain time periods you have to meet from using F&V up. Everyone ransacks all the good vegetables if you don't get there fast enough and there's like cabbage left, or some random vegetable that no one can cook.

1— Goes along with income. It's cheaper to live farther away from campus than living across from U-Mall which is very expensive but the downside is very far away if you were to get a vegetable here like asparagus or broccoli in the am, you carry it around all day. I don't go home sometimes like 9, 10 pm. Busing it, from campus to my apartment complex, takes basically an hr to go home and return. That hour, what could I be spending it on? Getting paid, Working, doing stuff for my club, doing my homework, office hrs. Being intentional about time

Natalie: So, #2, when you were first heard about it and seeking it out, did you feel there anything that prevented you from using the pantry?

2-Not particularly for me, because I was in need. Definitely there could be more public outreach. I saw it a lot when I was looking for it but I don't see it much anymore.

Natalie: And so was there anything frustrating while using the resources. I bring it up b/c you mentioned time

3—About the resources? I ran into the same problems, Most jobs, research here on campus runs 9-4. All these resources are open, between like a strict time, a small period 10-2. So, I would have to Either have to go on break. Or Actually leave lab on break. Then pick up something and go back to the research lab. For me there was a time issue too. I don't know if it's a complaint b/c what can they really do? They can't open all day, I don't know the solution, but the online scheduling was not reflective of what was actually happening. They had scheduling posted on the pantry that means I would have to leave to go to the pantry to see if they were open or just to check the schedule on the pantry itself . I don't know if its still like that Haven't been there in about a year.

2—Definitely the Stigma for Calfresh

1—Fact that they changed the name

2- I feel like that should be a good change, rework the mindset. They know it as food stamps.My friends would say "Calfresh, what's that?."

3—think it's confusing. I actually tried to enroll in both b/c I thought EBT and Calfresh were two separate programs. For me, I don't think the stigma is that bad. Think it's the coolest thing. I can get free money for existing. Mine got halved my Calfresh b/c my dad sent me $200 to fix my car. That's really a state issue, rather than UCD

1- For F/V up, B/c I can't cook, I want to get stuff but, I don't want to be wasteful, like when I get home, "what do I do with you?—10 lbs of radishes? Or 4 cucumbers, 4 zucchinis, 4 eggplant, a squash. I've been cooking pasta but I don't know really know how to cook this. I don't want to take it from someone who knows how to cook it

3—I think others have the same issue. From the fellow students I know, most are not the greatest cooks

1—Easier fix—update the schedules every week, or day, and insert recipe ideas. Include what they're going to have so if I don't need anything, I could be somewhere else, at my research position. That way people can organize their schedules better, and if you have the recipe that uses the ingredients, people will be more likely to take it and try it

3—I was thinking that when we bring these containers of food out, we could post some things that could be made, like if someone gives you Basil leaves, 99% of people don't know what to do what that but you could make pesto by putting it in a blender with any kind of cheese. At a store, that's really expensive to buy, so those easy recipes, we're thinking of helping people figure out what to do, like cooking videos

1—Accessibility is important, but it's also about what to do with it after. If they toss it out, it's going to still be a problem with them not feeding themselves and also waste

3—I know friends who come to Davis from their families, and they're just eating their parents' food, like chicken nuggets, If they get cabbage, radish, zucchini, they're not going to know what to do with it. They'd die before figuring it out

Natalie: Really cool ideas, What has been particularly beneficial about these services?

3- Free stuff

1—It does help sustain you. Zucchini-how much it would it cost to buy? Although it's a minor frustration for me, it's still on campus, I want to recognize it, though it involves travel, easier than walking to Nugget or bussing it to Safeway

3—Even after the complaints, they are good- just criticizing from the Devil's advocate. Good foundations. Pantry is great for staples things, cereal, toothpaste, F/V up for actual food, CalFresh helpful as a backdrop. The things that could be improved upon: more quantity of F/V up. Overall, have a good opinion like the direction. Where is this stuff from the pantry coming from?

Natalie: Usually the Yolo County food bank. We can definitely circle back around if we want to discuss that more. And #2?

2—CalFresh is very helpful if you're trying how to learn to cook, there's a lot of space for failure,

1—that's true

2--if something was expensive for you to buy, you would have never tried. Calfresh helps you afford it. U-tube videos .Can't say anymore good things about the pantry, love the pantry, haven't used F/V up this year that much

Natalie: And generally, would you say how they have met your needs? Are there any other needs you haven't touched upon?

3— you mean like are these systems not providing what they should be?

Lucia: You might skip onto the next one to see if it resonates a bit more. Natalie: we've discussed the pantry, FVup and Calfresh, what are other resources you think would be beneficial to help students keep having access to nutritious foods?

3) Coordination with growers in the area, there are strict standards for selling fruit, like bruised fruits or certain sizes so redistributing those resources here. We have a high density of farms. Why are the stores so expensive here, there's the opportunity to take resources that are

not being properly utilized and redistribute them. There's also a lot of excess resources from students could be redistributed thru the pantry. Students actually have a lot of unused resources. I know how much stuff is thrown out at the end of every school year. Things other than F/V, things could be redistributed at the end of the year, other things get thrown out, like beds, mattresses, electronics, appliances, shoes, clothing.

Natalie: So #2 &1 do you think there is anyway UCD could expand upon or incorporate other resources?

1— For food?

Natalie: let's first address food and then go into other resources.

1--Are there any cooking classes (GE units, 1 unit course)?

Natalie: teaching kitchens

1-Actual units

Natalie: Oh… no.

3—We're thinking of putting on demos here (Aggie Compass space) with F/V. But there are legalities, heat, ventilation, Maybe bypassing by going outside

1—I bring it up b/c in Japan, in home economics, they incorporate meal preparation and teach students how to cook. Can we have that here? Students clean up, cook it themselves, rotations, Maybe incorporate that here. Students learn and can take it home. Like meal prepping. I would definitely enroll in that class if it went into my curriculum, a cooking class, Whenever I make a decision, I think would this be a waste of my time?

3—Would you enroll in it?

1—I would, my first year. A cooking class for credits. We have to take GE classes—we don't need GEs—but if we're going to have them, cooking class would be very important to have.

3—I think it depends on your major b/c I set up my GE to cater to my major,

1—Having a class would be cool, get some units, a small unit class (not 5).

Natalie: And # 2, do you feel there are other resources?

2—Really like #1's idea, freshman are overdependent on the Dining commons—then what happens in the the 2nd yr? Can't see it become part of the curriculum b/c of the institution….Restaurants in every corner, in and out food

3—Like the idea of cooking but can't see everyone enrolling, but I don't see everyone enrolling in a 1-2 unit course, they'd rather have that time for something else. I'd want to enroll but I feel like I wouldn't. maybe if requires a shift in mentality to get students to sign up

for something like that. On the same question about other resources incorporated with food security, Food security has a close link to mental health. If you have no money, no food, you're probably not in the best of mental state. You get to a point where you can't support yourself . Mental health and food security should go hand in hand. In my clinic, we get a lot of low SES people and they have lots of crazy psych issues associated with low-income. Those two departments Food security and mental health should be closely interwoven.

Natalie: I wanted to expand on a couple of topics. So #1, you mentioned you used pantry as freshman. What drew you to that, specifically as a freshmen, since usually freshman have access to the Dining commons?

1—Had access to the dining common but you get tired of it. When I was a first yr, I did get tired of it. Having to go there every single day—that's the old system. I did have food and everything, the swips, but I still went b/c I I knew I would have to move out and learn to cook on my own.

3—There's a lack of preparation from transitioning to the Dining commons reliance to living on one's own?.

1—I was aware of that, so to prepare myself for moving out.

Natalie: And then #3, you have the transfer experience, so I was curious when you were talking about transferring, you said resources weren't really talked about. So, in your opinion, do you think there there the potential to expand outreach with these different resources with transfer orientation?

3-- I actually didn't go to transfer orientation. I wasn't sure I'd be able to afford UCD. So, I can't speak for that.

This is a step in the right direction--Putting Aggie Compass out front, bright colors The classical approach is like the pantry; putting low-income and food security aside b/c they don't want people to see it when they market the campus to prospective students. Like this approach, no shame.

1—UCR does a good job, they have an actual room for F/v fresh produce but they had to work hard for it

3—We only have that frig (in the Aggie Compass area)

Natalie: What's the most important advice or message you would convey to the Chancellor in this report?

Lucia: Putting altogether, after everything we talked about, what rises to the top as being most important you'd to communicate to him?

2—These resources are vital, important, necessary, need him to foster development of that resource in any way we can

1—Food definitely encompasses more than calories, vitamins, it goes beyond to students' identities. Really affected, Yes, but every student is going to be the future. Eating, water, and housing is the fundamental right

3—Being in one of the most wealthy location in the entire planet, there shouldn't be an issue with food insecurity. I know the resources are there to ensure everyone should have access to basic resources. The challenge is how to get those resources to the people that need them. The Chancellor could play an important role in helping reallocate resources. From the Chancellor's perspective, I know his goal is to represent the school and its reputation. From his end, ensuring basic needs could ensure high graduation rates, better retention. B/c if someone is not eating, $1 burritos all day, reduces the chance of doing well.

Natalie: Anything we missed?

