

FACTS AND RESOURCES SERIES: FOOD INSECURITY



Food insecurity is the limited or uncertain access to nutritionally adequate and safe foods

DID YOU KNOW?

- An estimated 23% of college students (3.8 million) face food insecurity
- Food- insecure students report eating less or skipping meals, and are more likely to report symptoms of depression and anxiety



RESOURCES ARE READY
FOR YOU!



SWIPE OUT HUNGER

The Meal Swipe program helps students facing food insecurity by providing access to free, nutritious meals in the Loft



ARCHIE'S FOOD CLOSET

Archie's food closet is a non-perishable food pantry for USI Students, Faculty, and Staff located in the Recreational, Fitness, and Wellness Center



FOR MORE INFORMATION



For questions about the fact and resources series, contact Jean Zelenko, PhD, LCSW, Director of Center for Social Justice Education, jmzelenko@usi.edu

For more information on resources, contact the Dean of Student's Office, deanofstudents@usi.edu, 812-464-1862 or complete a CARE team report

