

i am hangry:

A Look at Food Insecurity in
the US and at UCSD



Q what is food insecurity?



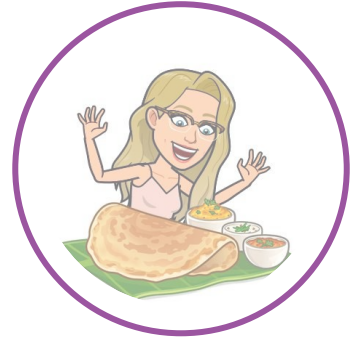
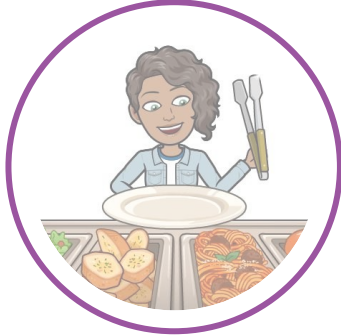
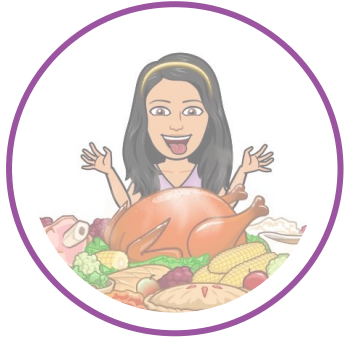
TODAY

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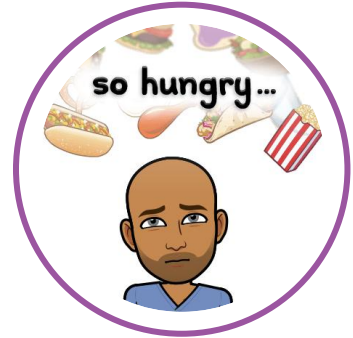
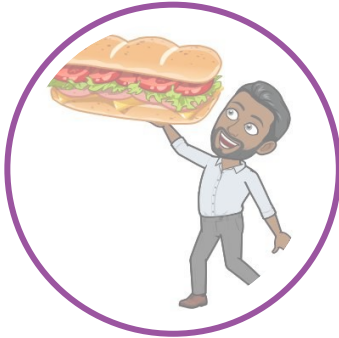
The U.S. Department of Agriculture defines food insecurity as a lack of consistent access to enough food for an active, healthy life.



Q what is food insecurity?



Sadly, this affects 1 in 9 Americans across the US.





The Average American

female · \$56,516 · age 38

Who Faces Food Insecurity?



37.2 Million People



11 Million Children



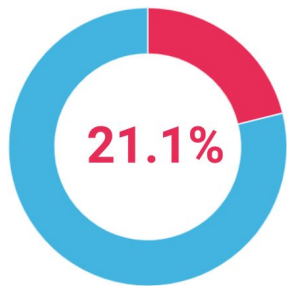
36.1% of Low Income Households



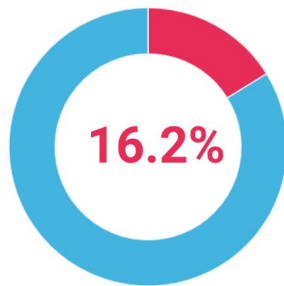


% of Households Facing Food Insecurity

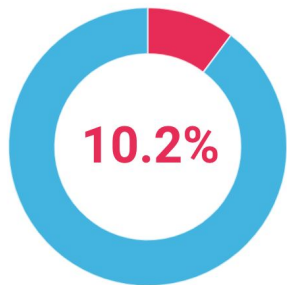
Black Non-Hispanic Households



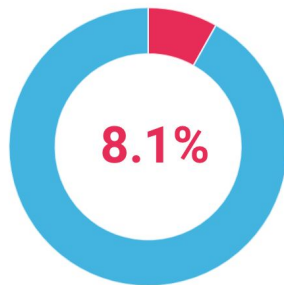
Hispanic Households



Other Households



White Non-Hispanic Households



The proportion of households with food insecurity is twice as large amongst Black and Hispanic households compared to White and Other households.

