Sustainability Council Green Fund Project Proposal

Complete all pages and send to greenfund@siu.edu.

Submission Date 2/27/2019

1. Project Title: Swipe Out Hunger x SIU

2. Brief Description of Project (1 sentence)

Swipe Out Hunger (SOH) will address food insecurity on the campus of Southern Illinois University (SIU) by allowing students to donate their guest passes from their meal plan to ensure that food insecure students can enjoy a warm, nutritious meal.

3. Contacts:

(1) Primary Contact:

Name	Email	Phone	Position at SIU	Role in Project
Rebecca Gonnering	Rebecca.gonnering@siu.edu	618-453-4429	Confidential Advisor	Investigator

(2) Business Manager/Accountant:

Name	Email	Phone	Position at SIU	Role in Project
Traci Liddel	Traci.liddel@siu.edu	618-453-4425	Accountant II	Grant funds, Management and dispersal

*If this proposal receives funding, funds must be routed through a university account. As such, we require a business manager who will be responsible for the management and dispersal of funds. This would typically be a department fiscal officer, a fiscal officer delegate, or an RSO advisor. If you have questions about this requirement, please contact greenfund@siu.edu or attend a green fund workshop.

(3) Others Supporting or Involved with Project:

Name	Email	Phone	Position at SIU	Role in Project
Beth Morrison	beth.morrison@siu.edu	618-536-4441	Assistant Director of Student Health Services/Director of Wellness	Principal investigator
Ted Grace	tgrace@siu.edu	618-453-4408	Director of Student Health Services	Grant support, offering in-kind

				marketing services
Belainesh Nigeda	belainesh.nigeda@siu.edu	618-670-5254	Wellness Graduate Assistant	Grant writer, Program development
Kent Epplin	kepplin@siu.edu	618-453-3766	Associate Director of Student Center	Grant collaborator, Food pantry
Jon Shaffer	jonshaffer@siu.edu	618-453-2301	Director of Housing	Grant collaborator, IT/Monitoring meal donations

(3) If this project proposal is being completed by a student, please select one of the following that is most relevant, A, B, or C:

A) If this project is funded, I/we are committed to managing the project until completion. ___(insert name of student)_____ will be the main contact and is expected to remain on campus as a student until ___(insert date) _____.

B) I am only doing this for class credit and will not be available to manage the project through its completion.

C) **Other** – please explain here: I am committed to starting the Swipe Out Hunger chapter on the campus of SIU. I will be the primary contact until May 11, 2019. Following this date, Rebecca Gonnering, Wellness and Health Promotion Services staff member, will be the primary contact until project completion.

4. **Full Description of Project (not to exceed 500 words)**

Swipe out Hunger (SOH) is a leading non-profit that addresses food insecurity among college students in the United States (Please see Appendix 6). SOH at Southern Illinois University (SIU) will allow students to donate their six guest meal swipes to a food insecure student on campus. The program will be hosted in Wellness and Health Promotion Services (WHPS) and will be managed by the Saluki Food Pantry graduate assistant. There are four parts to this program: eligibility to participate, collection of meal donations from students, distribution of meal donations to food insecure students, and evaluation.

Eligibility:
- Currently, all students who live on-campus have unlimited meal plans. However, students will be considered for SOH if he or she lives off campus and does not have a meal plan.
- To be considered eligible for SOH, a currently enrolled SIU student will fill out the Saluki Food Pantry application where they will be asked if they would like to participate in SOH (Appendix 7). Subsequently, the students who express interest in SOH will have to fill out a separate application. The SOH application is a modified version of the 18-item food insecurity survey that was created by the United States Department of Agriculture (USDA) (Appendix 8).

Collection of guest meal swipes:
- At the beginning of the semester, Wellness and Health Promotion Services (WHPS) and the Saluki Food Pantry graduate assistants will promote a SOH drive through tabling events and social media posts. Students who express interest in SOH during tabling events will be asked to donate a number of their guest meal passes to a hungry student. Students will donate by using our swipe machine (Appendices 9 &10).
- After the total number of meal donations are counted, the number of meals distributed can be determined.
- To ensure that students do not feel obligated to donate, donations will not be collect at the dining halls.

Distribution of guest meal swipes:
- The Saluki Food Pantry graduate assistant will be responsible for reviewing applications of prospective participants. After determining eligibility, the set number of meals will be loaded onto that student's identification card.

