Eliminating the 'Top Ramen Years'
How to Integrate your Nutrition and Dietetics Program with Your Campus Food Pantry

Presentation Objectives
After attending the seminar, participants will be able to:
• Discuss the prevalence of food insecurity in college students based on the statistics presented.
• Name two specific activities that nutrition and dietetics students/interns can complete to fulfill ACEND competencies.
• Identify the challenges of implementing a supervised practice site at a campus food pantry.
• Develop a strategy to collaborate with their campus food pantry based on the ideas presented.

Intro to Orange Coast College
• Located in Costa Mesa, CA
• Community College – Associates degree and certificates of achievement
• Enrolls about 20,000 students per semester
• 35.3% Latino
• 30.8% White
• 24.6% Asian/Pacific Islander
• 1.7% African-American

Statistics on Food Insecurity
• Food insecurity is defined as the limited or uncertain access to nutritionally adequate, safe, and acceptable foods that can be obtained in socially acceptable ways (1)
• Food insecurity is associated with higher stress and depression (3), and adverse learning and academic outcomes.
• 2017 systematic review of 17 peer-reviewed studies found the average student food insecurity rate in U.S was 32.9 % (14-59%) (2)
• Hope Study (2019) #realcollege survey found higher prevalence of food insecurity in students at 2-year colleges.
  – 28% very low food insecurity
  – 16% low food insecurity
HOPE study at OCC

- Invitations to complete the questionnaire were sent by email to approximately 22,200 students from Orange Coast College and 735 students participated. Thus, the estimated response rate is 3.3%.
- Overall Basic Needs Insecurity Rates:
  - 51% of respondents were food insecure in the prior 30 days
  - 62% of respondents were housing insecure in the previous year
  - 21% of respondents were homeless in the previous year
  - 72% of students at Orange Coast College experienced at least one of these forms of basic needs insecurity in the past year.
- There is substantial variation in basic needs insecurity across subgroups.

Origin of Pirates Cove

- Existing pantry was in a janitorial closet and offered to only a small group of students.
- Planning committee goals:
  - Sustainable
  - Access to nourishing food
  - Integration with departments on campus
  - Support of faculty and administration

Video of Opening

https://www.youtube.com/watch?v=tsoWq8pIO8&=488
Pirates’ Cove

- Grab N’ Go
  - Students can access daily
  - One snack and one drink
  - Foods: fruit, bars, pretzels
- Other items:
  - Personal hygiene, feminine hygiene, diapers

- Grocery Shopping
  - Students can access twice per week
  - They can fill one grocery bag/basket with food
  - Some foods are limited to one item per person

Evolution of Pirates Cove

- Expanded to include multiple food bank/grocery partners
  - Second Harvest of OC
  - OC Food Bank
  - Helping Hand Worldwide
  - Grocery Outlet
- Evolved to include other services:
  - CalFresh applications
  - Housing assistance
  - The Closet
  - Referrals to other services

Video of Current Pirates Cove

https://www.youtube.com/watch?v=5e_7CvyGd40

Utilization

Close to 7,000 visits in Feb 2020
Creating a Safe Zone

Judgement-free zone
- We got our usual 4:00pm rush today. After we closed the door... I heard what sounded like a small party going on outside. When we went to investigate we found this group of students on our table outside enjoying what they had just picked up from the Cove. I think it is a great illustration of the positive impact the work we do has on our students.

Success and Challenges

- Success: acceptance and utilization from students
- Acceptance and advocacy from faculty and staff
- Community engagement and partnerships

Challenges: competing priorities on campus for space, staffing, and funding.
- Push-back from campus Food Service
- Current location is being demolished.

Financial Aid data

Reviewed financial aid data for students who used Pirates’ Cove from Jan-Oct 2019.
- 59.8% of students who used Grab N’Go were BOG waiver or Bell Grant recipients
- 60.7% of students who used Grocery were BOG waiver or Bell Grant recipients

Integrating Nutrition and Dietetics

Program Director
- Original member of planning committee
- Current member of advisory committee
- Participate in advocacy and marketing
- Opportunity for supervised practice

Pirates’ Cove Director
- Sought collaboration on campus
- Integration with academic programs
- Opportunity for peer-to-peer interactions
Related ACEND Competencies: a few examples

- CNDT 1.1: Access data, references, patient education materials, consumer and other information from credible sources.
- CNDT 2.12: Participate in advocacy on local, state or national legislative and regulatory issues or policies impacting the nutrition and dietetics profession.
- CNDT 3.4: Promote health improvement, food safety, wellness and disease prevention for the general population.
- CNDT 4.1: Participate in quality improvement and customer satisfaction activities to improve delivery of nutrition services.

Activities and Hours

Learning Activities:
- Evaluate the Pirate’s Cove orientation lesson.
- Use Pirate’s Cove SARS software to analyze which services students utilize at the food pantry and frequency of use.
- Research state and federal guidelines for the local food banks.
- Evaluate multiple communication tools used at the “Pirate’s Cove” to guide students. (Signs, “Best By” guidelines, rules etc.).
- Prepare lesson plans and delivered to OCC students’ short presentations on relevant nutrition topics.
- Research nutritious recipes and assembled grocery lists including ingredients available at the Cove.
- Create a survey to find out Pirate’s Cove visitor’s current needs and level of satisfaction.

Daily Duties:
- Check in students at front desk
- Assist with Second Harvest deliveries.
- Help unload boxes, stock shelves, and sort produce.
- Make sure that shelves, floors, and microwave area are clean and neat.
- Offer help to go to the food bank or another partner organization to pick up a donation.
- Help visitors with special dietary preferences (gluten free, vegetarian etc.).
- Intern Schedule: 15 hours per week (2-3 days per week) according to Pirates’ Cove needs.
- Preceptor: Pirates Cove’ Director

How to Address Competencies?

Wake Up Call

Focused on importance of breakfast. Included cooking demonstration and tasting using Cove items.
Weekly Pop-Up
Pop-Up table outside of Cove entrance; event focused on a different nutrition topic each week.

Adulting 101
Cooking on a budget using Cove ingredients; featured a cooking demonstration and tasting.

National Nutrition Month
Pop-Up event at entrance of Pirates’ Cove organized by the student Nutrition Club; featured information, food tastings, and a push-up content.

CARE/EOPS event
- Holiday event with CARE families (students who are single parents)
- Guests received ‘grab bag’ of Pirates’ Cove food/ingredients, with recipes and tips on how to use them to make nutritious meals
- Intern presentation to audience
OCC Recovery Kitchen

- Food Production Management Class: pilot fall 2019
- Utilize recovered food from Pirates’ Cove
- Repurpose the food into prepared dishes
- Package into single use containers or vacuum packed for ease of access by students
- Returned to Pirates’ Cove for distribution
- 5,000 pounds of recovered food donated back to Cove

OCC Recovery Kitchen

- 5,000 pounds of recovered food donated back to Pirates’ Cove

Challenges with Internships

- Learning experiences; i.e. not just stocking shelves
- Willing to engage with day-to-day operations and special projects
- Student must be self-motivated and self-starter

Future Plans

- Continue with supervised practice
- Support the move and possible expansion of Pirates’ Cove in the future
- Explore what other services we could provide:
  - Wellness center
  - Nutrition counseling
  - Additional student workshops
  - For-credit classes
Summer and Fall 2020

- Campus is closed due to COVID-19
- Physical Pirates’ Cove location is expected to remain closed for summer and fall
- Temporarily moving to a food distribution model
- Supervised practice will continue with Cove manager as preceptor
- Student will work remotely on special projects and participate in distribution events

Contact Info and References

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4. HOPE Study