15% of students at UMD suffer from food insecurity and another 16% are at risk of being food insecure.

12.7% of U.S. households suffer from food insecurity with minorities more likely to be at risk.

Food Insecure students are more likely to report depression symptoms.
Food security exists when

All people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life – FAO, 2005

Food insecurity can mean

Running out of food and not being able to buy more
Fear of running out of food, causing anxiety and stress
Insufficient, low quality or unreliable food intake
Hunger when extreme
FOOD DESERT SOLUTIONS

COMMUNITY
FOCUS ON LOCAL AGRICULTURAL SOLUTIONS TO DECENTRALIZE SUPPLY AND INCREASE THE AVAILABILITY OF QUALITY FOOD.

1. **GROW FOOD LOCALLY**
   Build and develop backyard and community gardens as well as larger scale urban agriculture.

2. **DEVELOP ALTERNATIVE RETAIL OUTLETS**
   Farmers Markets, Public Markets, Cooperatives, Farm Stands, and Community Supported Agriculture (C.S.A.) Programs.

ACCESS
INCREASE THE EASE OF OBTAINING QUALITY FOOD.

3. **REPLACE “CONVENIENT” WITH QUALITY**
   Increase stocks of fruits and vegetables at corner stores or small groceries.

4. **MORE FULL-SCALE GROCERY STORES**
   Attract and/or develop more grocery stores and supermarkets where they are scarce.

5. **TRANSPORTATION**
   Improve transportation to grocery stores and farmer’s markets.

SEVEN STEPS TOWARDS PUTTING HEALTHY FOOD IN GOOD HANDS

EMPOWERMENT
EQUIP INDIVIDUALS AND FAMILIES WITH THE TOOLS TO MAKE HEALTHIER FOOD CHOICES.

6. **COOKING CLASSES**
   Implement programs at shelters, churches, community colleges, & civic centers teaching people how to cook cheap, simple, and healthy meals.

7. **NUTRITIONAL EDUCATION**
   Teach classes on nutritional information including the dangers of preserved and fast food while stressing the healthy benefits of freshly prepared meals.
Optimal Pantry Conditions

The following environment ensures pantry items stay fresh as long as possible.

- Temperature of 70 degrees or below
- Humidity of 60 percent or less
- Darkness
- Area free of insects and rodents
- Items stored on shelves off the floor
- Items stored in airtight containers, preferably made of glass or stainless steel
MYTH

Frozen / canned fruits & veggies are less nutritious.

TRUTH

Less nutrients are lost through quick-freeze food processing than during shipping of fresh fruits & veggies.