Evaluation:
- To determine the impact of SOH at SIU, Wellness and Health Promotion Services will conduct all evaluations. The evaluation will include the following stakeholders: students who donate, students who receive benefits, and the collaborators of the project. Students who receive benefits will be asked to complete an evaluation to determine the impact of the program on their personal and academic life.
- SOH requires at least 50 students receiving benefits be evaluated. It is recommended that these students are provided with a $10 gift card as an incentive to participate in the evaluation. These evaluations will be sent to SOH who will provide a customized impact report for SIU (Appendix 11).

5. Project Goals:

We are especially interested in projects that address the triple bottom line: Environmental Health, Economic Balance, and Social Well-being. We encourage applicants to consider their project idea in light of this integral understanding of sustainability. Such consideration encourages interdisciplinary dialogue and innovative connections that can benefit the SIU community and beyond.

We will not consider projects that exploit living systems or groups or have similar ethical hindrances or deal with upgrading infrastructure SIU does not own.

Please address each of the following areas. If your project is unrelated to any of these, please indicate Not Applicable (N/A).

a. <u>Outreach and Education</u>:
What opportunities does this project provide for members of the campus/ community to learn about sustainability?

Wellness and Health Promotion Services (WHPS) in Student Health Services will create a multimedia campaign about the impacts of food insecurity to increase awareness. The multimedia campaign will include informational/promotional tabling events, social media postings, and presentations. WHPS offers a variety of nutritional presentations in which food sustainability could be addressed. Most recently, we have added a presentation, "Eating on a College Budget" to teach students how to eat nutritious and delicious meals on a budget. In the past semester (Fall 2018), WHPS has reached 50-60 students per tabling event, 100-300 students per SIU event, and up to 175 students in just one presentation. WHPS is continuously working to improve its presence on social media and as a result, WHPS has created and gained an exceptional following on both Instagram and Snapchat.

b. <u>Student Engagement and Leadership</u>:
What role do students play in this project? Preference is given to projects that feature strong student leadership and/or participation.

This program will foster a healthy environment by allowing peers to support their fellow peers (as well as administration supporting students). The success of the program relies heavily on students due to the donations needed to distribute the guest meal swipes to food insecure students on campus. Students will be engaged through interactive activities at tabling events and will be encouraged to donate guest meal swipes. WHPS has established relationships with organizations on campus and has collaborated with many of these organizations to spread awareness on a variety of topics. With over 300 registered student organizations (RSO) on campus, WHPS has the ability to collaborate with any RSO interested in addressing disparities,

nutrition, public health, environmental health, or any other topic related to food insecurity. Collaborations would include partnership with an organization to host a Swipe Out Hunger drive to collect guest meal swipes. With the help of students on campus, this program will help to increase awareness of food insecurity, help feed hungry students, and decrease stigma associated with food insecurity among college students.

c. Collaboration and Connection:
To what extent does this project work across campus units to promote cross-functional problem solving at SIU? If this impact is dependent on the cooperation of other campus units or personnel, please indicate below the extent to which you have established communication/cooperation with those people or departments. Please note: letters of support required in feasibility section.

This program will require a collaborative partnership between WHPS and the Saluki Food Pantry. Because the Saluki Food Pantry serves food insecure students daily, it is best that the program be managed by the Saluki Food Pantry graduate assistant. Also, WHPS will have to collaborate with the Residence Hall Dining Services (Dining) because they are responsible for serving meals to the students. In this project, Dining will be involved in tallying the number of donations available to distribute. For the donations to be distributed electronically, WHPS will collaborate with Dining's IT so that guest meal swipes can be transferred to the student identification card of the person receiving benefits. As the program expands, for recruitment purposes, we will work to inform offices that work closely with students who are at risk for food-insecurity of our program so that they can refer students. The SOH program at SIU has been discussed with all collaborators, supported by all, and is ready to be begun with our campus partners starting the fall semester of 2019—please see attached letters of support in Appendices 1-4.

d. Environmental Benefit:
Please detail the ways this project will positively impact our local environment and/or the natural world in general. What do you anticipate to be the duration of this benefit? How will this benefit be tracked during the project and beyond? Include data to support your claim.

