FOOD INSECURITY

at Ursinus College

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EXECUTIVE SUMMARY

Food insecurity is defined as a lack of access to sufficient and culturally appropriate food to live a healthy, active life (Coleman-Jensen et al. 2020). Research has demonstrated that food insecurity is a problem in higher education, and our own work suggests that Ursinus College is not an exception.

This problem matters for student wellness, inclusion, and retention. Research has demonstrated the overlapping consequences of food insecurity on college students' wellbeing, including impacts on physical, mental and emotional, social, and intellectual health (Lemp et al. 2023). The disparate impacts of food insecurity on minoritized groups means that this is an inclusion issue. Finally, studies have demonstrated that "experiencing food insecurity is associated with lower odds of college completion, particularly for food-insecure students who are also first-generation college students" (Wolfson et al. 2021, 394).

Key Findings

- Participants in our research reported experiences with food insecurity even if they lived on campus and had access to a meal plan.
- 48% of survey respondents experienced food insecurity in the past two semesters.
- 17% of survey respondents reported not eating for an entire day due to a lack of resources for food.
- 68% of survey respondents who identified as student-athletes reported some level of food insecurity.

INTRODUCTION

This report is based on nearly three years of research by an evolving team of student and faculty researchers at Ursinus College. Our team sees food insecurity as a problem of distribution. In short, we have enough food, but much of it is wasted rather than reaching people who want and need it. The following sections outline the problem of food insecurity, how it takes shape in institutions of higher education, and in particular, at Ursinus College. Drawing on a survey and interviews with Ursinus College students, our team attempts to understand the extent and impact of food insecurity in our community. We conclude with recommendations for next steps.

Food Insecurity

Food insecurity is defined as a lack of access to sufficient and culturally appropriate food to live a healthy, active life (Coleman-Jensen et al. 2020). "Hunger" is often used as a shorthand for food insecurity, but it's important to note the difference between these two terms. Hunger is a physical response in the body, while food insecurity is a structural state of being. People may be hungry (I skipped lunch today) and not food insecure. Similarly, they may be food insecure (I don't know where my next meal will come from) and not hungry (my stomach is full) (Poppendieck 1998). Access alone doesn't define food insecurity, however. How food is accessed is critically important. Charitable food distributions do not fully address food insecurity because the mode of access is not considered socially acceptable (Ronson and Caraher 2016).

People are not generally proud of receiving food from a food pantry or soup kitchen, and indeed many do not do so because of the stigma associated with these spaces (Dickinson 2019). Similarly, the type of food being consumed is important. A full stomach from a healthy, nutritious meal is qualitatively different than a full stomach from a fast food diet. Further, food is deeply cultural, and access to culturally appropriate foods is critical to ensuring food security and food justice. In short, food security demands enough of the right kinds of food, accessed in modes that are socially and culturally acceptable and just.

Food Insecurity in Higher Education

Temple University's Hope Center has been actively working to understand food insecurity in higher education across the country. According to a 2019 Hope Center survey of basic needs insecurity among college students across the United States, 41% of students at four-year institutions experienced food insecurity in the 30 days prior to completing the survey, 44% of students worried about running out of food, and nearly half of respondents could not afford to eat balanced meals (Goldrick-Rab et al. 2019).

It's probably no surprise that food insecurity is not evenly distributed across the student population. The same 2019 survey found that the overall rate of food insecurity for Black students was 58% - 19 points higher than for White students. Students who identify as transgender and nonbinary are more likely to be food insecure than students who are cis/straight/non-queer. Among undergraduates who are Pell Grant recipients, 31.1% reported low or very low food security, and nearly 36% of undergraduate students with a disability experience food insecurity compared to 19.1% of undergraduates without a disability.

Based on some of the Hope Center's work on student athletes (Goldrick- Rab, Richardson, and Baker- Smith 2020), we know that 21% of athletes at Division III schools experienced food insecurity, and 17% of student athletes in Division III schools with a meal plan experience food insecurity. The student athletes who were food insecure were more likely to receive grades of C/D/F than those not experiencing food insecurity.

