

ADDRESSING BASIC NEEDS INSECURITIES



STATS AT A GLANCE

% of respondents

NATIONAL HOPE STUDY	Food Insecurity	42%
	Housing Insecurity	46%
	Homelessness	12%
LACCD HOPE STUDY	Food Insecurity	68%
	Housing Insecurity	55%
	Homelessness	19%
MT. SAC STUDY	Food Insecurity	30%
	Housing Insecurity	*
	Homelessness	18%

National HOPE Study refers to Still Hungry and Homeless in College, 2018. The data in this chart represents the responses of community college students.

LACCD HOPE Study refers to Study on Food and Housing Insecurity, 2016.

MT. SAC Study refers to Homelessness and Basic Resources Survey, 2018.

*Housing insecurity was not asked on the Mt. SAC survey.

46% I couldn't afford to eat balanced meals.

I worried whether my food would run out before I got money to buy more. **44%**

24% Were you ever hungry but didn't eat because there wasn't enough money for food?

3 or more days: Did you ever cut the size of your meals or skip meals because there wasn't enough money for food? **22%**

9% Did you ever not eat for a whole day because there wasn't enough money for food?

This data is taken from the Wisconsin HOPE Lab's Still Hungry and Homeless in College (2018) and reflects responses from community college students.

What are we talking about?

FOOD INSECURITY is the limited or uncertain availability of nutritionally adequate and safe foods, or the ability to acquire such foods in a socially acceptable manner. The most extreme form is often accompanied with physiological sensations of hunger. **HOMELESSNESS** means that a person is without a place to live, often residing in a shelter, an automobile, an abandoned building or outside, while **HOUSING INSECURITY** includes a broader set of challenges such as the inability to pay rent or utilities or the need to move frequently. All of these challenges affect students, and the results this year suggest that it is more common to endure them during college than to have all of one's needs met.

What's CalFresh?

CalFresh is a federally funded nutrition assistance program and is known as SNAP in many other parts of the country. Eligible students can get up to \$192 a month for groceries and benefits are preloaded onto a debit card (EBT card). Some nearby stores that accept CalFresh include Stater Bros., Sprouts, Trader Joe's, Target, and even some farmers markets.

**Drop-In
CalFresh Application Assistance!**

County experts will be on campus during Fall 2018:

- 3rd Mon., 12pm-4pm @ the Health Center Annex (9E)
- 2nd Tues., 11am-1pm @ Mountie Fresh Food Pantry

Tuesdays (Student Life Patio)

Activities & Resources

MOUNTIE FRESH DAY. A Mt. SAC community event where you can learn about CalFresh and resources related to food, housing, wellness, and more. Includes cooking demonstrations and prizes. The 2018 event included CalFresh experts from 3 surrounding counties who assisted Mt. SAC students with the CalFresh and Medi-Cal application process. Last year's cross-campus participation included Student Services, Instruction, Continuing Education, Public Safety, Broadcast & Radio, and more! Want to be involved in the 2019 event? Let us know!

MOUNTIE FRESH FOOD PANTRY.

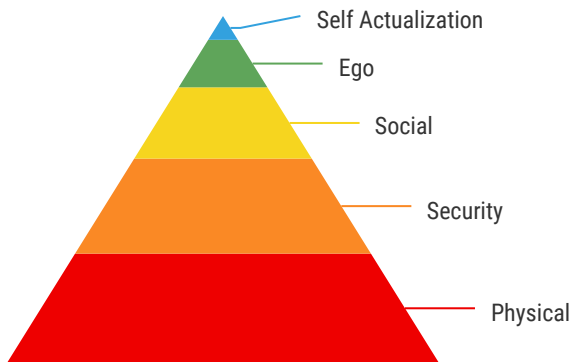
A monthly food pantry in collaboration with Sowing Seeds for Life and the L.A. Food Bank. Watch for upcoming dates!

MORE RESOURCES. Mt. SAC's growing list of resources includes CalFresh application assistance, Sodexo, Subway, grocery store and other food vouchers, gas cards, shower access, and housing referrals to name a few. What else can we add to the list?

Contact:
Student Life Office (909) 274-4525

- from the Wisconsin HOPE Lab's
Still Hungry and Homeless in College (2018)

LEARNING and BASIC NEEDS INSECURITIES



Abraham Maslow's **hierarchy of needs** is often applied in the educational setting to help us understand what people need in order to learn, grow, and thrive.

It is difficult to focus on learning when one is hungry, lacks sleep, feels threatened/unsafe, is not addressing mental health needs, feels unwelcome or unwanted, or is experiencing other challenges meeting basic needs.

Lower levels of the hierarchy are met before progressing to higher levels.

Self-Actualization: development, creativity

Ego Needs: self-esteem, recognition, power, prestige

Social Needs: being loved, longing, inclusion

Security Needs: safety, shelter, stability

Physical Needs: air, water, food, rest, health

Basic Needs Insecurities Have Been Found To...

"inhibit students' sense of belonging, leading to more unwelcoming experiences with faculty"

Increase students' "intention to drop out of college"



"...lead to greater levels of stress, anxiety, unhealthy eating patterns, and a greater risk of chronic illness"

- from *Struggling to Survive Striving to Succeed: Food and Housing Insecurities in the Community College*



What can we do...

... in our day-to-day individual work to help students meet their basic needs?



... in our departments to help students meet their basic needs?

... with others throughout campus to help students meet their basic needs?



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