

KANSAS STATE

Objectives

- Present compelling evidence of food insecurity among our students and the challenges they faced
- Discuss what we did to help address FI and some of the challenges we faced
- Present the findings of our two-year retrospective observational study, and the tools that we used to quantify food insecurity and its effect on GPA
- Provide a brief literature review regarding the essential components of a successful food pantry
- Share tips on where to start with your program
 - How to assess the needs of your students
 - Ways you may be able to respond to the need



Food Insecurity: Fast Facts

- Food Insecurity: not having access to sufficient food to meet one's basic caloric needs
- Nutrition Insecurity: not having consistent access to foods that promote well-being and prevent and manage disease
- Affects 12% of households nationwide¹
- Affects 34% 59% of college undergraduates nationwide²
- Affects 43.6% of undergraduates at K-State^{3*}
- Affects 49.8% of Kansas State University Marching Band

^{*}Am College Health Association – National College Health Assessment. Spring, 2024



Kansas State University and The Pride of Wildcat Land





Kansas State University



- First Land Grant institution: Feb 16, 1863
- NCAA Division 1A, Big 12 Conference
- Undergraduate enrollment: 20,295
- Located in the heart of our nation's breadbasket:

Manhattan, Kansas.



KSUMB: The Pride of Wildcat Land

- 408 members, 210 academic majors
- Represents K-State at
 - Home football games
 - Bowl games
 - Parades
 - Central States Marching Festival
 - Pub Crawl Bands
 - Basketball Bands

- Volleyball Band
- Numerous Pep Band activities throughout the year

Commitment:

- -10-20+ hours/week
- > 5000 Kcals/18,000 steps per rehearsal and on game days*



^{*}Dorfman, L. Nutrition for Drumline Travel and Tourin g. Sports, Cardiovascular and Wellness Nutrition. Academy of Nutrition and Dietetics. 2020.



TOP RATE ACADEMICS

AVG K-STATE GPA

4.0 AVG HIGH SCHOOL GPA

26 AVG ACT SCORE

ONE LARGE FAMILY

STUDENTS IN THE MARCHING BAND

DR. FRANK TRACZ DR. ALEX WIMMER DR. ZACK DEININGER **HEAVY WORKLOAD**





ACROSS CAMPUS

K-STATE

ENGINEERING MUSIC EDUCATION ARCHITECTURE

30 STUDENTS DUAL MAJORING

ALUMNI & FRIENDS SUPPORT



Funded by our great donors. Awarded to all Juniors, Seniors, and Section Leaders.

DIVERSE BACKGROUNDS

232 10

TOP KANSAS HOMETOWNS

MANHATTAN TOPEKA LENEXA OLATHE

NATIONAL RECOGNITION

Presented to a program that has demonstrated the highest musical standards, innovative marching routines and ideas, and has made sustained contributions to the advancement of the performance standards of collegiate marching bands.

SUDLER TROPHY MARCHING BAND

NOW OPEN: TRACZ FAMILY BAND HALL



2024 - 2025 **KSUMB**



BOWL GAME TRADITION



























Big Dreams - Big Challenges

A decades-old problem



Known Needs of the KSUMB

- A dedicated indoor space large enough to accommodate band rehearsals
 - There wasn't one!
- Dedicated climate-controlled storage space for instruments, uniforms, and equipment
 - 8 different locations across the Campus
- A weather-proof loading dock
- Office space: for faculty, staff, and graduate students
- Repair shop
- Bathrooms, ice machine, water stations, and a break room



A Rehearsal Hall for the KSUMB

- Leadership was aligned:
 - The University Leadership
 - The University Foundation
 - Band Leadership
- Economical opportunity:
 - A pre-existing building part of the old stadium –
 alongside the current practice field: 17,000+ sq ft
 - On the Campus





Acknowledgment of Another Problem . . .

- Food insecurity was present in the KSUMB
 - Band Leadership had been helping students for years
 - Buying meals, taking students grocery shopping . . .
 - University food pantry had been open for 2 years
 - Band students' schedules prevents them from using the University pantry and severely limits their hours for having a part-time job
 - Discovering one student in dire circumstances resulted in open recognition and conversations about the problem of FI, and a potential solution. . . .
- Timing was everything!



We also needed a Food Pantry The decision was made, but

- Band leadership notified the planning committee and architects that a food pantry was to be added to the band hall plans
- Unexpected objections: Strong pushback!
 - Already had a University food pantry across campus
 - There isn't a need
 - How will it be supported? Unnecessary expense!
 - The answer was "No" . . .