This problem matters for student wellness, inclusion, and retention. Research has demonstrated the overlapping consequences of food insecurity on college students' wellbeing, including impacts on physical, mental and emotional, social, and intellectual health (Lemp et al. 2023). The disparate impacts of food insecurity on minoritized groups means that this is an inclusion issue. Finally, studies have demonstrated that "experiencing food insecurity is associated with lower odds of college completion, particularly for food-insecure students who are also first-generation college students" (Wolfson et al. 2021, 394).

Food Insecurity at Ursinus College

Our understanding of food insecurity at Ursinus College, to date, has been patchy. We capture some elements of food and basic needs insecurity through some of the campus-wide surveys facilitated through the Office of Health Promotion, including the Student Well-being Institutional Support Survey (SWISS), and the American College Health Association (ACHA) surveys, which are done periodically. These surveys include one or more questions on food insecurity, but do not comprehensively explore this problem. The 2021 ACHA Survey, for example, showed that nearly 35% of respondents indicated that "sometimes" or "often" the food they bought "just didn't last, and they didn't have money to buy more."

Over 29% of respondents in the same survey agreed that they "sometimes" or "often" couldn't afford to eat balanced meals, and 14% of students were hungry, but didn't eat at some point in the last 30 days because they didn't have the resources to access food (ACHA 2021). SWISS survey results from 2023 indicated that 23.8% of students "sometimes" (20.14%) or "never" (3.66%) had financial resources to consistently pay for adequate food, suggesting that Ursinus College has not somehow dodged the issue of food insecurity because of its largely residential population.

Indeed, it feels strange that on such a predominantly residential campus where most students have meal plans, such food insecurity should persist. While our survey indicates that food insecurity is widely present on campus, our interviews help explain how food insecurity is experienced by students, and starts to present ideas for what can be done about it. Student experiences range from a lack of access to healthy food to a lack of access to food at all. Some of the stories we heard are heartbreaking. Hilly* describes how her body "just gets used to" the hunger, while Jake, a commuter student, explained to our team that "I've gotten to a point sometimes where I just know that I won't be able to get food, so I just force the [hunger] to go away [...] if I know that I'm not going to be able to access a meal." Dana describes how she "beg[s her] managers [at her food service job] for food because [she doesn't] usually eat on campus.'"

In what follows, we first describe our methods for assessing the extent and impact of food insecurity on campus, before sharing our quantitative and qualitative results.

*We have used pseudonyms throughout this report to protect participants' confidentiality

METHODS

Our mixed-methods research draws on both a survey of our student population to understand the extent of the problem of food insecurity on our campus, as well as semi-structured interviews with selected survey participants to better understand the barriers students experience in accessing food.

Food Insecurity Survey

The United States Department of Agriculture (USDA) assesses food insecurity in the United States on an annual basis, and produces screening tools for use in research (Bickel et al. 2000). These tools are intended to measure "household" food security, however, not specifically food insecurity on college campuses. Much of our work entailed adapting the core module to effectively measure food insecurity on our campus based on the expertise of our student research team. This meant changes references to simply "affording" food to asking about "swipes, dining dollars, and meal exchanges" for students who have Ursinus College meal plans. We also adjusted questions to an academic timeframe (i.e., asking about "the past semester" instead of "the past 30 days"), given the patterns of food insecurity we expect to see at the close of an academic semester as students use up their meal plans. Finally, we included questions about student demographics, activities, and employment (both on and off-campus), in an effort to understand how different segments of our student population experience food insecurity.

Our survey was administered digitally, via Qualtrics, and was distributed via all-student emails from the Environment & Sustainability Department email address.

Beyond two all-student emails, we advertised the survey via postcards in the campus dining facility and tabling in Olin Plaza during a campus common hour in an effort to recruit a diverse sample of students. We incentivized participation through the option to enter into a drawing for one of two $25 VISA gift cards. In total, we received 224 responses, for a 15% response rate. Our respondents roughly represent the campus population in terms of race and ethnicity, with 32% of our respondents identifying as American Indian/Alaskan Native, Hispanic, Asian/Pacific Islander, or Black/African American (compared to 26% of the campus as a whole). Over 60% of respondents identified as a woman, 37% identified as LGBTQIA+, and 8% identified as transgender.

