



Beyond a Food Pantry:

Development of Basic Needs Student Services



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Objectives

- 1. Learn about the evolution of basic needs student services at UC San Diego.**
- 2. Understand the experience and impact of food and housing insecurity on UC San Diego students.**
- 3. Apply strategies to effectively engage in the spectrum of support required to address students' basic needs.**
- 4. Underline the future of basic needs efforts through institutionalization and stakeholder partnership.**



Recognize the Need

- Expenses other than tuition can account for more than 60 percent of total cost of living and within the recent 4 decades the cost of living for students has increased by over 80 percent” (Global Food Initiative: Food and Housing Security at the University of California, 2017).
- Students who reported food insecurity, homelessness, or both also experienced physical and mental health consequences that were associated with lower academic achievement (CSU Study of Basic Needs, 2018).
- The UC is increasingly navigating basic needs challenges as 44 percent of undergraduate students and 26 percent of graduate students have reported food insecurity (UCUES, 2016; Graduate Well-being Survey, 2016).



Why Data Matters

- Problem identification and emergency food relief interventions.
- Data tells the story for us ... it is compelling
- Data creates discussion and generates questions that focuses attention onto the issue

It's not your same college experience anymore....

41%

Of UC San Diego undergraduate students are worried about how they will pay for college next year. UCUES, 2018



What does food and housing insecurity look like?

UC San Diego Basic Needs Focus Group Report

- **UC San Diego Undergraduate Student**
 - “I have to plan out my whole week and have limits to what I can spend on food; maybe only one meal a day on campus because it is like \$10 - \$15 and maybe one coffee or a drink. And if I’m hungry on the rest of the days, I just fast and not eat until I go home.”
- **UC San Diego Graduate Researcher**
 - “I just want permission to sleep somewhere; it’s rainy out, its cold. I get woken up all the time to get told to move by campus police. I’m not causing any trouble, I just want to sleep...”



What does food and housing insecurity look like?

- **Basic Needs Assistance Form Narratives**

- “I sleep in my car during the week and stay on my friend’s couch on the weekends.”
- “My family needed some help so I gave them money, but am worried I can’t make rent the rest of the quarter.”
- “Sometimes I will eat once a day to save money to pay for bills.”

- **The Chronicle of Higher Education**

- Masking
- Looking “put together”
- Recognizing Red Flags: Failing tests or missing deadlines



Overview of Resources

- ◉ **Triton Food Pantry**
 - Perishable/Non-Perishable Emergency Food
- ◉ **The Hub Basic Needs Center**
 - Basic Needs Assistance Form & Assessment
 - Fresh & Full Food Transportation Program
 - Emergency Meal Assistance Program
 - CalFresh Food Benefits - County Nutrition Program
 - Personal Care Products
 - Budget Friendly Cooking Demos & Meal Prep
- ◉ **Free Food App**
 - Notification system to Students from Staff events via UCSD App





Overview of Resources

- **Housing Stability**
 - Off-Campus Housing Services Coordinator - Student Life
 - Kevin Nicholson, M.S.
 - kcnicholson@ucsd.edu
 - 858-822-7860
 - Off-Campus Housing Website
 - <https://offcampushousing.ucsd.edu/>
 - Temporary Housing Protocol
- **Financial Wellness**
 - Basic Needs Emergency Grants
 - Financial Aid Collaboration
- **Basic Needs Innovation Grants - Opportunity!**



Basic Needs

About

Triton Food Pantry

CalFresh

Programs

Resources

Assistance Form

Innovation Grants

Contact

CalFresh Application Assistance

If you are a registered UC San Diego student seeking only CalFresh application information from our CalFresh Outreach Team then please click this link to the [CalFresh Assistance Form](#)

Basic Needs Assistance Form

If you are a UC San Diego student who is facing challenges with their access to adequate food, stable housing, or financial resources is encouraged to complete this form. This form will be assessed to provide individual resource suggestions.

Name *

First Last

PID *

Email *

Phone *

 - -

####

I need support with: *

- On/Off Campus Food Resources
- Housing Stability Resources
- Financial Wellness

Please include brief description: *

Our Basic Needs staff will review your inquiry to connect you to the appropriate on or off campus resources within 2 business days.



367 Referrals
Received





Interactive Exercise

- ◎ In their shoes (student perspective)...
 - **What resonates with you the most regarding this situation?**
 - **What are you thinking?**
 - **What are you feeling?**
 - **How are you doing academically?**



Interactive Exercise

- ◎ **In your shoes (staff perspective)...**
 - **What are the concerns the student may have?**
 - **What do you think the student may need?**
 - **What are some resources you may be able to give them?**



Interactive Exercise

- ◎ **Ways to start the conversation:**
 - **Have you noticed this week or this month that you have been budgeting for only 1 meal a day?**
 - **Have you had to decide between buying books, buying food, or paying rent?**
 - **Do you have enough food to eat? Are you able to pay your rent?**



Interactive Exercise

- ◎ **In your shoes (staff perspective)...**
 - **Small things that can make a big difference:**
 - Listening
 - Normalizing
 - Asking open ended questions
 - **What would help ease the ability to have a conversation around these issues?**