A typical trip to a fast food restaurant includes several single-use items such as a bag, cup lid, straw, utensils, and many other disposable items. SOH hunger will allow more food-insecure students to eat at a more sustainable facility (SIU Residence Dining halls) rather than eating at fast food restaurants. SIU Residence Dining Halls (Dining) currently purchases from local growers and producers to serve the students fresh foods. Unlike majority of the large fast food chains, SIU has a compost facility that was created to process food waste from the dining halls. If SIU were to implement SOH, this program would encourage sustainable behaviors and reduce burden on landfills.

On average, 1 in 3 Americans eat fast food daily (CDC, 2018). During 2013-2016, 36.6% of adults consumed fast food daily (CDC, 2018). African Americans (population at high risk for food insecurity) have the highest percentage of fast food consumption in comparison to other ethnic groups (CDC, 2018). In regards to a university setting, food-insecure students reported eating fast food often (Lee, 2018). Data surrounding fast food consumption in college students are limited, however, many of the statistics provided are representative of the college student population in regards to race, gender, and age.

Studies have shown that food-insecure and low-income people often face challenges surrounding consuming a nutritious diet and maintaining a healthy weight. Many times, they may have less access to fresh foods, no reliable transport for regular grocery shopping, and greater access to fast foods (Food Research & Action Center, 2019). In regards to rural Carbondale, the farmer's market, Saluki Food Pantry, and the Saluki Express are all available to the students. However, the farmer's market is not open year round, the Saluki Food Pantry is not available every day, and relying on public transportation is often constrained by the amount of food a person can carry. By increasing access to food and incentive (free meal), it our hope students will likely choose to eat at dining halls instead of fast food restaurants.

Additional environmental benefit of this program includes the use of technology to feed students--essentially the program will be managed electronically.

e. <u>Social Benefit</u>:
How does this project positively impact movements of social justice on the SIU campus community and beyond?

Although SIU prides itself on social justice, many social inequities still exist on campus. The issue pertaining to hunger itself, could be considered a racial inequity. Although there is no single group that is affected by food insecurity, some populations are at higher risk for food insecurity. These populations include: households with children, African Americans, Hispanics, and households with incomes at or below 185% the poverty line (Coleman-Jensen A, Gregory C, Singh A, 2014). Although this statistic does not directly relate to college students, many college students are a part of these at risk populations. In fact, most students are living at or below 185% of the poverty line. If a student were to make minimum wage ($8.25 in Illinois) and work full-time on campus (20 hours a week), he or she would make $7,920 in one year which is substantially below the poverty level ($12,490 for one person) (U.S Department of Health and Human Services, 2019). Although there are limited studies on food insecurity among the college population, research has shown that college students are also affected by food insecurity (Cady, 2014). A study was done in 2016 to define the food security status of students attending universities in Illinois. The largest percentage of student participants attended SIU. This study

showed that 35% of the participants were food insecure (Morris, Smith, Davis & Null, 2016). This is significantly higher than the average national and Illinois' food security rates (from years 2015-2017), 11.2% and 12.3% respectively (Coleman-Jensen, Rabbit, Gregory & Singh 2018).

In the past, the college student population has gone unnoticed due to the difficulty in obtaining data regarding food insecurity. Students are often subject to stigma and embarrassment from the negative connotations associated with food insecurity which often results in them not seeking help. From the marginalization of this population in regards to food insecurity, many college students experience negative impacts on their successes and well-being while at school. Food insecurity has potential to negatively affect a student's academic performance, wellness, and behavior (Cady, 2014). Previous studies have shown food insecure students have a lower grade point average (GPA) in comparison to food secure students (Morris, Smith, Davis & Null, 2016). Educational outcomes are linked to retention rates and graduation rates which is why universities should address the gap in food insecurity among their students (Cady, 2014).

Fall of 2016, SIU opened the Saluki Pantry to serve students who are food insecure. Since its opening, the Saluki Food Pantry has served over 2,000 students (Saluki Food Pantry, n.d). The most recent annual report shows that 299 students were served during the spring semester of 2018 (Saluki Food Pantry, n.d). Although the Saluki Food Pantry has shown to be a great impact, the number of students in which it has served is less than 5% of the student population (17,292 students including part-time) which could indicate that food insecure students are not taking advantage of this free resource--whether it be due to lack of knowledge or as previously stated earlier, due to stigma and embarrassment. To further address food insecurity on the campus of SIU, we need to increase awareness of the issue and normalize seeking help by decreasing the stigma attached to food insecurity.