While we achieved roughly equal representation of second-, third-, and fourth-year students, we had fewer first-year student respondents in our sample. The vast majority of respondents reported having a meal plan (n=206), and a far smaller number (n=18) reported not having a meal plan. Our respondents also indicated a wide range of engagement in extracurricular activities. Over 88% of respondents were involved in at least one extracurricular activity, over 50% were involved in more than one extracurricular activity, and more than 17% of respondents were involved in three activities.

The vast majority of respondents live on campus (n=202), with the remainder living off campus with family (n=19) or in another arrangement (n=3). Approximately 25% of our respondents reported being Pell Grant recipients, and 45% reported being first-generation college students. While we do not claim to have achieved a representative sample of students, we feel confident that we received a diverse mix of responses that is inclusive of many experiences, identities, and perspectives.

SURVEY RESPONDENTS

Respondent Characteristics	Number of Respondents	% of Total Respondents
Gender Identity & Sexual Orientation		
Woman	146	65%
Man	63	28%
Non-Binary	10	4%
Transgender	19	8%
LGBTQIA+	85	38%
Race & Ethnicity		
Black/African American	27	12%
White/Caucasian	174	78%
Hispanic	18	8%
Asian/Pacific Islander	19	8%
American Indian/Alaska Native	7	3%

Respondent Characteristics	Number of Respondents	% of Total Respondents
Pell Grant Recipients		
Pell Grant Eligible	58	26%
Not Pell Grant Eligible	148	66%
Unsure	17	8%
First Generation College Student		
First Generation Student	122	54%
Not First Generation Student	101	45%
Extracurriculars		
Student Club(s)	132	59%
Athletics	77	34%
Abele/Bonner	15	7%
Greek Life	61	27%
Performance Arts	38	17%
Student Government	8	4%
Not Involved	26	12%

Respondent Characteristics	Number of Respondents	% of Total Respondents
Housing		
Live On Campus	203	90%
Live Off Campus	21	10%
Student Year		
First Year (Freshman)	36	16%
Second Year (Sophomore)	63	28%
Third Year (Junior)	61	27%
Fourth Year (Senior)	63	28%

Semi-Structured Interviews

Surveys are effective at understanding the extent of a problem or issue, but are less useful for "why" questions. To this end, our team conducted semi-structured interviews with select survey respondents. Our goal with interviews was to explore experiences with food insecurity, as well as barriers to food security. We recruited interview participants via our survey by asking respondents to indicate their interest in participating in a follow-up interview. Ultimately, over 100 individuals expressed an interest in participating in an interview, and we selected nine of those individuals to interview using quota sampling (Bernard 2011).

Specifically, we selected interviewees who reported having experienced food insecurity in the past semester, and who represented an identity or group of interest based on the literature around food insecurity on college campuses. Our intent was to maximize our understanding of the diverse barriers to food security at Ursinus College. We provided interview participants with a $25 VISA gift card as compensation for their time.

Interviews were approximately 15-30 minutes long, and were conducted in-person. Interviews were recorded with the consent of participants, and the recordings were transcribed using Trint, an online transcription tool. Members of our team coded the interviews using NVivo, a qualitative analysis software, to identify themes. All participant names have been changed to protect the confidentiality of students.