3—There's good foundations in place. Oh, I have a message. Stop building housing like West village and Brambles and make student housing affordable. No student can afford w/out your parent's credit card. Housing crisis is encroaching on this area from the Bay Area. Something needs to be done about it other than keep inflating prices.

Focus Group #3 June 5, 2018 – Transcript

Permission to record the session granted by both interviewees.

Tell us your name, what your major is, and how long you have lived in Davis.

- Moderator (M): Natalie

- Note Taker (NT): Tyler Lee

- Interviewee 1 (1): International Relations, Education Minor 4th Year, Male, from Chico. (he / him / his)

- Interviewee 2 (2): Linguistics/Communications, Spanish Minor 3rd Year, Male from Sacramento (he / him / his)

M presents Question 1: Which programs (or services) have you heard about?

1: I remember the Fruit & Veggie Up! has been around a few years now. I think they

existed 4 years ago when I first started here. But they were located in the Student Health

and Wellness Center. It was not as busy as it is now, and I believe it's because it was

not as accessible. But when they brought it to the info desk, and that was a lot better.

The Pantry exists in the basement, and it has been around a long time. Interesting

infrastructure, not enough staff, and it is not as accessible as it could be. Also a lot of the student organizations have canned food drives, but I think it is more for folks off campus. I will come back to my last idea.

2: Freshman year I did not know too much about various programs and resources because I was already equipped with a meal plan. My second year, I first heard of F&VU and then through that I heard of CalFresh. Then I attended a workshop for CalFresh. I think it was at the health and wellness center so I also got some fruits and veggies then. Then I heard about the food pantry from the Student Health and Wellness Center. I also heard about The Pantry, got a few things. This quarter, I also applied for the pantry scholarship because of something that happened to my CalFresh. The scholarship is really useful. I the pantry offered a free pizza thing. I heard about it when I had an interview for the pantry scholarship. It is somewhat discontinued because the senator who started it left.

N: How did you hear about the reset of the programs?

2: CalFresh was hosted by the campus department. Then I heard about FVUp there. And I might have heard about the food pantry online. From the Pantry, I heard about the pizza thing. If I see or hear about things from people, then I will check these resources out.

M: 1, it sounds like you heard about a lot of different resources. So, how did you first hear about them?

1: I have heard a lot about them I think because I work at the information desk at the Memorial Union, but I have known about the others because I have been involved with ASUCD. So I think that has influenced the way I see resources for students. And I think Anson has a good point when he brought up the different senators. When transitions happen, it causes a lot of issues, because new senators do not always have the initiative to take on projects from previous senators. I think it is important to build stronger

relationships with the campus resources and the administration, so they can ensure

sustainability when there are transitions with the senators. And I know a lot fo these

resources and initiatives on campus, because they advertise a lot for volunteers, but not

necessarily the resources they offer to students. For example, they have the CalFresh

representative that is from the county, but not necessarily through campus. So there are

not a lot of hours that are necessarily helpful for students. So not student appropriate

times. I just know things, but it is a lot of social media, and a lot of campus resource

stuff. I get a lot of things in my newsfeed, so I try to remember for other students. For

Example, My housemates have used resources, but they only found out because of me.

So I think it is an advertising issue for some reason and possibly a money thing. He has

heard about various resources thanks to these two associations.

M presents Q2: What were your first impressions of these resources.

1: I first thought these resources are awesome for people who need it. And then I think

about how they can serve students better and what can we do and where can we put the

services in better locations so people know where they are. The locations are constantly

changing too, which is confusing. So I think part of the problem is marketing. So I think it

would be better to find a spot, and then announce it after you are sure when to meet

there.

M: Thank you. That makes sense. Other students have mentioned similar things. Anson,

what are some of your thoughts when you first heard about the programs?

2: I heard barely anything about the services during his freshman year. And freshman

year is different have the plan. Then second year is a little different. I first thought about

just moving in, and not about what to eat. I lived off-campus. I first thought I would be

okay, and that I would use money, but then I realized how much more difficult it was to

live off campus then on. Then I got more interest in CalFresh. I come from a low-income

family that has used this resource before, so I did not really have to think about it too

much. But I know others do. It's basically extra money to use for groceries. Having the market on-campus is convenient too. I also think the F&VU! Is good but it is not convenient. Sometimes I would have to carry a small watermelon or some random vegetable around. The pantry is useful, but I don't really find use for the items offered there. I just get the big bag of random stuff, and I gave it to his housemates. So, I stopped going to the pantry at one point. But, I applied for the pantry scholarship this quarter because I need it. My first impression are I will use the resources if I need it, but I won't if I don't.

M presents Q3: Were there any hesitations before using these programs? Can you elaborate on your first experiences?

2: I think for me I was just going to try it out first and see how it was. I got a little more busy, so I would not use it as often. I also heard CalFresh was going to be on-campus, so why not?

M: Would you say your first experience was like a general impression or was you first experience specifically a little different?

2: The first experience was very good. People who helped him were helpful and nice during the whole process. They were open and welcoming.

N: Travis, can you remember your first experience.

1: Yes, so I remember FVUp first being at the student health and Wellness Center, but I was not going to use it because there was no reason for me to go over there. And so when they brought it to the info desk last summer, I remember just thinking it was really cool because it was actually there. But, the lines are sometimes very long. And it is great that we can take food, but I also know that there are other students who need it more than I do. I think I actually qualify for Calfresh, but I never applied for CalFresh just because I I don't feel like I need to. But the only thing with that is it's a very crowded space. The lines are too long to wait in to get produce before class sometimes. Plus,

74

they run out pretty fast, so you may not get some after you get out of class. So it is pretty good. They have stepped up their game a lot.

M presents Q3A: Were there particular conditions that made you seek out the program?

1: Yeah, so I saw it and thought that it was pretty convenient. So, I tried it. But I never faced food insecurity myself, so I don't want to take away resources from the people who actually need it.

2: I think for me I heard it from one workshop from the SRRC. I am part of the organization Southeast Asian Furthering Education, and they had a workshop towards the end of last spring quarter. I thought that was kinda late, but I checked it out. But then I thought it was good timing, because at the end of the quarter your financial aid usually starts to run out. So I am running out of money, what do I do? So it gave me more of a push to apply to CalFresh. One time this happened, and this pushed me to go check out CalFresh. Then that is when I heard of the FVUp and the other resources. But then due to some paperwork issue, my CalFresh got discontinue, which made me apply to the Pantry scholarship and try to find other resources. Hopefully that will help me for the rest of this quarter. I applied because I realize the money I currently have could be used for other things if I got the scholarship.

M: Did you ever feel like you had to choose between paying for rent and paying for food?

2: I think I just barely budgeted enough for both. But I think that it is because Food is the top priority for me. If I do not have enough money for rent, then I will sometimes borrow money from parents for rent. I never not eat because I don't feel like that is healthy. But for rent that is iffy as well and it is not stable. I am trying to sublease out my room for the summer, but it is a little difficult.

N presents Q3B: Was there ever a perception of the resources being need based that prevented you from actually trying to use them?

I1: Yeah, so for the needs based thing, it is interesting because I think I qualify for a lot of things, because I do make a lot of money from the on-campus jobs. I got super lucky that my on campus job relates a lot to what I want to do after graduation. So I did not have to go do internships every quarter and get spread very thin. So I was able to get paid for what I wanted to do. And so I was able to get paid so my financial aid was based on his rent so I did not have to budget food into that. But there are weeks, where a lot of life things come up such as with Finals and midterms, and so I have to work less and therefore make less money during those times. So I cannot afford to go by forty or fifty dollars worth of groceries. Then I just by a little less each day. So I guess there are spells of food insecurity, from week to week rather than prolonged. So being a need based student, I do qualify to use a lot of the resources but I pick and choose, because I do realize that others will benefit a lot more than me by using them. I do not necessarily feel like I will be taking someone's place, but I do feel like I will be okay because I know how to navigate campus a bit better.

M: 2, what are any perceptions that first prevented you from using the programs

2: I think at first I knew there was stigma, but the I knew I needed the programs at the moment. I think it was also helpful to be around people who are experiencing similar situations. Like I asked other peers about the process of CalFresh, so it is nice to ask them about the process. So I don't feel as insecure knowing this. But I think the general perceptions overall are probably somewhat negative. Because of that, I think a lot of people do not apply. Like my housemates are a little hesitant, but I also recognize their backgrounds are a little different. But I also think it is something to consider if you

M: Would you be able to expand on what you mean by community?

2: I think it is the community I am tied to back home. For example, the same ethnicity, or socio economic status. We come from similar types of homes, and we openly talk about CalFresh. Like my family had CalFresh and it is something we did and needed.

M presents Q4: Those questions addressed initial experiences, so now was there anything particularly helpful about the specific programs?

> 1: It looks like the increased numbers of students using these programs have increased, and the number asking to speak with the actual CalFresh rep has increased a lot. It is a bit more advertised I think, and I think some of the communities are hearing more about it through word of mouth. Which I think I one of the pros of moving it here to a student union on campus. And all of the produce is from like local farms, and I think that is really cool.