Student Health Services aims to make SIU a healthier community using a collaborative campus based approach to nurture and guide the students in their journey to academic and personal development. Wellness and Health Promotion Services current nutrition services include presentations, workshops, and medical nutrition therapy. We hope to implement this program to help alleviate social injustices that many students may face regarding access to food. Many times, students who face food insecurity are disadvantaged in many other aspects of their life in comparison to food secure students. An additional study was completed in 2016 by obtaining data from 34 academic institutions to investigate food insecurity among this population (Dubick, Mathews, & Cady, 2016). In this study, 48% of students were food insecure. Of this population, students of color and first generation students experienced food insecurity the most. Additionally, 32% of the food insecure students in this study believed that hunger or housing problems had an impact on their education. Findings show that students were 53% more likely to miss a class, 54% more likely to miss a study session, 37% more likely to miss a club meeting, 55% more likely to opt not to join an extracurricular activity, 55% more likely to not buy a

required textbook, 25% more likely to drop a class, and 81% more likely to not perform as well academically as they otherwise would have (Dubick, Mathews, & Cady, 2016). From this data, it is has been demonstrated that food insecurity has negatively impacted the academic performance and college experience of students attending their post-secondary institution.

To that end, SOH has the ultimate goal of achieving equity and equality for all students. It is import to have a comprehensive, detailed description of how and why a change is desired—we call this Theory of Change. After an effective campus meal share program is adopted at SIU, using the theory of change, it is expected that students will experience improved health and nutrition, less stigma and isolation, and increased academic wellbeing. As a result of this, SIU will achieve higher retention and graduation rates and become more inclusive as a whole. Following this, the movement to support college students' basic needs will gain greater momentum which should eventually lead the higher education space toward becoming a true platform for equity and equality.

f. <u>Economic Benefit</u>:
How does this project benefit the economic health of SIU? How will this benefit be tracked during the project and beyond?

Sustainability after the first year of funding is an economic benefit. SOH will continue to use its existing resources and will not need funding to remain functioning. SOH does not require its campus partners to provide incentives for evaluation after its first year. Additionally, we will be able to request additional promotional items from the non-profit for future SOH drives. This program will continue to use the existing infrastructure regarding graduate assistantships. Both, Wellness and Health Promotion Services and the Saluki Food Pantry hire graduate assistants yearly.

The program's success depends on the students on campus. We anticipate that students will have altruistic intentions and continue to participate each year as students continue to reside in housing. Additionally, if we are unable to meet guest meal swipe donation goals, we are easily able to adjust the number of meals distributed to each student.

Additionally, because SOH will be completely electronic, this provides further evidence of no economic burden. SIU would be offering an additional resource to hungry students on campus without facing any financial deficits. This is because SOH uses the campus resources that are already available.

The greatest economic benefit should be seen long-term, by increased student retention of food-insecure students. SIU should be able to increase student retention by implementing SOH. The

Theory of Change associated with SOH at SIU (discussed in social benefit) also addresses economic benefit. Increasing student retention will keep the school in good standing financially and increase revenue. This economic benefit will be tracked through evaluations. Student participant evaluations will address retention and assess the benefit of receiving guest meal swipes as a hungry student. It is our goal to create a multi-year program with lasting infrastructure that leads to action and improvement. Long term, the program may be able to track the benefit by looking at the retention and graduation rate of the targeted population. This data is already collected by the school and should be easy to obtain.

g. Duration of Benefits:
    How long will this project benefit the campus and the SIU community? Whether it is short term or long term, what positive changes do you anticipate this project generating, and how can they be tracked?

    The program is projected to run for a full calendar year; however, this program is intended to be ongoing. The effects of this program will be seen by the SIU student body immediately and other effects may be seen in the coming years. WHPS will be able to immediately determine the number of food insecure students impacted. Specifically, students should have positive changes in their academic performance, health and nutrition, and campus inclusivity. Long term, as the program expands, SIU will be able to compare retention and graduation rates after implementing SOH at SIU.

h. Promotion:
    How will you use this project to create awareness of sustainability on campus and/or the green fund? How will you use the Green Fund marker in your project? How will you leverage social media? (ex. featured on website, social media, flyers, internal newsletter, press release, public signage, ribbon cutting, etc.)