A decision worth fighting for Our Argument:

- KSUMB students needed a <u>readily accessible</u> food pantry that would
 - Match students' schedules
 - Open before and after rehearsals
 - Open before and after performances
 - Regardless of the time of day or night
 - Provide food, personal hygiene items, and essential household items
 - Be in a safe, comfortable, supportive atmosphere
 - Establish an atmosphere of confidentiality and trust



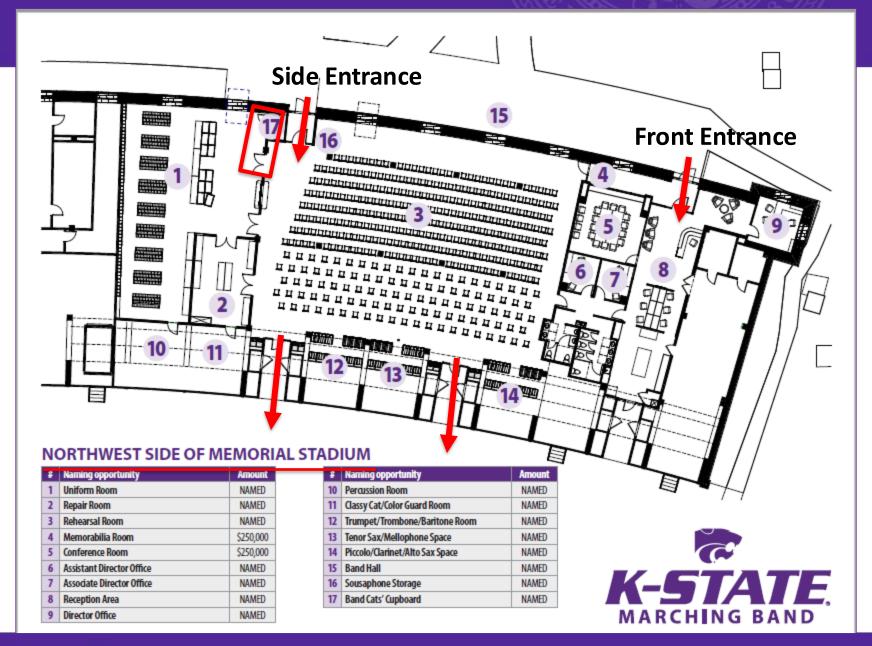
A New Band Rehearsal Hall



The Band Hall: Pieces Started Coming Together

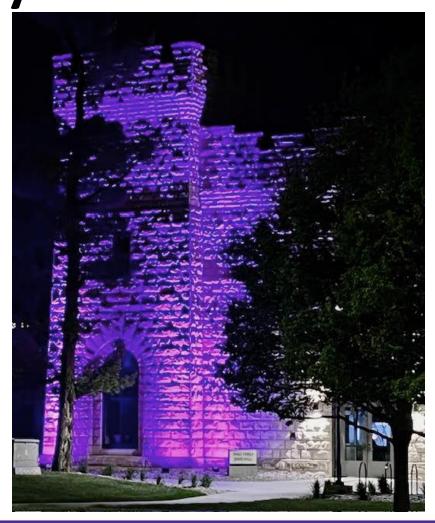
- The Band Hall was to be built exclusively with private funds
- The Hall, the rehearsal room, and the other designated spaces all were assigned price tags
 - Came with naming rights
 - Once two lead donors were identified, fundraising could start in earnest (University rules . . .)
 - The Lead Donor family insisted on the building name
 - The Tracz Family Band Hall





The Tracz Family Band Hall

- From concept drawings to ground-breaking: 5 years
- From ground-breaking to grand opening: 357 days
- Fully funded in <u>24 weeks</u>
 - Thanks to the University Foundation
 - Special thanks to the generous individuals/families
 - Most were not band alumni
 - Never underestimate the power of networking







(We won!)



Band'Cats Pantry

- Established in the summer of 2023
 - When the TFBH opened
- Located within a large storage area in the rehearsal building, separate from the rehearsal area and away from staff offices
- Operates on an honor system
 - There is no sign-in and no eligibility requirements other than being a member of the Pride (eliminating barriers)
 - When students are in the building, that area is unlocked, and the doors open
 - Students are expected to take what they need when they need it



Funding for the Band'Cats Pantry

- The space / cabinetry was paid for by a donor
- It was NOT in our plans to hold fund-raisers!
- Our plan: fully endow the Pantry
 - Need: \$100,000, to generate approx. \$2000 / quarter
 - \$25,000 to establish the Endowment was donated
- The fund-raising, coordinated by the K-State Foundation included the following:
 - Emails, letters, calls, and a video shared on (†) (







Raised \$76,000 in 7 weeks







How the Pantry is organized:

Women's Hygiene	Protein/Meals	Groceries	Soups	Snacks & Crackers	Misc
Men's Hygiene	Breakfast	Groceries	Fruits & Veggies	Household	Household



Mission & Vision Statements

BCP Mission Statement

The mission of the Band'Cats Pantry is to provide temporary, supplemental food, personal hygiene, and household products to KSUMB students at no cost. In addition to alleviating hunger among our students, the BCP's goal is to eliminate the impact of food insecurity on our students' performance and academic success.

BCP Vision Statement

The BCP aspires to eliminate food insecurity for KSUMB students by providing readily available supplemental food before and after rehearsals, before and after performances, and at any other times as needed, ensuring that no student goes hungry because of a lack of income or access to food.