> 2: One of the big things that made the CalFresh app better, was the CalFresh on the financial aid statement. And I think from that they started doing the clinics, and I think more people are applying because they know they have the option. When I first applied last year, it was kind of dead, but now a lot of people have been applying. And there is more insight as well. Like I think I qualified for CalFresh because I have Cal grant, so there are many ways you can qualify for it. But I think it would help others to know how they can qualify. The pantry is useful because they have toiletries in addition to food. People need that. FVUp is cool because you can get produce to help eat healthy. CalFresh allows you to buy food.

M presents Q5: As you think back on these resources, has there been anything particularly frustrating?

> 1: I think the lines and the size of the spaces they occupy are the worst part just because there are so much potential but it is always difficult finding space which is always difficult. But I think with time we become more established and it is solving itself. I think getting the information out there. I can't speak for others experiences, but to speak for others' experiences, my housemates are not involved much with campus activities and organizations, and they are not connected with campus at all, and a lot of these initiatives happen on campus. So I think there are a lot of students missing throughout

77

the city of Davis and the surrounding area that are not represented, so they are missing from utilizing the resources. So I think finding ways to reach these students is something we should be working towards.

M: How about sustainability? So do you feel like it is another aspect that could be frustrating?

1: So I think it is important to continue to grow these programs just because after a while, like if we just sit and hand out free produce to student, it may get taken for granted. And then maybe it is used a little less one year, so maybe we cut funding a little bit, so I think it is doing something new each year. Cooking classes can be on-campus. Make it sustainable in a ways so that students still use it, and so new people continue to use it every year.

M presents Q5 again: As you think back on these resources, has there been anything particularly frustrating?

2: I think something was the paperwork and the application as the worst part for CalFresh. Max was there to guide me throughout the process. But if he is really busy, or has a long line its not helpful. Maybe a second rep during the busier times like at the beginning of quarter could help. The terminology is a little bit difficult, and the wait time usually takes a month to process. It is just one of the more frustrating processes. There is not much that can be done for that, but it is a little frustrating because there is that waiting period and you do not know whether you qualified or not. The communication could be better. Like when my CalFresh got discontinued. I had to call them because he received no emails or letters. They said they did not receive a required form, but I could have sworn I sent it in. So the whole process was restarting the app, and that was frustrating because it takes a lot of time to fill it out and turn everything in I usually use CalFresh, and not too much of the other resources, but I think they are good.

M presents Q5A: Would you say your specific needs have gone unmet in any ways with the food resources we have been discussing?

I1: The only thing that I think is a little difficult is the schedules of undergraduates don't align with schedules of the resources. So I think that is one of the problems with the resources. The spaces should be accessible to students. Like I said before, you may not have enough time to grab resources you need, because you need to go to the next thing. For example, students have class during the day, and the CalFresh representative works during the day. Its hard to figure out the priorities .Are you willing to give up free food resources or class time?

M presents Q6: Going off of that, do you believe there is any other resource that UC Davis can expand upon to bring nutritious food to our students?

1: I think the resources we have right now are really beneficial. Maybe the Pantry is technically ran by ASUCD and by the students, so maybe it can be ran at different hours of the day, so it can provide students with different times, like they can go later on in the evenings. So rather than being open while the other resources are open, having it open at a different time so that students have the option to access resources at other times.

M: Do you believe there are any other resources that can be created or expanded upon to keep providing resources to students?

2: I think hot food programs would be nice. So some kind of hot food or something. So. The items that you get in the pantry have to be taken home and cooked. Maybe a once-a-week ready-to-eat meal would be a good idea for a program. Having that instant access could be useful, especially with a busy schedule. And microwavable foods are not always the best. Food preparation requires time. There's not enough time in regular student life because of outside circumstances.

1: Also, I think partnership with student housing could be helpful. So you were talking about things like students not knowing how to feed themselves next year because they

had the meal plan. So, they can hold workshops or advising or something on cooking or the programs themselves. Essentially so student are aware of the programs they can access. They should do it at the end of first year or throughout first year to help the transition after first year because now they know where they can go or what they can use as students. (when meal plan ends and students move off-campus).

M: So providing them with a proper foundation?

1: Yeah.

2: I think just to add on, they had a time to offer free swipes. It was like 300 or something. The application was opened, and it closed in a few hours because just too many people applied. I did not get to apply. I tried to apply in the evening but it was already closed. I remember my housemate applied, and he got like 5 swipes. So it is not the solution but it is a helpful.

M presents Q6B: What would make you more likely to respond to campus advertisements of these resources?

1: Students always like free food! So that could be a thing. They are doing a lot of things the campus is doing like stickers, social media other free stuff. All those are really good things. Tabling is effective as well. Bring spaces like these to other spaces and partner up with other student organizations like in the SRRC or SCC in general. Because I know these two spaces serve really different types of students. And so it is important because you want to make sure you are getting everyone. So having a space like this in the main student union is not the same as having a space like this in the other student union.. Different parts of campus also have different backgrounds of students. The goal is to access all types of students.

M: Would you be able to expand upon that idea a little more?

1: Yeah, so whenever I walk around that side of campus is way more diverse than students on this side of campus. It is a totally different type of thing. And the students

who are over there tend to be the students who would qualify for programs like this. So, I think having something like this in a place where more students would qualify would be different than having it in a space where you have students who do not even think they even need this kind of resource. I think it is a matter of figuring out what population and what demographics the unions serve so you can allocate spaces to the appropriate resources on campus. Rather, it is better to do this than just putting in in the main student union because there are 2 or 3 others on campus that could totally use the same resource, and maybe they would utilize it a lot more. But, stepping stones.

M: So what were the resources that were specifically coming to mind?

1: So the FVUp and the Pantry. Because those are the biggest ones in my mind. So I think bringing the pantry out of the basement would be a very good thing. I know there is stigma going towards resources like the Pantry and having tours go down there, but I think when you put it in a space that is big enough would normalize it more and take the stigma away. So I think when you bring more resources into the light, more students would tend to use them.

M: To clarify, would you say these different resources would be better at the different spaces on campus?

1: I would not necessarily say better, but I think if there was a branch at the different places, I do think it would make a different in the amount of people were served and the effectiveness of the resource itself.

M: 2, so going a couple steps back, what would make you more likely to respond to certain advertisements going towards the different food resources?

2: Like 1, said, free things are really really great. For example, when I went to FVUp, I once received a free tote bag that included a spatula because I was new to the program. I think this was really great in addition to the free produce in general. Again, Like 1, I think reaching out to student organizations is a good way. Different organization has a

different type of population. Perhaps, maybe you work with a larger resource that knows the student population a little more may be a little different than just like working with the SRRC. Overall the center serves different populations and different people. For example, the Chicanx and Latinx Center in the Memorial Union. Or the African American and Native American centers on campus. The goal is to reach every type of population on campus because they are all separated for one reason or another. So it's important to reach different spaces. Also, the email about qualification for CalFresh where you Reach out to the a large part of the general public is a good thing. The financial aid office is also a good resource.

M: You mentioned receiving a free spatula. Do you think it is beneficial to give out pieces of cooking equipment?

2: I never really thought about that. I guess that could be an issue, because maybe someone only has one pot or something. Maybe raffling off sets of pots or something might be cool. Maybe having it could persuade them to cook rather than to eat out. I never really thought about that. Maybe a free toaster oven or something could be cool and open peoples' eyes. Just things to start with that would get more student's eyes open or something.

1: I think events are important. Like events where you can do something like that. A lot of events are on Facebook. I do not really know who creates them at this point because there are so many. I don't think I have seen anything from FVUp, but I have seen a lot of things on there. Like the UC Davis LGBTQIA organization has a lot of events on Facebook, for example. They advertise themselves through these events to bring people in. This quick information is better than a giant post of "This is what we are." I am not going to do that. Now we are in such a public space, it is easy for FVUp to get traffic.

M: So you are talking about the way these events are advertised?

1: Yeah, so it is Mostly Facebook. But I do see a difference brings. Like I am really involved in campus, but I know there are some students that are not, so they are not even reached and these things do no end up on their timeline at all. So I think part of it is understanding the way social media works now. Yean, like if you do not want to see it, you won't have to see it, but if you are not connected to campus at all you will not be getting those resources. So it always takes someone who is involved to click "interested" because then it shows up as one of your posts. Like even if I am not going to an event, I still click "interested" so that others who I am friends with can see things in there news feed, and see the events that are going on. That is so important. Like being involved in the last 4 years, I know how hard it is to get a good turnout, so having a core group of students who will always click "interested" is really important.

M presents Q7: We will be wrapping up soon. But like I previously said, the results of this will be going to the Chancellor. So what are the most important message you would like to convey to him?

1: That is a really big question. I think part of it is accessibility and to build on what we already have. My last two years at UCD were very different compared to his first two years. Like I knew a lot of these programs existed, but I did not know what they did. So I think it is important to continue to build on these programs because they all have potential. Like 2 mentioned the Center for African Diaspora Success Center, I think that is what it is called, The Chicanx and Latinx, and The Native American Center are all really good resources that were barely around when I was a first or second year. I think new they serve a lot of communities on campus. Like the food initiative on campus. All of them are all really growing, so I think it is important to support those and look for ways to continue to grow them and support them

2: So I think getting the word out more, and making the process easier for students, and getting rid of the negative stigma. Trying to publicize it more so a lot of students can hear

about it and so they are comfortable in these spaces when reaching out. There may be lines and stuff, but providing more representation and more support volunteers to help and distribute. Minor things where there is more involvement can help get the word out to students. Again, spreading the word and having people interact with each other can do a lot. Making the process easier so students have an overall better experience is important.