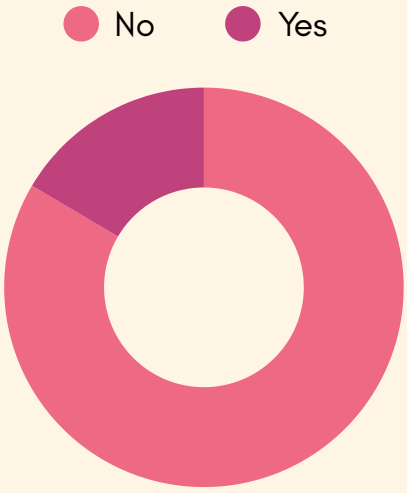
INTERVIEW PARTICIPANTS

Participant Pseudonym	Athlete	Pell	First Gen	Commuter	BIPOC	LGBTQIA+	Meal Plan	Class Year
Dana		X			X	X	X	Senior
Alex	X		X				X	Junior
Jake		X	X	X		X		Junior
Hilly	X		X		X	X	X	Sophomore
Tully		X			X	X	X	Junior
Miguel	X		X				X	Senior
Frankie	X						X	Sophomore
Lilly	X						X	Sophomore
Gianna	X			X				Senior

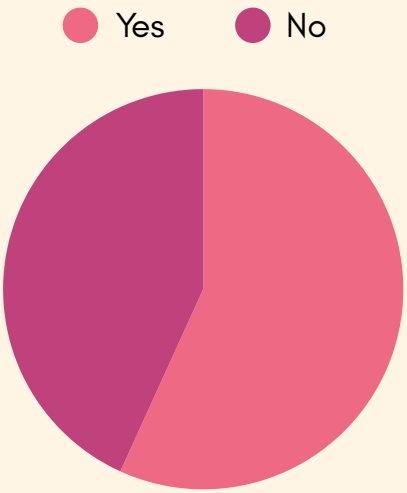
SURVEY RESULTS

Survey results indicate that food insecurity is a problem for our respondents. The adapted USDA survey questions depict food insecurity with significant nuance, allowing us to see how students are experiencing food insecurity across a range of experiences.

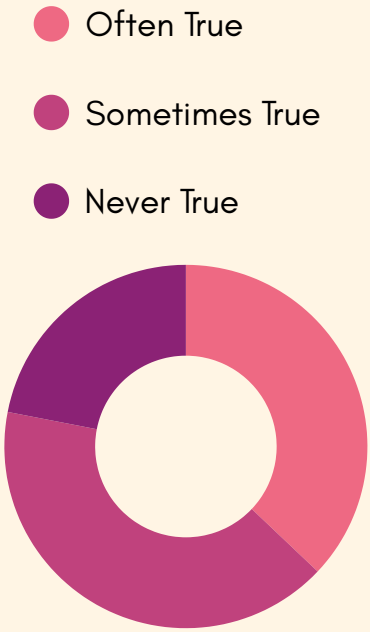
In the last two semesters...



Did you ever not eat for a whole day because there weren't enough meal swipes/dining dollars/meal exchanges for food?



Did you ever cut the size of your meals or skip meals to stretch your dining dollars/ meal swipes/meal exchanges?



I worried about whether my dining dollars/meal swipes would run out

Food Insecurity Measure	Number of Responses	% of Total Responses
During the academic year, how often do you. have financial resources to consistently pay for adequate food?		
Very Often	83	37%
Often	65	29%
Sometimes	50	22%
Never	25	11%
During the past two semesters, how often was it difficult for you to access food because your extracurricular activities conflicted with campus dining hours?		
Often	40	19%
Somewhat Often	102	49%
Never	68	32%
How often was the following statement true for you in the past two semesters: “I worried about whether my dining dollars/meal swipes would run out”?		
Often True	76	37%
Sometimes True	84	41%
Never True	45	22%

In the past two semesters, did you ever cut the size of your meals or skip meals in order to stretch your dining dollars/meal swipes/meal exchanges?		
Yes	117	56%
No	89	44%
In the past two semesters, did you ever eat less than you felt you should because there weren't enough dining dollars/meal swipes/meal exchanges for food?		
Yes	102	49%
No	104	51%
In the past two semesters, were you ever hungry, but didn't eat, because there weren't dining dollars/ meal swipes/meal exchanges for food?		
Yes	82	39%
No	124	61%
In the past two semesters, did you ever not eat for a whole day because there weren't enough meal swipes/dining dollars/meal exchanges for food?		
Yes	34	17%
No	172	83%
In the past two semesters, did you lose weight because there weren't enough meal swipes/dining dollars/meal exchanges for food?		
Yes	45	21%
No	161	79%