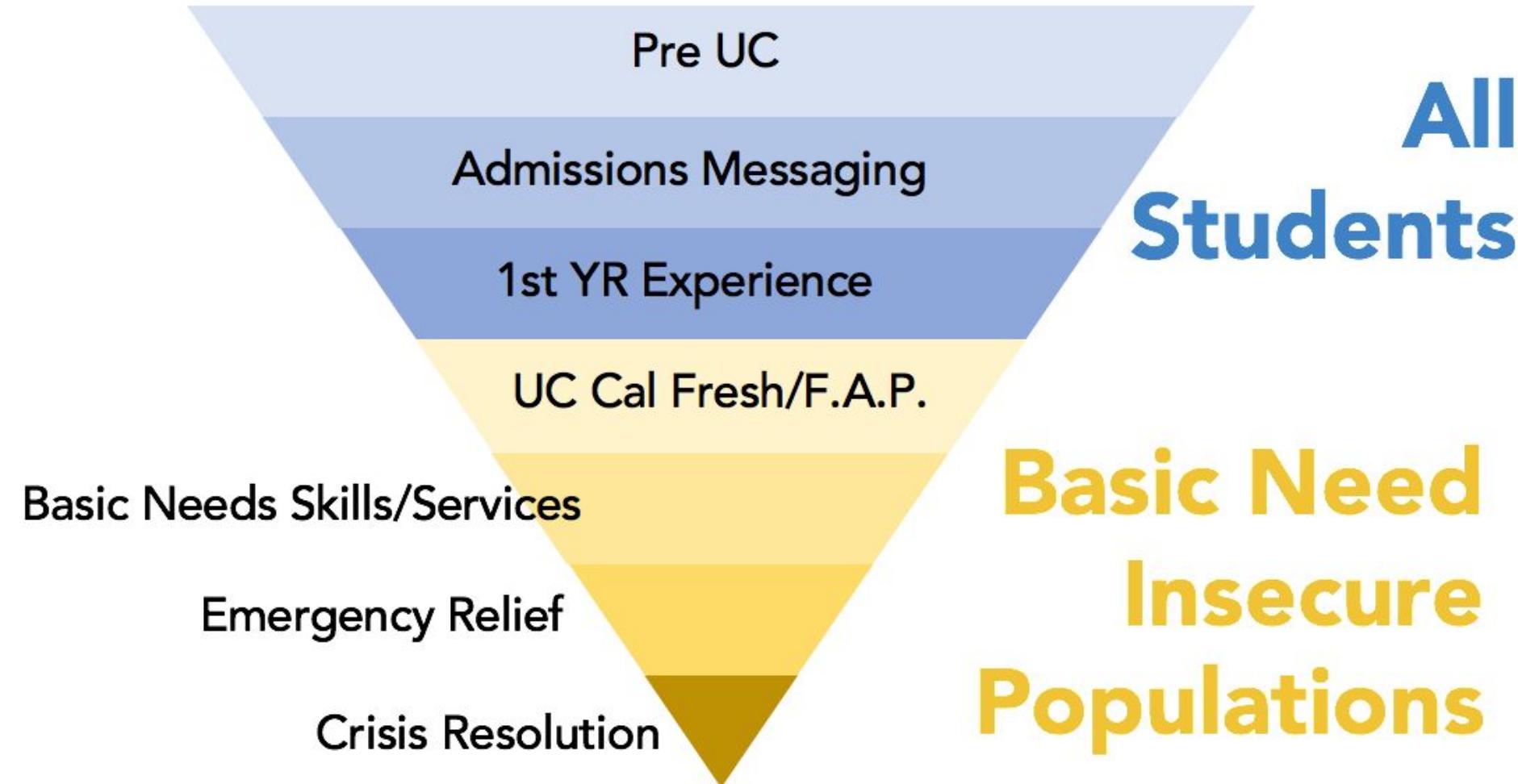
Institutionalization and Sustainability

Looking Ahead: Basic needs student services at UC San Diego

- Sustainable funding
- Housing off campus
 - Transition and food budgeting
- Transportation needs
- Financial literacy
- Comprehensive wellbeing program
- Building campus awareness
- Normalizing and destigmatizing

41%

Of UC San Diego undergraduate students are worried about how they will pay for college next year.



Questions?



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<http://basicneeds.ucsd.edu/>



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Contact US



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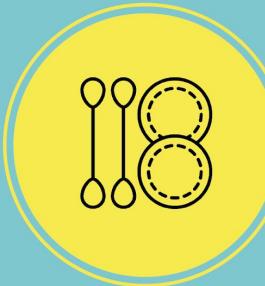
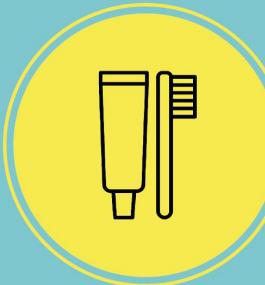
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**HELP US
HELP OUR
STUDENT
BODY
BY
DONATING**

**ITEMS THE HUB BASIC NEEDS
CENTER ARE COLLECTING:**



CONTACT US TO SCHEDULE A PICK UP:
basicneeds@ucsd.edu