M presents Q8: So we do want to improve upon resources, and ensure these resources are sustainable. Is there anything you would like to talk about that we haven't touched on?

1: No. Like we talked a lot more than I thought we would. We talked pretty in-depth. So I am good.

2: So I do not have too much in mind either. So maybe reaching students off-campus students, maybe by sending letters or postings so they know about it. When you are off campus it is a little different. On-campus it is pretty easy to see and promote stuff. So finding a way to reach students. Maybe even commuter students. I do not know how that works. But like for commuter students, for example, who live in Woodland or Sacramento. They need to know about these programs too.

- End Session -

Focus Group #4 June 6, 2018 – Transcript

Tell us your name, what your major is, and how long you have lived in Davis.

3- XXX ecology grad student, Frig project, 5th yr (male)

2- XXX, biotech undergrad, president of UC Davis Food Recovery network, 3rd yr (male)

1-XXX, env.toxicology major, senior (graduating in Dec), Fresh focus staff (female)

Natalie: Which programs (or services) have you heard about ?

1. Pantry, Frig, Food recovery, student farm, FV-up—we're partners with them

3. Fruit trees on campus. I get free olives from them

2. Salad bowl garden from Plant and Environmental Sciences

1. Swips at the end of the year from DC

3. Giving garden app, an app that allows you if you have something in your garden to give away, you just put it on the app. Like a Frig but on the app—

1. That's more in Davis community, not on campus

2. We are going to start working with Solano Park apartments, in having food be donated from farmer's market on Saturday afternoons. That's a potential

1. Working with EOP, we're trying to go into the SCC but it depends on location and partners saying yes

3. If you're asking about the projects we have in mind,…

2. we can go on and on and on

2. Aggie Compass

1. But that's FV up

Natalie: You are all very well-versed. How did you first find out about the respective programs that you're each working with?

1. Last summer, I was here all summer so I was looking to intern at the student farm and joined their listserv. Didn't end up volunteering but they were looking for someone to work in food insecurity so I had just written my research project for EWP on urban agriculture and if that's a way to handle food insecurity. My research said no, but it helped me get more interested in what can you do. So, I applied to work on Fresh Focus and now I am getting paid to do it.

2. That was painful to hear.

1. Why?

2. Because I like urban agriculture

1. It helps, but for different things.

2. I found out about Food Recovery Network at the involvement fair last school year, Sept 2016. I just wanted to find a club that was associated with feeding people. I came here with the goal of helping feed people. The mission of Food Recovery Network was just like, it fits, understandable, logical, and best of the groups that were advertising there. I just joined and have been with it ever since.

3. The Frig—I found it with my friend Allie who is also my housemate now so we started one in 2014 on Douglas Ave.near Eureka. We had a year of negotiations with the county b/c we

needed a permit. Then after a year, we got authorizations to do F/V. Since then, we are operating. There was one on Third St. Now it's on 8th st, and a nonprofit, last month.

Natalie: Congratulations.

3. Still trying to get one on campus, never ending uphill battle against the bureaucracy, I think we got insurance. It was hard to get insurance b/c people… one last obstacle.

Natalie: And so, I know you are very involved with the respective food orgs, but do you all use any other resources on campus? Or are you more involved through volunteering?

1. I at least go to the pantry mainly there b/c I work there, already in the vicinity but I usually don't go out of my way to use that resource. That's pretty much the only resource I use.

2. Last year, my roommates and I were pantryholics. We would coordinate our days and go to the pantry like 3 times a week, all of us, and also get all the veggies there from FV-up. This year, with time constraints, just b/c we are all juniors, it's a lot harder, we haven't really been to the pantry. Last year, like pantry and FVup, I was all over it. Freshman year, I worked on the student farm but this year, it's just been Food Recovery Network.

3. I used the fruit tree and F/V up a few times. That was the only one. That counts as a resource but there's also "Two for one pizza"—if that counts as a resource, then we are using that..

1. , yeah, at the end of the day

3. All the unsold pizza—it's two for one. Great resource. Have used it several times.

Natalie: yeah, I have used that too.

2. You start planning your day.

1. They don't do it every day, right?

3. They do it every time they have extra pizza they don't sell

Natalie: So what were your first impressions when you heard about the resources you've used and the resources you are a part of ?

2. The pantry, I was cautious to use it at first , b/c I would not classify myself as the standard definition of food insecure. If I need to buy food, I don't feel uncomfortable buying food. However, I think, realizing that the pantry is a resource for all students, regardless of your financial background b/c you may just lack time and ability to get food. I got more comfortable— I don't feel like I'm taking food from people when I am going to the pantry. I am more using a resource that is meant for all students. I know with my club, I've been super down just to do anything I can with it. Now, that we pick up from the markets, I've been able to, all the club members, as we are loading food, everyone take something that they see they will want to eat for themselves. It's become this idea that anyone regardless of financial background should have access to food resources, rather than just only people who are perceived as having food insecurity.

Natalie: so I feel like you are also talking about taking away that stigma?

2. Yeah. Exactly. That free food is for the poor. A mindset that we are all taught so getting rid of that. Free food should be for everyone.

1. I think that was one of the biggest issues with the pantry. You are kind of taught not to take handouts. A lot of people feel that way. I have actually had friends who say, "yeah I need food but I feel like someone else needs it more." If you feel that way, someone is <u>always</u> going to need it more. But, like at what point do you take care of yourself? But people would rather spend money and then worry about being broke than just take what's theirs? It's reminding them this is yours. You are helping this happen, You might as well use all the resources you can while you are here. As, for the farm, I didn't really know what I was expecting. It definitely wasn't what I was expecting at all. I don't really have words for what I expected to happen while I was working. But, there's a lot more opportunity on the farm than I would have thought. Like with food insecurity, and with helping the community from that point.

3. in terms of expectation? Was that the question?

Natalie: More so your first impression of the food resources you've used

3. FVup. I Didn't feel like I was taking something that's not mine. I knew what it was about. When I used it the first time, I thought "Ok, I can just grab this and it's mine". Didn't have that thing—"oh, you don't need it enough". And the veggies were great. Many people don't know how to cook F/V. I think FVup was working with that, giving recipes to people, this is how you cook this thing.

1. So that is one of the issues I am having. So [to #3], you're saying FV-up is a lot more approachable? I agree and for me, it has to do with the fact that they are above ground. FV-up is up here. Bright colors, they're wearing orange shirts. Very approachable. Like people, "hey, come get free stuff" Whereas the pantry, you have to know where it to go. It feels exclusive even though it's not trying to be at all. But with F/V up, they did start from SHWC, so they were nutrition-based, wanted to give out recipes and do all these things. So it wasn't necessarily to meet that basic need but trying to get them to be healthy. Whereas the pantry is like "Please eat, take what we have". So it's coming from 2 different ends and trying to do the same thing at the end of tday. It might cause some issue with people's perceptions, "can I have this or that?" I know more people who go to FVup than to the pantry. One has a point system and one is take anything you can. This is the problem I am having.

Natalie—Very interesting, so you see preferences for one resource overr the other?

1 totally, approachability. No one wants to look for the pantry.

2. Pantry underground. I just went past there today and there's tons of bread. I have a feeling a lot of it doesn't get taken.

1. Oh, no.

2. If you see free food, you will definitely take it.

1. It's a matter of seeing it.

2. But no one sees it, so no one will take it.

1. I have asked about that too. Is there a way to make this more visible? Can they leave the bread up here? But it's a matter of liability, and they want an anonymous place b/c some people do feel uncomfortable taking free stuff. That might not be the majority but they are trying to give that space. I feel like that might be counterintuitive, at this point.

Natalie: Very interesting points that you all are bringing up

3. The anonymous part is very important. With the Frig, people don't want to be perceived as being in need. More use it at night. Most said later is practical. But we did talk to people when we had problems finding insurance. One idea would be to put front camera, with internal cameras to tell you what food is in there. But someone mentioned a frontal camera, actually filming the person taking food out of it which would save us for the liability. We hate the idea but the only way of getting insurance would be like that. B/c when we try to get insurance, they ask what if people put poop or poison in the frig. People wouldn't do that, though they could-- everything's possible but unlikely to happen. If you put poison, it's like a terrorism act. But, it's unlikely to happen Like going to a concert, would you feel comfortable going to a concert? Afraid of having a mass shooting? There's no limit. Would you not send your kids to school b/c you think there's a likelihood there would be a mass shooting. We had to pay for terrorism insurance. Going back to how would you feel if we need to put a camera there (like an ATM), people don't like the idea of a camera, it's the anonymous thing, even if I don't need money (like a poor people), people just don't like the idea of a camera.

2. Definitely a tough balance

1. I think with the pantry, it's not necessarily that it's in the basement, it's that no one knows how to get there, that's one of things I am trying to work with them one, like putting signs in the MU, or like a trifold they can whip out whenever they are open, like take the elevator or go down these stairs and you'll see it. It's not hard to find, once you actually get to the basement.

2. Being out the basement would definitely be an improvement.

1. Well, they are moving up here

Natalie: Well, at least temporarily

1. As far as I know, they are having a location up here in Freeborn, once it's done. But they will keep one downstairs too. The one upstairs will be bigger, where they will keep the bread and us but they are still trying to keep one anonymous spot, I just think keeping a smaller one would be smarter.