When these measures are combined using USDA's food insecurity screening tool analysis protocol, our data can be used to explore not just the number of students experiencing food insecurity, but the severity of that insecurity. The USDA denotes three categories of food insecurity: food security, food insecure without hunger, and food insecure with hunger. Food security suggests sufficient and appropriate access to food. Food insecurity without hunger is indicated when there is concern about access to food and individuals report coping strategies like reducing the quality of food (Bickel et al. 2000, 11). For those experiencing food insecurity with hunger, not only has the quality of food declined, so has the quantity (Bickel et al. 2000, 11). The table below depicts food insecurity severity among our respondents. Notably, 48% of our respondents were experiencing some level of food insecurity, with 17% experiencing the more severe level of food insecurity with hunger.

Food Insecurity Severity	Number of Respondents	% of Total Respondents
Food Secure	118	52%
Food Insecure without Hunger	69	31%
Food Insecure with Hunger	37	17%

When we look at food insecurity among different populations on within our respondents, we find that 68% of respondents who report being a student athlete have some level of food insecurity.

We also note that 63% of respondents that identify as transgender and 56% of respondents who identify as LGBTQIA+ are experiencing some level of food insecurity. Below, we see variations in food insecurity according to self-identified race and ethnicity.

Race/Ethnicity	# Food Insecure	# Food Secure	% Food Insecure
White/Caucasian	88	86	51%
Hispanic	8	10	44%
Black/African American	15	12	56%
Asian/Pacific Islander	14	5	74%
American Indian/ Alaskan Native	6	1	86%

While our quantitative results demonstrate that food insecurity is present on campus, we turn here to our qualitative results to explore why students are experiencing food insecurity, and what particular barriers they face to accessing sufficient food to live a healthy, active life.

INTERVIEW RESULTS

Our qualitative data analysis suggested three primary barriers to food security for participants: expenses and finance, a lack of accessible healthy options, and timing. In what follows, we draw on our semi-structured interviews to illustrate the shape these barriers took for our research participants.

Expenses & Finance

Nearly all student interviewees described money as a barrier to accessing food, though they did so in different ways. Two commuter students noted that they had access to food at home, but during long days on campus they often struggled to afford food. Jake is a transfer student who came to Ursinus, in particular, because of his experiences with food insecurity at an urban college where food was challenging to access. While he initially wanted to purchase a meal plan, he noted that "as a student it feels like the [price of food] is unachievable. It's hard to justify spending that much money myself because I'm going to have a decent amount of student loans. So it's a little daunting to add another $1,000 on top of that per semester." Even the commuter meal plan, he says, is "a lot of money for a college student [...] I work part-time. I've been working part-time since I started here. And I don't even make that much in two months." He described getting hungry on campus and not having the money to pay for food, noting that when he can't afford it, he "will just kind of tough it out." He will also rely on students with unlimited plans to swipe him into Upper Wismer, but as he comments, "it's not every day that I can do that."

He goes on to note that when he tries to purchase things to tide him over at Bear Necessities, "I end up not getting as much there as I probably need to eat because I just can't afford it." Another commuter, Gianna, described a constant struggle between gas money and food, noting that she will often "drive home and make myself a grilled cheese. And then I'll drive back so I can go to class." She went on to note that "even the lowest meal plan that's offered for commuters is still too much for me," and, similar to Jake, notes her unwillingness to put food costs onto the growing tab of student loan debt. Gianna commented that "if I have to get gas to in order to get myself home, I also cannot swipe myself into Upper Wismer [it] makes you feel like...worried, sometimes."

For residential students, too, accessing food can be a source of stress and worry. Dana shared that "I literally hate having to wake up and figure out what I have to eat for the day," noting that she's "just trying to survive from the basic meal plan at this point, not necessarily getting things that I enjoy or like." Dana describes "rationing" money, noting that "I don't even really touch Bear Necessities because I know if I'm going to go in there, I'm going to end up spending all of my money within a week." For her, Bear Necessities is also challenging because "sometimes they'll double charge you on accident, even if you didn't grab something twice." She tells us that a friend was "charged for something that she didn't even grab" and notes that this "can cause an issue if you're trying to ration out money and it's accidentally taking more money than it's supposed to off your student account."