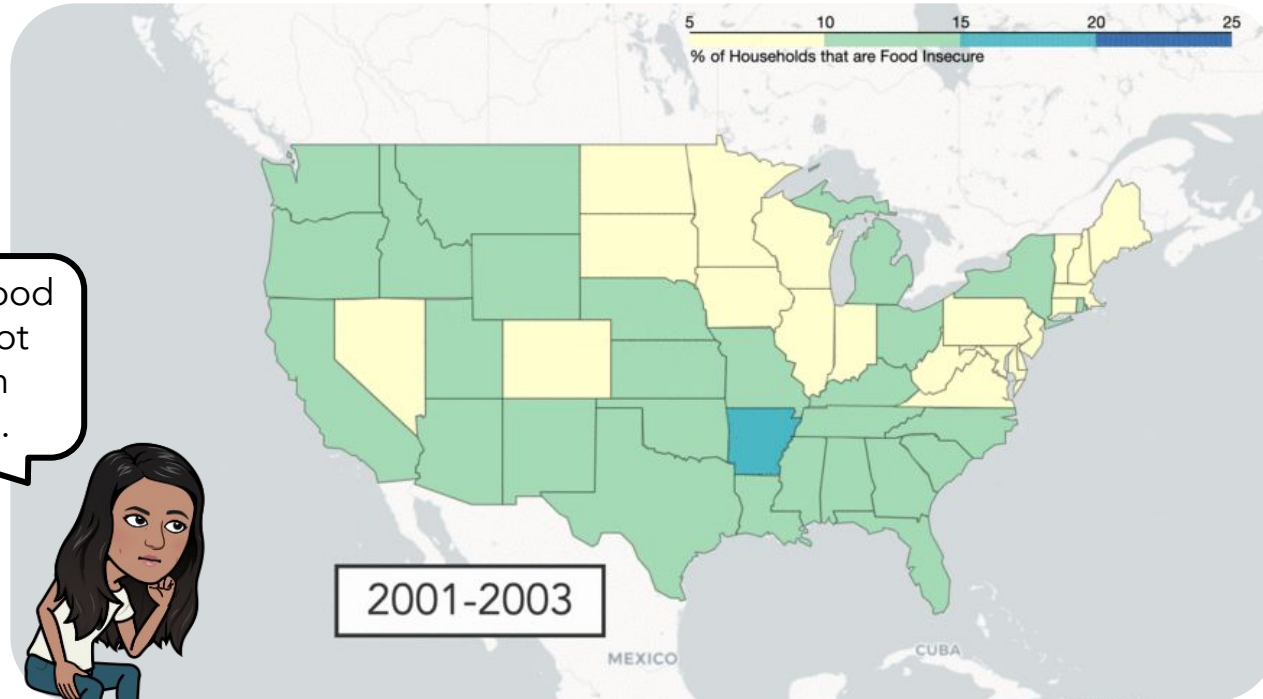
have things changed over time?



Percentage of Food Insecure Households from 2001-2018

STORIES

CAMERA ROLL



It looks like food insecurity got worse from 2001-2013.



But it's been getting better ever since?



MEMORIES

[Source](#)



The Average UCSD Student

female · broke · age 21

A Snap of UCSD in 2018



26,864 students were food insecure



Average net cost of attendance: \$19,778



1,012 homeless at some point



Q do i know people with food insecurity?



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THE TRITON

The Triton

triton.news

According to the Triton news, "The UC San Diego Undergraduate Experience Survey (UCUES) found that in 2018, 41 percent of undergraduates have experienced food insecurity, and 30 percent of undergraduates did not have enough money for food in the last 12 months. Food insecurity is also linked to low graduation rates and poor academic performance.

[Source](#)

do i know people with food insecurity?