Natalie: You've given a lot of insight about the pantry, what works for the students. More visibility and less stigma

3. Visiblity. For sure. We know b/c when we start putting friges, we try to make them with glass doors for that reason b/c people don't even want to stop to open but if they see from outside, "oh, there's things in there , I can just go stop by"

1. Everything's a risk

Natalie: What particular conditions allowed you to take advantage of the programs you were using? Think back to your first experiences

2. Being told a) where the pantry was and b) that it was a resource for all students, not just a resource for only, strictly textbook definition of food insecure. For F/V up, also being told where it was, back when it was in the health center. It would pop up on the LCD screens and literally, by the time I could process what it was, it would be gone and I couldn't write down the time/day. The health center was a bad spot. I think they all thought that as well. That's why it's here b/c no one is "Oh, let me go to the health center". So, the biggest thing with visibility is knowing where things were. Definitely huge

1. For me, the first reason I went to the pantry was b/c I had to work there. So, kind of being forced to be in that spot, you're like… where there are tables set up for Fresh Focus, you're staring at the pantry. So, you are constantly watching people walk through and get free stuff, so "what is this?" So, I finally walked over, "how does this work?" Anyone can come, as long as you have an ID, you're good to go. You know, why not? Every once in a while. Cool

3. Location, like I got F/V b/c my department is over there, my office is over there. So, I'd see it. And F/V is right in the middle. So, I would see it. So, maybe it's good to have more than 1 point. I think that students who normally have classes around this area, hang out in the MU. Other people don't come here ever. Engineering students go to the silo. Or the Vet students never come here. They only hang out at the vet area. So I think location and working hours, b/c of the Frig wich has extended

1. I think one of the biggest problems is that everything is in the MU and a lot of people don't come here. Like while it is crowded all the time, a lot of people are either Vet/med or in the Silo. If you are an engineer or a chemist, you never have to come over here. This is all social science, so it's finding a way to get another site on that side. They're looking at whatever the Grad Student Assoc is …

2. Walker Hall?

1. No, they have a spot right now

Natalie: So the grad student association usually runs out of a building on the Silo side.

1. So, they are trying to partner with them and the African Diaspora Center, b/c they are right next to each other. They are trying to do a location there B/c grad students don't usually come here

3. Grad students, a different crowd, they don't mix (laughter)

Natalie: So, do you think there is anything that specifically prevented you from using these services?

1. It's back to what he said in the beginning: Not feeling like you needed it more than someone else. This is for someone who actually cannot afford to buy their own food. I definitely never had to experience that

2. Aside from that, no specific discrimination

3. Working hours. B/c if I want food at 7 pm, the pantry won't be open at 7 pm.

1. Chiao will be, The two for one pizza (laughter)

3. Yeah, working hours.

2. The Frig is the ultimate solution.

3. I think also something I emailed when you asked is the restriction on a few items, like what is low-risk food and high-risk food. Say, if there is a conference happening and they have this catering, these people can't eat all this fancy food. So, at the moment when the conference is over, does that food become bad right away? But we can't donate it on campus.

2. We are working with different gardens, so that they have a newsfeed on their app, a 20 to 30 minute window when people can go and get food and then after that, it's tossed. We are working on that currently. But we are still limited to a 20-30 min window but after 20-30 min the food isn't all of a sudden poison, so I do agree that there could be some nice communication between EHNS and food donation. I understand the need for health and safety code but I also feel like there might be some cases where certain rules aren't appropriate. A little bit excessive and just preventing people from having access to good food.

1. We're off question

2. That's where every question seems to go (laughter)

3. I was more thinking about free food network. Like, can you drop this somewhere we get it people without being illegal?

1. That still isn't the question (Laughter). What's keeping you from using the resources?

3. It was just office hrs.

Natalie: Actually , it's very interesting b/c you three are the first who have been very active with the actual resources, instead of just primarily using them. So it adds a new perspective.

Do you believe these programs have met your needs specifically or your friends' needs?

1. I think it meets the needs of people who use them, but again it goes back to people need to use them. I talk to a lot of people who come thru Fresh Focus and they use both the pantry and

get our produce and they love having it all but they're aware of it. I think they do bring their friends down. And I try to bring mine but

2. When it comes to meeting my needs, I would say they're pretty well met. Like me being busy isn't any fault of the pantry or F/V up. I prefer the pantry to FV-up b/c the way my schedule is, being a full-time student and having jobs, I can't prepare necessarily this food.   You just need something that's already made. Pantry is usually better for getting a mid-day snack or something you can heat up when you are at home. In terms of meeting the needs of people that my group serves, I feel like I personally deal with the of donations of a lot of prepared foods off campus. It would be really awesome if we could somehow create some sort of resource that we could just give this to, to keep it on campus. B/c like I said, prepared food is one of the biggest things students would prefer. F/v are fantastic but at the end of the day you take it home, I have head of dandylion leaves; I'm just going to toss it in the trash. Raw things are very hard to do anything with. Having resources with some more prepared food would be nice. And guidance, not just on how to prepare it but how to prepare it quickly. B/c to be honest, I can say I will set aside 10 min of my time to actually put into preparing something. Anything more than that and it's like cutting into life.

1. 10 min--What can you make in 10 min?

2. Crack an egg into a bowl, microwave it, put some frozen veggies on top

3. I think people who are getting the benefits are being well-served, If someone comes and gets F/V from FV-up, the student farm or the Frig. The people who are coming to get those things, they'll know what to do about it. They're not going to come over here to get F/v if they don't know what/how to cook. The question you used is good to think about the people not being served. But it's really hard to know about the people who are not served. We'll never be able to count how many didn't come to FVup b/c they don't know how to cook. That's the challenge. In the end to know, how many are really food insecure but not using resources b/c of so and so? Who are they, why? All the things we mentioned: Working hours, food ready to go. I have been well-served

1. How do we document who is and who is not getting our resources? The farm is trying to do this thing, essentially to put stickers on all our produce to track them. To see who is getting them. That way we could document it. but I don't know how we would know,

2. How would the sticker help in tracking?

1.They would have to scan it. But the idea was how do you track them? B/c if we are using resources and we don't consider ourselves to be food insecure, who is coming? A lot of people I know don't consider themselves food insecure. People that I know who are either don't go b/c of all those conditions like they work full-time, 2 jobs, full units, don't have a ride, commute here— all the marginalized factors. How do we bring it to them? Put it in the CC, so they don't have to go anywhere. No one checks their email. How are you going to send them a survey? I like surveys

2. I got a $25 gift card

1. Me too. Last year, they had this thing, where if you stopped your bike, they'd hand you a gift card for bike safety. Got it twice!

3. This is not on campus but when we get stuff from the Farmer's market and post it on Frig, a lot of people will come, driving cars. If they have a car, they probably don't need it as much. The homeless don't have Facebook access, not following Frig on Facebook, less inclined to check if no car, no bike, or far away or don't know if it's there. Say they go to F/V up and it's over. The people who have the resources to go, they don't need it as much. They know exactly what time the food's there. The people who are not going there, why

1. Are they going to check Facebook? Probably not

3. Maybe they don't have a smart phone

1. I have people who come down to the pantry and don't take anything b/c they don't have a bag.

Natalie: Those are all interesting points. Things to consider. Do you think there are any specific needs that have gone unmet that we haven't touched on?

2. The last thing that probably is most unseen by students is a) how many groups there are and b) both –like AFC is a good start, but even we don't represent every single food group, there should be better work at creating a unified platform. We can't act like a bunch of small businesses. We are one entity

1. That is actually one of the issues I had too. There was a food access map that popped up out of nowhere thru a different org. I am not upset that they did it but didn't tell us but we should have known. If there's a better way of working with whoever is doing this. It was someone on the Farm.

2. yeah, it's on the health center website.

1. You would think they would coordinate with the food org.

2. One person came up to talk to us at a career fair we were tabling at b/c they had heard we were thinking of making an map with catering events. I gave them my email; they said they would contact us; they never did. And I finally saw the map today and the thing that would have been nice if they had reached out to us b/c it does have a few weaknesses. It's like a map of the microwaves on campus and vending machines and maybe the pantry. But it's missing resources that you can actually use to get food, not to cook it.

1. It's good to know though, where the microwaves are

2. Look it up. It's got them all.

1. There are so many things you could cover with these maps.

2. I think this Giving Garden app—it's an incredible potential platform—where all these groups can start advertising on it, then increase the number of people who use it, and it can provide a

one set platform where you can find all the locations of food at this moment. You can figure out what's closest to me and go there

Natalie: So you see a lot of potential in this Giving Garden app?

2. For UC Davis students, it's a good start. As #3 brings up, the problem with relying exclusively on technology is we start to leave behind the people who are truly most food insecure. But I see it as an opportunity to bring it together, and get people knowing about it, b/c the people who don't have access to phones, will hear about it from people talking about it. Unfortunately, most people don't know these things exist

3. AFC meetings. When I started coming to AFC meetings, it was really great. Finally we have a place where we can know who else is working on food stuff b/c we have the impression that "I'm working on food stuff" but I don't know who else is working on food stuff and maybe we are doing the same thing, doing the same work, and not talking about it. At the end, we ended up with the same people coming. At the beginning, it was more dynamic, more people coming.