The conversions between meal exchanges, dining dollars, and meal swipes left some students frustrated and lacking access to food. Miguel remembers "running out of meal swipes and dining dollars, and, for a week or two, eat[ing] one meal a day." Some students appeared confused about how meal expenses worked. Miguel, a senior, asked his interviewer to explain the difference between meal swipes and meal exchanges, for example, and others were unsure about which meal plan they were on. Frankie noted that "I don't know, actually, how many swipes I have into Upper," while Dana wondered about the cost of a meal swipe and the conversion to meal exchanges. While many students had dining resources available to them, for some, they simply were not the right type of resources needed to access food when and where they needed it.

Healthy Options

Every student interviewee we spoke with described a lack of access to sufficient healthy food. This is not because there are not healthy options on campus - indeed, many students praise the healthy options available at Upper Wismer and Fresh Fix, in particular. Instead, this comes down to *access* to healthy foods. Some student athletes, like Alex "have late practice from 7:00 pm - 8:30 pm" and "eat [at] Lower Wismer - either chicken fingers or a bowl. And that happens like two or three times a week." She notes that "it's all fast food, basically," and while Bear Necessities has salads and shakes, "they're really small, and that doesn't fill me up." Frankie tells a similar story, commenting that "I feel like being a student-athlete kind of limits me for time in order to have that structured dinner meal...

Sometimes we miss having Upper Wismer for dinner and we have to have lower. And our choice for Lower at that point might be chicken tenders and friends or cheese steak." Hilly describes healthy options as "slim pickings during season" because "Upper Wismer and Fresh Fix are closed" after late practice. Beyond just evening hours, though, Hilly has a hard time fitting healthy food into her diet, noting that "my day's so busy I don't have time where I can go eat a good meal at Upper Wismer. I have to suffice for like chicken tenders and french fries, which I would rather not."

Other students are pushed away from healthy options due to tightly-packed schedules. Jake explains how he has "been a lot more involved on campus [and hasn't] had as much access to [produce]. I've been eating a lot of starch carbs kind of things like pasta and grilled cheese." Dana explains that "sometimes I just don't always have the time to go and sit down and eat [at Upper Wismer]." The healthy options on campus are so inaccessible to Dana that she describes only eating healthy food "off campus. That's typically when I do get a more nutritious meal, I would say. Which is so unfortunate." Gianna, who describes being unable to afford a meal swipe in Upper Wismer as a commuter student, comments that "everything in Lower is basically fried except the sushi." For Tully, there is always "food available to us....it's just a lot of the time things that I don't necessarily want to be putting in my body. But it goes back to the whole thing that I have to eat something and I'm doing a lot of things, and therefore I need to eat quickly. If it's there, I'm going to eat it."

Timing

All students reported issues accessing food related to timing and availability. This is particularly true for our students who are most active on campus – those who are in clubs, leadership positions, internships, student teaching, and athletics. Alex will be a student teacher next spring and is already worrying about access to food because her day will start before Upper Wismer opens for breakfast, and lasts long past lunch, meaning that she'll be "spending money on a meal plan" but also "it's going to be a lot of money if we have to go out every single day for breakfast and lunch." Student athletes appreciated that dining schedules were shifted to accommodate for late practice schedules, but Frankie notes that "we can't always get into Wis after practice [...] it's not necessarily a lack of access, but maybe the fact that there's just not the wide variety of food that you would like to eat after having a practice. Like chicken tenders might not be ideal."

Moving from afternoon labs directly to practice made it challenging to take advantage of the wider variety of options at Upper Wismer. These challenges contradict guidance from coaches, who advise athletes to "get something good to eat and hydrate" after lift, "but sometimes you go right to practice, or sometimes it's not an option [...] sometimes I'm going right from lift to working as a student worker, so I can't get to Upper Wismer for 20 minutes" (Frankie). Indeed, many students struggle to balance work, school, extracurriculars, and sports commitments while also accessing food on campus.

