


Programme in place on student food insecurity/hunger

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## Programme in place on student food insecurity/hunger

The Campus Nourishment Initiative addresses student food insecurity and hunger by providing accessible resources and fostering a supportive community. This program features a centrally located food pantry stocked with non-perishable items, fresh produce, and hygiene products, ensuring that all students have access to nutritious food without any stigma. The pantry operates multiple days a week with flexible hours to accommodate varying student schedules, allowing for easy and confidential access. In addition to the food pantry, the initiative offers free meal vouchers that students can redeem at campus dining facilities and hosts monthly community meal events to promote connection and reduce stigma around food insecurity.

To further support students, the university provides free fruit and tea throughout campus, encouraging healthy snacking and hydration. The canteen offers reasonable prices, making it more affordable for students to access nutritious meals. Awareness and education are key components of the initiative, featuring workshops on budgeting, meal preparation, and nutrition, while regular campaigns highlight the issue of food insecurity and encourage the campus community to contribute through donations and involvement.

Support services include a dedicated resource center where students can find information on food assistance, financial aid, and mental health resources, along with a peer support network that connects trained student volunteers with peers facing food challenges. The initiative conducts needs assessments through surveys and focus groups to understand the extent of food insecurity among students and gather input on preferred services. Collaborations with local food banks, grocery stores, and community organizations help secure food donations and support.

Marketing efforts promote the initiative through social media, campus newsletters, and student organizations, creating a dedicated webpage to provide information about available resources and events. To evaluate the program's effectiveness, metrics will be tracked, including pantry usage and participation in meal programs and workshops. Regular feedback from students will be solicited to ensure the initiative meets their needs and can be adjusted as necessary. The Campus Nourishment Initiative represents a proactive response to the challenges of food insecurity, aiming to create an inclusive environment where all students can thrive academically and personally, free from the burden of hunger.