1. Just like friends hanging out

3. My org did this, and my org did this. We should not stop but the initial idea was an open place where anyone on campus concerned about food issues or food safety can come and find out what's going on and interact in a network. That would be great. We need a place where people can find out what is going on. Same thing with the food access map. There has to be…

1.I feel like AFC—we haven't reached out to anyone else. We could totally spend the entire hour meeting, looking up what other orgs there are and reach-out. This has never occurred to me until now. B/c we expect every week to hang out and talk about what goals we have accomplished and we don't think about expansion. And I am all about expanding these programs.

3. that's a great point. That's the feeling I got when I came. Great! All these new people!!

1. We were so adamant, excited about it, and it just didn't happen. People stopped showing up. We are still trying to become a club

3. We talked about club or not a club. B/c the club is closed to nonmembers

Natalie: do you believe there are other resources that UCD could offer to students ?

1. Yes, the biggest complaint I always hear is that everything is too expensive. Go to Coho and get a meal for $6. One of the complaints I had from the CCC was not enough places take EBT which I'm not sure how that works. I know the Farmer's Market takes EBT. If we could incorporate somehow on campus, not like a meal plan, but like a happy meal, the discounted offer for the day, like a bagel sandwich and coffee for $5.

2. It's funny b/c they did something like that every Thursday, some super cheap meals. And what was really cool, they made a salad cheap. And I wouldn't touch a salad but seeing a salad for a $1.75, I bought a salad.

3. Like one item a day

1. I don't know how affordable that would be

3. Can I ask a question? What is the Chancellor's goal—is it to eradicate food insecurity or reduce it?

Natalie: I can't say what the goal is in particular. We are just trying to get the information

1. W the UCs, it's never 0, just to minimize it.

3. The question is b/c other universities always have a really cheap student restaurant, subsidized. The one we had in Brazil was 40 cents for a meal. If you had really serious issues, then you could get it for free. That would be the same as having a $2 meal. When I moved to France, we had the same thing, a student restaurant, you get a number of points. For that, you need subsidies. I go to the Coho, it's $5 or 4. If I want to get all my meals at the MU, I would come out with $12 or $13 a day or $300-450 a month. If you cooked at home, you would spend way less. Is the Coho non-profit ? or is there an alternative? If the Chancellor really wants to eradicate hunger, then go make a restaurant that is cheap. Big

1. We have Gunrock that is decently priced. At least, they put a menu outside. I thought it was only for professors and grad students. Their little bar. Finally, they started advertising student meals, Tuesday special and it's super cheap. Even the places in the Silo are now more affordable. Like Spokes, Chicken tenders for $3. Add fries and still under $5. That's cool

2. One thing I think is interesting is when UCD took over its food services, it was odd to me that one of the restaurants that did not appear was something based off seasonal foods. B/c the Farm has an insane amount of food, that is overproduced

1. We sell to places on campus

2. But people still keep coming to me and saying there is still excess, like in squash season, leafy greens.

1. That's what we give away. All the stuff that is extra. So it is a weird set-up. The way the Farm worksYou've got the market garden, selling to dining services, CSA, anything extra, we try really hard to get. Not all of it is good quality. We try to get as much as we can. But you would needs so many hands on deck, people to pick up the food. I am seeing stuff get composted at the pantry b/c no one goes—heads of lettuce—and no one will come or doesn't want to carry it

2. I feel like that food would be better served

1. at a restaurant

2. We can all agree that it's easier to eat a mashed strawberry when it's in a smoothie than to pick up that mashed strawberry and put it in your mouth. People are much more willing to eat food that they didn't know was bad-looking than they are to prepare it themselves

1. They are actually trying to do that. Not the UC but three meetings ago there is a girl who came in briefly and shared her idea—the ugly food market—produce no one wants to take and cook it, make soups out of it, so you don't see it anymore. Make goulash but sell it for cheap at a discounted price. So if we could get something like that on campus but her problem is getting supplies to actually open a restaurant and it would need to be transported

2. But if the Chancellor wanted to eradicate food insecurity, this would be the way to do it

3. And I would argue we need a Frig on campus, too

1. Have it in the new pantry and someone to monitor the Frig.

Natalie: I wanted to briefly touch on this, when we were taking about "hey this is for everybody" what do you think makes people on campus more likely to respond to certain kinds of advertisements? What makes you likely to respond to certain kinds of ads?

1. Bold letters, All Caps, "Free Food", Short words, Bright colors. Offer free food and they will come

3. On Tumbler, All grad students came for the free pizza.

Natalie: In your opinion, what is the most important advice or message to communicate to him?

2. Please visit us at an AFC (an Aggie Food Connection)meeting

3. that's a good idea. The rules about cooked food, of course the EHNS wants food safety, but we have to think about the laws we have, see how much good and harm they are doing. So if the law is made to prevent people from getting sick (that's good) but at the same time, we are losing a lot of food that can't be shared. Reassess the laws of food sharing on campus. Put a Frig on campus

1. Reach out to us directly, not necessarily AFC, but someone involved with food insecurity stuff. I feel like a lot of this is third party. How far can we get? A lot will boil back to budget allocations and moving money. Where is the most money being spent on food? How can we make it easier on people? Whether making something else more expensive so we can meet basic needs

3. The question is how far he wants to go

1. What's his plan?

Natalie: is there anything we've missed discussing?

1. Everything needs more marketing. It's all about knowing what's available. We've been trying to get deans to work with every department to put food resources on the syllabus, here's where you can get free food. Minimal people needed for that. It could be a link to Aggie Food Connection

2. the Aggie Food Connection website needs a serious renovation. There are a lot of steps to getting it changed.

Focus Group #5 June 7, 2018 – Transcript

Key:

- Moderator (N): Tell your name, major, and year in school
- Participant 1 (1): Female, 2nd year SAFS major, interest in food justice, food security and urban agriculture
- Participant 2 (2): Female, xxxx, 1st year PhD civil and environmental engineering department - Has been using some of the services, wanted to come to help with focus groups
- Participant 3 (3): xxxx (any pronouns) – Sustainable Agriculture and Food Systems Major, AFC Coalition Member, Invited to help with Aggie Compass next year with food access
- Participant 4 (4): Female, xxxx (came in late), Community and Regional Development with an emphasis in international and urban agriculture
- Note taker 1 (5): Male, xxxxx 3rd year transfer, from LA, Basic Needs Employee
- Note taker 2 (6): Female, xxxx 1st year PhD, research increasing efficacy of SNAP

Begin Session:

N: Which programs or services have you heard about?

1: I have heard of the Pantry. I have utilized it myself before. Fresh Focus, provides fresh produce to Fruit and Veggie Up, The Pantry, and EOP. Hopefully they try to expand to the other community centers, but distribution is already difficult as it is. So more help is needed in that regard. I will be starting at the Student Farm through Fresh Focus in the summer. I have also heard of the Food Recovery Network which is a group of students that gathers so often to recovers food that is usually wasted from any of the dining commons or markets, and redistributes it to the community either through the local food banks or homeless shelters. One critique of that, even though it is super awesome what they already do, is that since food is already on campus, how can we redistribute the food to students on campus instead of immediately outsourcing?

2: I have used FVUp. I am interested in CalFresh, but I cannot do it because I am not a resident. And The Pantry. I have heard about the Pantry, but I do not use that one.

3: I guess mostly the same as 1. Those are the ones I know. But also, there is the Freedge. It is not directly a resource on campus, but it is a resource that is successful to the community. And I know there is some efforts to link it to the campus, so folks can access it more easily. There is also the farmers market hear on Wed, and you can use CalFresh there. But funding got cut, so the market match value is half of what it has been before. It has been pretty impactful. There is also a voucher program, where folks can buy a lunch, and this will send vouchers to the Pantry so other students and it can be used at

the COHO through the pantry, which is cool, but it gets claimed very quickly. This is great, but if others need it, there are limitations. Challah for hunger. I am not sure what they exactly do, but they are focused on food access. Edible campus, Has several locations all over campus, but there is no streamlined communication to better inform people where and when it is.

1: The Cross Cultural Center had the "Brown Bag Project," but it no longer exists due to budget cuts at CCC and other student center groups. It used to help a lot of students before it was cut. It provided fresh produce and other prepared foods in a lunch bag. So if you needed food, you could just walk in a grab one and go. One unfortunate reasons for why it was cut was that it did not contain an education component to it, which is required to the CCC. Lots of bureaucratic reasons behind closure, having to do with a lack of educational component. It was something directly helping people, and solving food security issues on campus. Food not bombs which is a local group based in Davis that meets on Saturdays at 1pm, and does potluck vegan and vegetarian meals for folks. Open to anyone.

3: (laughing)

N: How did you first find out about the above programs you have been using?

3: I have been fortunate enough to be involved in spaces that has provided access that gives me knowledge about them. Sustainable Ag has an abundance of info for these things. For Calfresh, I heard a friend signed up, so I went through the process, and I did it online because I heard there was difficulty to do it on campus. I became involved with CalFresh because resources on campus have been difficult. With the issues of food security on campus, I have met a lot of people. I went through the process myself and did it online. I heard people had a lot of difficulty. As I became more interested with food security on campus, some advertisement visibility is minute and there can be a better effort to make it more visible. I think having smaller visibility further contributes to stigma behind food access that people face.