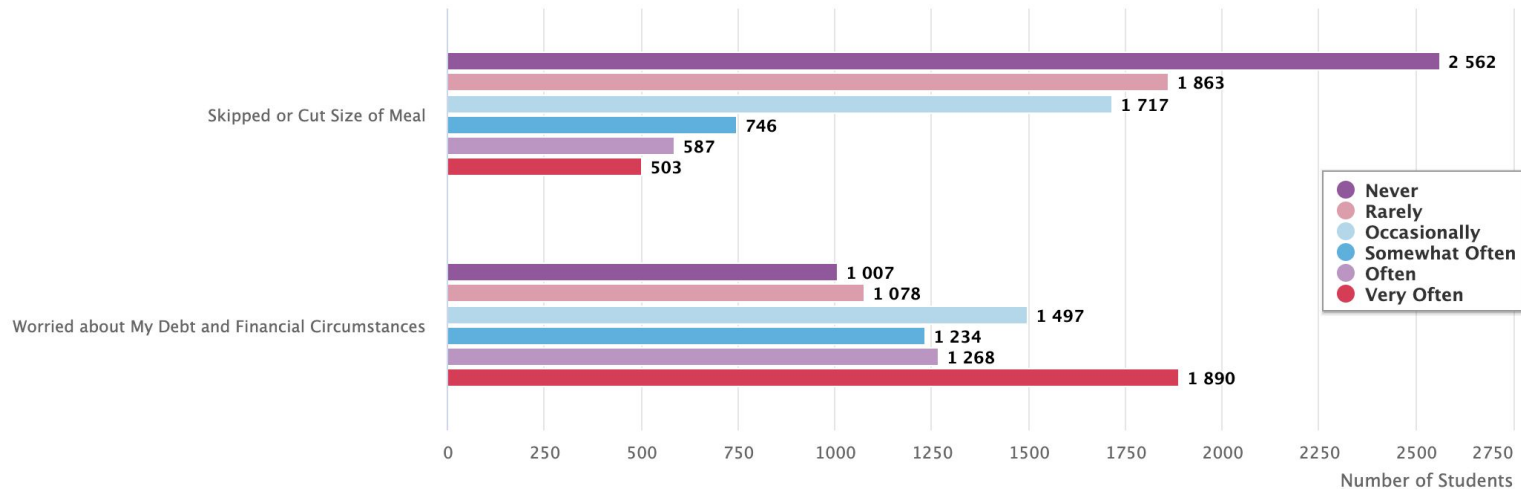
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Did you know that 45% of students reported that at least occasionally they had skipped or cut a meal size? Do you know anyone like this? 74% of students are also at least occasionally worried about debt.

How Frequently have you Engaged in the Following Behavior in the Past Year?

In 2018, 7,976 UCSD Students Responded...



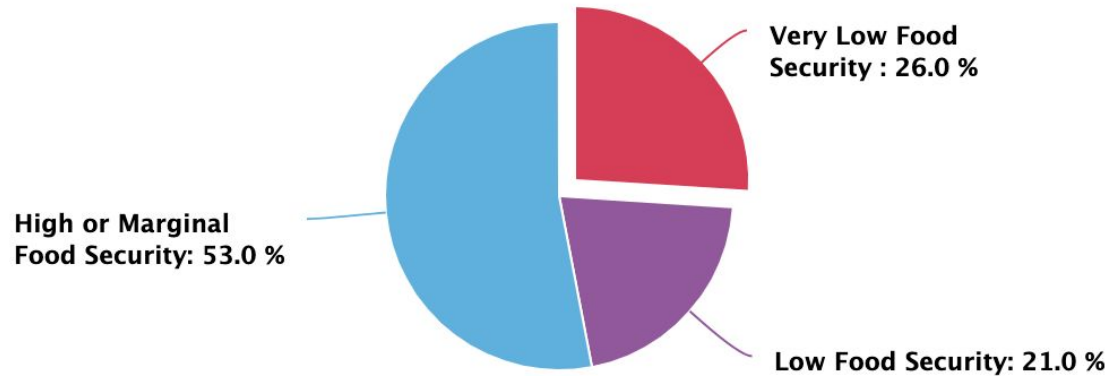


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According to the UCUES in 2018, 47% of our UCSD Community was considered to have low or very low food security.

Student Overall Food Security





16,387 Pounds



2018-2019



AMOUNT OF FOOD WASTE RECOVERED BY THE UCSD FOOD RECOVERY NETWORK



Major Sources



Dining Halls, Events, Grocery Stores, etc.

What to do with that much food?



You could feed 8 people for a year!



Q what can we do to help?



Suggestions to help students struggling with food insecurity

STORIES

CAMERA ROLL

If you or someone you know is struggling with access to healthy food, consider utilizing the resources below:



Basic Needs
basicneeds.ucsd.edu

The Basic Needs website has information about the Triton Food Pantry, CalFresh, an Affordable Grocery Map, a Grocery Shuttle, a Food Recovery Network, Off Campus Resources, and more!



Top Free Resources in San Diego, CA - Food Pantries, Food Banks, Soup Kitchens, and more
freefood.org/c/ca-san_diego



MEMORIES

Sources:

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www.universityofcalifornia.edu/infocenter/ucues-data-tables-2018.



THANKS SO MUCH