Theoretical availability of food is different than access in practice. For students coming out of practice, getting to Upper Wismer in the 30 minutes before it closes can mean that options are already shut down. Lilly describes getting to Upper Wismer only to find that "they'll start putting stuff away. There have been times I'll get pasta and then I go to get a salad and they've already put the salad stuff away." This is true for athletes, whose ability to eat before practice may be limited by school schedules and the fact that "you obviously don't want to eat right before practice because you'll get sick." Access to food is predictably patchy for students, who can see their hunger coming based on their class and sports schedules. Miguel describes steady access to food on Mondays, Wednesdays, and Fridays, but having a tiny window of opportunity to eat on Tuesdays and Thursdays, for example.

Some students described a frustration with dining options that seem to be planned around "typical students" and not the lived reality of their own schedules. Frankie, a student athlete, lamented at how late Upper Wismer opens on weekends, commenting that they can't get there before leaving for athletic competitions: "Opening at 9:00 am on the weekends is fine for a normal person because who's getting up earlier than 9:00 am, probably, on a Sunday? I don't know anybody. Or even on a Saturday! But sometimes we have games that we have to travel to and there's no breakfast option." Hilly shared that frustration, commenting that weekend dining hours meant that they had to "go to Wawa and spend money that I don't have."

Lilly shared this sentiment, noting that "most students don't get up until later" but that "if I have to leave early for a meet [...] sometimes I want to eat breakfast but it's not open."

CONCLUSION

Despite our largely residential population and large proportion of students with meal plans, students at Ursinus College are experiencing food insecurity. For those experiencing food insecurity without hunger, this means that access to food can be unpredictable or unhealthy, but the quantity is sufficient. This unpredictable access to food means extra work and stress for students like Lilly, a student athlete, who has to remember to purchase meals in advance on Thursday or Friday if she has a competition on the weekend or else she must rely on the uncertain food available at her meet. Frankie describes this work as "a second level of stress [...] that didn't have to be there," while Miguel notes that he struggles to balance sourcing food late at night with his homework obligations, concluding that "frustrating is the word you could say." For students who are experiencing food insecurity with hunger, not only is the process of getting food difficult, there is often not enough. Students like Jake and Gianna struggle to fill their stomachs, forcing themselves to ignore their hunger "until it goes away."

We saw greater levels of food insecurity among our respondents than at other institutes of higher education. While 41% of students experienced food insecurity at four-year institutions across the country (Goldrick-Rab et al. 2019), the rate among our respondents was 48%.

Over 70% of our respondents reported worrying that their meal swipes or dining dollars would run out, compared to 44% of students at four-year institutions who worried about running out of food (Goldrick-Rab et al. 2019). Student athlete respondents also had much higher rates of food insecurity compared to other Division III athletes, with 68% of our student athlete respondents reporting some level of food insecurity compared to 21% of other Division III athletes across the country (Goldrick-Rab, Richardson, and Baker-Smith 2020). Our rates of food insecurity among BIPOC students seem to mirror those found in other studies (Goldrick-Rab et al. 2019).

The students who participated in interviews as part of this research project were full of ideas about addressing food insecurity on campus. Their solutions ranged from adjusting the opening hours of dining options to better support student-athletes to expanding the operating hours of some of the healthier options on campus, like Fresh Fix. For others, solutions looked like the addition of a food pantry, community fridge, or fresh vending machine to help enable access to food. Others simply wanted a different range of options in Lower Wismer, like the ability to receive a side salad instead of french fries or mac and cheese. Hilly, in particular, notes that if there were a side salad option "That'd be great. I'd eat that up." While we are not positioned to recommend any singular solution as part of this research, we do want to emphasize that any solutions to the challenges we have described should be pursued *with* students, rather than *adopted for* students. Their diverse experiences with food insecurity merit our attention and concern, but we can take action to solve this problem.

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