2: I feel useless here. For me, when I just got here, I looked at calendar on the University website and saw FVUp! And they had CAlFresh. And then I saw the Pantry on the Facebook group.

1: When I first got here a year ago, I heard about the pantry on its website or research that I was doing. I thought it was really cool, but I think that was the first initiative that was at the time. I think Aggie connection is new, and I saw some advertisement, but it was in tercero where people were already food secure. I heard about some of the smaller groups through SAFS, and I found out about other student led initiatives that I wanted to help make more accessible for others. ASI does periodic seminars about food in general. They may be a group of grad students that seems that there is no work being done, and I feel like. If communication was more universal, I think it would make the process a little easier.

N: What were you first impressions of the different resources have you come across from?

1: When I came across the Pantry, there is as video on the website from the student who started it. There is a lot of food that waste on the student farm because produce was not marketable. A lot of food in not accessible because it does not even leave the place it was produced. So the student did something

97

with this, harvested it, and rode her bike to and from the pantry from the farm. Seeing the story was very impactful for me, and made me believe in the Pantry. From there it grew. The pantry is small and is doing everything it can. Down in basement for a couple reason. One is stigma. As far as FVUp and AFC, I am still not sure what their goals are or the services they provide not know the goals are or services they provide because the publicity is sparse.

N: So 2, when you came across FVUp on the website, what were your first impressions?

2: So I am from Colombia where a lot of people do not even have access to food for breakfast. So when I came across it, I thought it was a super great idea. I was super happy about it.

4: (enters around 3:30pm)

N: 2 were you finished?

2: yes go for it.

N: Introduction to focus group and overview of report and focus group. Obtain consent for recording. N begins to catch 4 up with the rest of the group.

4. Gives consent.

N: What resources have you heard of?

4: I have heard about CalFresh. And The Pantry, downstairs in the MU. It which should be more open. Many people do not know where it is. The Market Garden. There are other places as well. I am trying to remember the exact location, but it near such as the plant science building. Those are some of the things I have heard of. You can also subscribe to get boxes of food and what not. Coho

N: How did you find out about the above resources?

4. It took a long time. You have to know the right people, or you have to be in the right classes that are oriented to show those resources. For example, in Community and Regional Development they show you the different available resources. But I can imagine for other majors such as the hard sciences, they may not hear about the different resources because it is not necessarily exposed to the resources for the major. It was kind of hard in the beginning to find the resources, even though I was a CRD major, but I eventually found it to be more obvious to experience all resources.

4. It needs to be more obvious for some people because for others it may not be obvious because of other priorities, so. They may not experience the resources that they need. So maybe include where these resources are placed, the people that are using them and suggestions for different places for the resources.

N: What were your impressions of the above resources?

4. The Pantry was underground and it was hard to find because it is underground. They changed the system from paper to swiping your card. You get so many points, and I think they can change that.

Placement could be better, because if you put it in a better place more students could access but that could also impact resource availability. I have gone there for a couple of things before. Volunteering at the gardens, you have to have the right connections to have the subscriptions to the boxes. It is a bit difficult to get exactly what you need when you need it because of the seasons, and then knowing what to do with it once you have it.

3. When I first heard about the Pantry I was Excited about free food. But then when I went down the hallway, it was dark and dingy not about the placement. But it is still a valuable resource, because it is a lot easier to access than off campus opportunities. Volunteering at the Farm is amazing because after you can take food home, and experiential as well as being rewarding. I think that is an understated component. But I also acknowledge that there are geographical and spatial challenges with the farm, and it has faced. Food access challenges. CalFresh was liberating. I remember coming to Davis and thinking I had no idea how I would afford living hear. I eventually came across the coops which was good, but I realized. The amount of money from Calfresh empowering because I can eat the way I want to without having to worry. It is somewhat guaranteed. And then hearing from safety. Other people is inspiring as they bring passionate is uplifting but university hasn't made it easier for food access.

N: what were the conditions allowing each of you to use the resources you have been using?

1: I do not qualify for CalFresh, but because I have the job this year so I have not had to worry about food security this year. Working on the farm has been empowering and enlightening at the same time. We are allowed to take home produce. After a volunteer shift you can take food home. Also, there is a guy named Larry, who is a worker that collects food to distribute. He recognizes food waste is a big problem in general. He will collect a bunch of stuff so anyone can walk away with anything. Next year I will utilize Calfresh. Even the produce I use this morning. I think something a lot of students tend to do, other points of access that may be visible are fast food in the Coho. If I am pressed for time, I will try to find something cheap to eat over there. Happy for options but haven't but haven't needed to use.

2: Resources are great. I actually come from a country where many do not have anything to eat. I am supported by my department, so I do not need the programs, but I do appreciate FVUp. I haven't needed to pursue other resources. The Pantry, has a lot of stuff, but you may not know how to use it.

3: Debt. Having access to money is a big factor, because it allows for more time and accessibility to different food options such as the Framers market. I am very privileged to be able bodied, to access things physically, and I also have mostly stable mental health. This also allows me to access things easier and manage my time a little easier so I can use the different resources. My father has also raised to be very resourceful, and that has inspired me to take advantage of different resources. Because of loans, I have more time to cook for myself, and time to get food. Time is crucial.

1: The conditions were my orientation. I heard of these places during my first year orientation, but I had to explore do find the resources. There is a 3 point system where different items are worth different points. So, I just took a few items worth a few points for future concerns. Time and resources oriented. For the Market Garden on campus, I learned about it during a course. I am surprised that during orientation, you are not given all the resources you actually need. You are supposed to follow people,

and go to an auditorium, and then later you submit your records. I wish the presentation at orientation emphasized a lot more resources, such as the location of the pantry and other resources. And then at orientation, you are not exposed the different issues university students are facing, such as a housing crisis. You are forced between this institution and the needs for your actual self. I really wish there was a space in orientation that actually states some of the prospects students may have to face. It is really hard to make campus better, if the system itself is not structured appropriately.

N: Those are valid. So you are stating these things are not presented at orientation?

4: Yes, and this goes for the student tours as well. Instead of just providing the dates of buildings, it could be beneficial to discuss the available resources. I believe it is more important.

N: Were there specific conditions that made you more interested in seeking out the resources since they were not directly to you?

4: Yes, so it was not directly given. I thought Students should be taking the initiative to find things, it does take time, motivation, and knowledge to actually access all the resources to contribute as a barrier. For example, I know the Pantry existed, but exploration happened, but it does take a lot of time, motivation and effort to use them. For example, for the Pantry, you have to go down the elevator, the creepy stairs, and if you do not know this, you cannot access the resources. So time between classes allowed me to try and find these resources. But it took a lot of time to even find the resource.

4. Planning ahead needed to happen to include more about available resources. Surprise that the orientation doesn't have crisis, other things to better prepare new students. I wish the presentation during orientation exaggerated more on the different resources (e.g. Time, location, etc.). Furthermore, you are not shown all the cons at orientation. So there is a different between yourself and the feelings experienced by the parents and guardians. Student tours also available do not address important resources. Rather trivial. As a student, initiative shouldn't just be on the student. We just have to know and find resources ourselves.

1: Agreed. I think the only reason I knew about the Pantry was because I was working for The Aggie located in lower freeborn. I used to see green baskets from the farm on the fold out table outside the pantry. 4, I appreciate what you said about the point system, with 3 points per day, which allows you to get things on a needs bases, but needs largely exceeds yields exceed than given points. This is a problem, but the needs to be addressed by the Pantry. It could be great to restructure that, and it should be addressed.

5: Excuse me, I just wanted to add on 4's idea about the 1st year and transfer student orientation. So I am a 3rd year transfer student finishing my first year. 4 brings up a good point about orientation/tour leaders mentioning the historical aspects of buildings, and I think a good idea could be requiring a quick video for new students to ensure they are aware of key resources, so that they are aware of the resources. The video can be made by other students, and can help show students about resources. For example, with CalFresh, I believe we are one of the only UC campuses with a County CalFresh representative on campus full time. I am sure there are many students who walk by, who do not even

know who he is, and addressing this could be helpful. This resources could be some required virtual tutorial.

N. So the lack of knowledge about these resources was a barrier itself.

4. Yes, so during orientation, you sit down with an orientation leader to register for classes. It may be beneficial to show this video before this registration so incoming students are required to see these videos so they know where they are in orientation to the student map they receive.

1: Agreed. As an incoming 1st year, which I am sure is different from transfers, there are current videos that can be incorporate or new/updated videos made by Aggie Studios since it is there job to create. Should be improve, resources (videos_ already exist. They can be updated. We already required to complete online trainings with topics such as sexual harassment videos. There are a lot of other topics that need more attention. So, if this was a requirement students would be more aware of these topics that should be addressed.

4. Another thing to consider is that students are separated by majors, so incoming students are connected with students within that major. Those orientation leaders should also be well versed in these resources so they can better connect with students. For example, it was very difficult for me to talk with them about additional resources that may be helpful for me at the time during orientation. Hard to talk to them about topics besides registering for classes.

N: Those were really interesting ideas, and it seems like there was a lot to say regarding those topics. So we can definitely circle back around if y'all would like to further expand on them. 3, 2, was there anything that prevented you form using the resources?