    WHPS is often highlighted for its events in the SIU student news site, *Daily Egyptian*. By implementing SOH on the campus of SIU, this project would receive major press. Currently, the only school in the Illinois to implement SOH is Northwestern University. This would make SIU a leading pioneer in addressing food insecurity on college campuses in the state. If any interviews are held, the Green fund will be mentioned as a funder. Also, during SOH drives WHPS will acknowledge all partners and funders, including the Green Fund. Additionally, the WHPS website will contain pertinent information regarding SOH and will include the Green Fund marker. Also, WHPS often uses flyers in the bathroom stalls of Student Health Services and the Student Recreation Center to promote awareness on a variety of topics. Flyers created for the purpose of SOH will contain a Green Fund marker. Although these flyers are paper, they

are reused each year until there is visible damage. Lastly, when promoting SOH on social media, WHPS will incorporate sustainability associated with food insecurity.

i. <u>Other</u>:
Please discuss here any aspects of your project that have not been covered in the previous sections.

6. Budget and Funding Request

Item	Description/Explanation	Requesting from Green Fund	Other funds
Evaluation incentives	$10 gift card per student. Target number is 50 students/SOH requires an evaluation component. They have seen most success with offering the students who receive benefits small incentives to participate.	$500	N/A
Marketing	Multimedia design/Promotional items to increase awareness of the program	$500	SOH/$250/ cost of designing, manufacturing, and shipping promo materials for SIU SHS/ $200/ cost of work for graphic web design and customized SIU SOH designs
Analysis	Detailed impact report specific to SIU/SOH offers a customized report to provide statistics specific for SIU. Quality improvement studies are needed to keep accreditation.	$500	N/A

Wellness and Health Promotion Services Graduate assistant (10 months)	Master degree program /The graduate assistant will be responsible for evaluation and assisting in tabling.	N/A	SIU/$1,320.60
Saluki Pantry Graduate Assistant (10 months)	Master degree program/ The Graduate assistant will be responsible for reviewing applications and managing project	N/A	SIU/$2,808.60
		Total: $1,500	**Total: $4,379.20**

Total Cost of Project: $5,879.20

Sustainability Council Project Proposal

7. Miscellaneous Questions

a. Has this project received funding in the past? **Please indicate yes/no** _____NO_____.
List project number: _____**N/A**_____. Provide a summary of project results to date here:

b. Does this project involve responsibilities (financial or otherwise) beyond the initiation of the project? **Please indicate yes/no** _____NO_____ and please explain how these ongoing commitments will be met.

c. Does this project include purchase of tools or equipment? **Please indicate yes/no** _____**NO**_____ and explain plan for tools and equipment once project is complete. Also include how tools and equipment will be secured and stored during the project.

d. Has this project proposal been submitted previously? **Please indicate yes/no** _____**NO**_____. List semester and year proposal was submitted: **N/A**. Summarize changes made to proposal and provide data showing benefits here: **N/A**

e. Is this a project that involves funding a G.A. position? **Please indicate yes/no** _____**YES**_____ . If this box is checked, the budget above should include the G.A. position and note degree level and term of appointment (number of months). We fund such projects for up to one year at a time. Project applications for a second year of funding must present justification for the continuation of the project.

8. Attachments/Appendices

Approvals and Commitments (if applicable). We require approval from the relevant department or office if modifications are being made to facilities and for large purchases of equipment. List here; attach and label supporting documentation as appendices.

Appendix #	Name	Position/Department
1	Beth Morrison	Assistant Director/SHS; Director WHPS
2	Ted Grace	Director/SHS
3	Kent Epplin	Associate Director/SIU Student Center; Director/ Saluki Food Pantry

4	Jon Shaffer	Director/Housing

Additionally, please attach and label with your submission any relevant appendices, including charts, diagrams, letters of support, bibliography of relevant scholarship, etc., that would help the committee in its decision. List them here.

Appendix #	Description
5	**Works Referenced**
6	**One-page summary:** This describes Swipe Out Hunger generally and at national level.
7	**Saluki Food Pantry Application:** This is what students fill out to use the food pantry. One additional question was added.
8	**Swipe Out Hunger Application**: 18-item food insecurity survey that was created by the United States Department of Agriculture. This will provide us with more data about the students we are serving.
9	**Proposed work flow:** This is an example of how the program would work.
10	**Proposed activities:** These are places to promote Swipe Out Hunger and collect meal swipes.
11	**Customized impact report example**: Swipe Out Hunger has not distributed the most up-to-date evaluation surveys. This attachment is a customized impact report that gives insight to the types of data we will be collecting.