2. I would use Calfresh, but I am not a resident.

N: Okay, was there anything preventing you from currently using the resources you are currently using?

2: No. Well, I guess sometimes the FVUp does not have certain things, but it is not too bad. And for the Pantry, they always close at 4:30 or 4:00 so if you get there at 5pm and you need something, it is already closed.

3: Yeah, I agree. I think volume is definitely an issue. I have thoughts on that too. Time is also a restrictor, as their responsibilities outside of class. So, you do not always have time to make food even if you have the materials. And, especially, the farm is far, so if do not have time to get out there, it makes it difficult.

N. 1 did you have anything that prevented you from using the resources you currently use?

1: Awareness of resources like the Farm, because unless you are required to be there or are in spaces or circles that require you to use resources you probably will not be using the resources. Even with this, it took me a while to start using the resources. And even with the knowledge, I still did not use the

resources until it was part of my class requirement. So, time is a great enabler that allows one to use resources. Other than that, I do not think anything else prevented me from using the resources.

N. So, other than what was already stated, do you believe there is anything else you think that has prevented access to these resources, such as dietary restrictions or accessing the physical resources?

1. Type of produce available is great, because it is organic and biodiverse, but it can be unfamiliar and may not be something used on a daily bases. Which, can be a problem. And, culturally significant foods are important. So that based on what is available and what thrives in the area, but it is something that can be done given the right resources and people that are interested in them.

N: 2, as an international student, do you feel like there have been needs that have gone unmet regarding these resources? Do you think that these can be more accessible to international students?

2: Definitely. For example CalFresh. Some of us come from other places, and they are not accessible to international students, but it can be really helpful. Also, I agree with what 1 was saying. There are a lot of unfamiliar vegetables, but I am going to take it anyways. I will look up a video on YouTube. I think Calfresh is a really good one. I don't have any other restrictions. I used all the food I have taken.

N: 3, has your needs gone unmet in any way?

3: Actually yes, in times of poorer mental health or when I have a lot of time restrictions, I do not have time to make food, so I eat food that is already made. Furthermore, because I am receiving financial aid, I have a hard time spending money on food that is not CalFresh. So, Pre-made food availability is very limited. I appreciate the Pantry for providing have non-perishables but not always healthful options like low fiber, high salt, and high sugar. So it can be improved upon to have a resources that is stable and more nutritious.

N: so the intersection between food and mental health?

2: Can I add something to that too? I try to cook all the time, because I do not want to spend money, and I am Gauhsi, so I see food trucks with fried chicken and foods like that that is expensive. So, it helps to have something that is already cooked that is healthier and is less expensive.

N: increasing food accessibility or having more diverse options could be beneficial?

4: I also remember the Coho closing early around 4 or 5, so if you have a class after 4 or 5 and need something to eat, you cannot access it.

2, 3, 1: (laughing in agreement)

N: so 4, you feel like the time to access serves as a barrier?

4: Yes, and I don't know if the Pantry is 24/7 but I wish there were more extended hours. For example, if I need something small, and I do not have the money to get that item, it is difficult to manage that because of the current hours.

1: It is like you have to plan the next meal, which yeah, we all have to do, but when emergencies happen, and it happens a lot with food insecurity, what are you supposed to do? You cannot necessarily do that. Also, if you have pre-made foods that are cheaper than what you find at the market, that could be beneficial too in terms of affordability.

4. One time I was in the Coho, and I ran into someone who was suing an application that allowed you to find access to food on campus. I think you can use this app to buy the food and get someone else to deliver for you. That was something fairly new that I saw. I only saw it a few times, but I wish that this app was more available for different cultures, so if a student was doing a cooking class or something, then other students may be able to access it.

N: Do you have thoughts on other thoughts UC Davis can offer? 4 and 1 both mentioned resources, so do you other have any other thoughts? I am just curious since we are already on this topic.

3: I think Community meals would be cool. Like the University of Montreal has a fund, like a dollar or few dollars from every students tuition goes towards this food security initiative. Part of this goes to providing produce, and the other goes to providing meals. This initiative then has a fund where meals are provided 3-4 times a week. I can't remember how many times per day it is offered, but both myself and others mentioned time as barriers to eating, and that coincides with money is a contributing factor as well. So knowing that we will be food secure comes with budgeting food for the next day. Also with something like this, I would feel comfortable putting the food in my body because it is healthy, and I would feel others are actually looking out for me as well. That would be a really cool thing.

N: So it sounds like a sense of community is important with this topic?

3: Yeah, totally! Because if it is a community meal thing, then there would be no stigma associated with you being a low income student or food insecure student since it would be open to everyone. But then how do you ensure that the people who need it are actually accessing it? But I think creating something like this that would allow people to spend their time more efficiently, because we do not know what people are dealing with. There is no way to tell unless they feel safe enough to talk about it. I think it would be really cool.

2: I was actually surprise because this is a big campus with a lot of things, but you do not have a big restaurant where everyone can go. You have places where it is discounted for students. Like professors would pau full prices, but students would receive some sort of discount so they could access food. Other countries like Italy has one, and even Colombia. Instead of food trucks and such.

N: So you also had a resource like this back in Colombia?

2: Yes. Like it was not for everyone because there was a lot of people, but yeah it was a restaurant for the University. But yeah, it was like a restaurant that students could actually access, but the professors would pay full price. Students would pay almost nothing. It was lunch for like two or three Euros.

1: Maybe you could do that at the dining commons or the silo>

2: Yeah! Like I was just surprised it was not something that was already here.

N: yeah, that sounds very interesting.

4: Another thing that was interesting, was that when they changed the restaurants from Carl's Jr to more student based things. They could have made a transitional program or something so students could practice to become cooks or waiters and practice as internships. They could give students job prospects. It would be a never-ending cycle of giving food for students but also provide job prospects. Joined with pantry, print system similar community college. They should definitely have more variety and upgrade their restaurants.

3: I was hearing as an example that there is a sliding scale. And we have the Equal Opportunity Program (EOP) center which is for low income and first generation students. Maybe we have students who are more financially stable to offset the costs at least. I understand there are limitations to a bunch of free food, but maybe it could be a solution.

N: yeah, that is an interesting concept to play around with.

1: that also reminded me. Back home I used to work at a place called a (gastrolumbia?) which is very common in Italy. Essentially it is like a convenience store, but it has a lot of home cooked prepared meals that are frozen. And maybe this could happen at the silo as well. And maybe this could happen if there was already some infrastructure in place. Because there are kitchens in the community center that could be stocked with that. But if not, hopefully there would be a budget and some space that could facilitate in that.

4: Students at my transfer college would be able to get free food or supplies on a point system, and it would help. It is reasonable, it is there, and it could be possible because there are id cards with the student Ids on them

N: So it is coming up to 4:30, and so as this comes to an end, what would be the most important message for the chancellor

3: I think as a Land grant university, the university needs to spend more times with students and needs to be more accountable for what student need, and they should be more accountable for understanding what students needs are. I think there are some great initiatives, and I think it is easy to get caught up and forget that there are still needs that are present and that the rate that the needs are unmet is unacceptable. I think the point system at the panty is unfair, and that needs go far beyond that. I think that the University should do everything they can to further support students. I think there are many resources on campus that is trying to increase food access on campus with the current resource instead of championing new projects, because people needs are nuanced and different. And it is important those are all accounted for. There is not a one size fits all approach.

2: Agreed. Eating on campus is unhealthy and expensive. And I think there are a lot of things that can be done and something should be done to do something.

1: Feeling good, looking good and eating good leads to doing good and being your best self. So if there is any way in his power that he can push for change so that the existing infrastructure that has been created to alleviate food insecurity on campus continues. And, to chastise and demand accountability for administrators who cut programs that are actually helping. So being informed and protecting initiatives like "Brown Bag so they are not cut. And I know he is a big proprietor in students finding their niche and creating innovation, and I think he genuinely believes in that, so if he can find ways so students who are very passionate about these issues can continue doing their work. In his power, he needs to push for change to further alleviate insecurity. There are people who are here who are hungry and who are still going to class.

2: I thought this was just a 3rd world country thing.

1: We are definitely not the richest nation in the world, but we definitely have that image. Hunger is very prevalent here and you see it a lot in black and brown communities and homeless people. It was surprising to see it here in an institution of higher learning where you would not expect it.

4: There are a lot of things I have to say, but the first is stop putting as much money towards building renovations and putting more towards students' needs. The renovations are great, but students' needs should be focused on because they are the projected future. Your reputation lives on through individual lives.

N: We are at the end. Are there any other thoughts that you feel has not been touched on regarding food experiences?

1: There is a grant funding for Fresh Focus and other projects. I am not sure its name, but it is about to run out. Many resources heavily rely on it. But, it should be renewed to support programs.

3: If you bring money into the student farm with the intention to address food access that could be a really good idea. Money of the student positions are funded through the GFI grant, and if that runs out, that could be pretty impactful. IF we are losing paid positions, and many students would be unable to do the work without the pay. That would be very impactful for food security status on our campus. I think putting money into the farm to increase the capacity in an equitable way, it could also increase opportunities for students who may not be able to work on the farm without the pay of an entry level position.

4. I know that more money is focused on technology than community, so maybe increasing the efforts of technology may help increase funding for food security efforts.

End Transcripts