Food Insecurity Is Affecting our students



Not having enough food to eat

- Affects physical and psychological health
- Affects academic performance
 - Decreased ability to concentrate, learn, and memorize
 - Lower test scores
 - Student retention
- Compared to food-secure students, food-insecure students are
 - Two times more likely to be in the lowest 10% GPA
 - Three times <u>less</u> likely to be in the top 10% GPA

Weaver RR et al. J Am Coll Health 2020;68(7):727-733



Our Study & Objectives

We conducted a two-year retrospective observational study investigating the food insecurity in the KSUMB

- Define the degree of food insecurity
- Quantify the effects of food insecurity on academic performance
- Capture quantifiable changes as a result of having a readily-available food pantry
 - Are we making a difference?



Band'Cats Pantry Survey

- Designed an anonymous computer-based survey
 - Used the Google Survey tool
- USDA 'short-form' questions previously validated elsewhere
- Included space for written feedback
- Asked the students to self-identify GPA for the fall semester



Food Insecurity in the KSUMB

Band'Cats Pantry Survey Results 2023 / 2024

USDA QUESTIONS	Often (%)	Sometimes (%)	Never (%)	Food Insecure (%)
The food that I bought just didn't last, and I didn't have money to get more	5.1 / 7.0	38.6 / 34.1	56.3 / 58.9	43.7 / 41.1
I can't afford to eat balanced meals	16.5 / 14	39.2 / 38	44.3 / 48.1	55.7 / 52.0
I cut the size of my meals or skip meals	20.3 / 19.4	46.2 / 45.7	33.5 / 34.9	66.5 / 65.1
I eat less than I should because I don't have enough money for food	5.7 / 8.5	34.2 / 24	60.1 / 67.4	39.9 / 32.5
I was hungry but didn't eat	8.9 / 9.3	46.2 / 48.8	44.9 / 41.9	55.1 / 58.1
AVERAGE	11.3 / 11.6	40.8 / 38.1	47.8 / 50.2	52.2 / 49.8*

2023: n = 379; 158 responses (41.7%) 2024: n = 400; 129 responses (32.3%)

*p < 0.0001



Band'Cats Pantry Utilization 2023 / 2024

SURVEY QUESTIONS	% YES	% NO
Do you use the Band'Cats Pantry	37.3 / 55.8	62.7 / 44.2
If you do, is it helpful?	38.6 / 56.7	0/0
If you do not use the Band'Cats Pantry, is it because you do not need to?	53.5 / 43.3	10.2 / 2.4

Perhaps the most important statistic is that fewer students are not using it despite having the need.



GPA and Degree of Food Insecurity

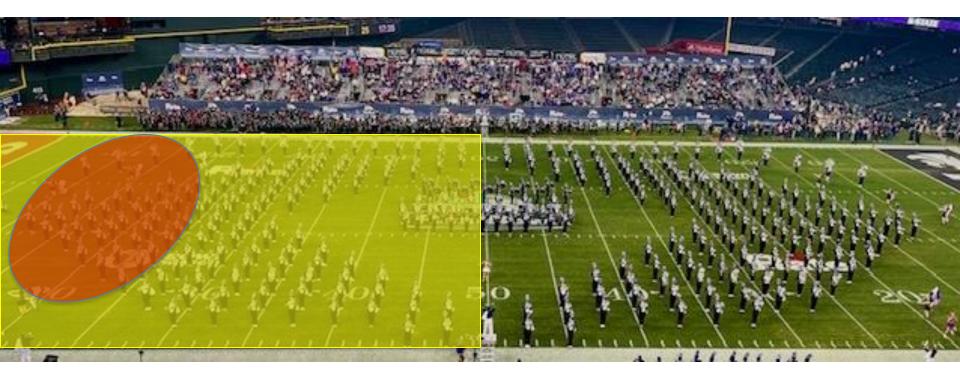
GPA RANGE	% Respondents	AVE. FOOD INSECURITY* 5 = Food Secure 15 = Severe Food Insecurity	
4.00	29.7%	6.84	Top 30%
3.75 – 3.99	28.9%	8.50	•
3.50 – 3.74	10.9%	7.71	
3.25 – 3.49	10.2%	10.15	
3.00 – 3.25	11.7%	8.20	
2.75 – 2.99	6.3%	8.75	Lowest 30%
2.50 – 2.74	1.6%	9.50	23,763,70
2.25 – 2.49	0%		
2.00 – 2.24	0.8%	12	

^{*}Based on responses to the USDA questions:

Never = 1 point; Sometimes = 2 points; Always = 3 points



FOOD INSECURITY IN THE KSUMB - A Visual



= 49.8% / 204 students with mild to moderate food insecurity

= 11.6% / 48 students with severe food insecurity



Summary of Results

- Food Insecurity in the KSUMB: 49.8%
- Severe FI: 11.6%
- There appears to be an inverse relationship between the degree of FI and GPA
 - Most notably in the bottom tertile with GPA < 3.50
- Since establishing the Pantry in the fall of 2023, the FI in the KSUMB has declined from 52.2%, but remains unacceptably high
- FI in the KSUMB remains above the University rate of 43.6%
- Having a <u>readily accessible</u> food pantry that <u>matches students</u>' schedules does not eliminate food insecurity but appears to be making a difference



Study Limitations

- The survey did not include December graduates or those who left the university for other reasons
- The survey was not designed to delineate the benefits of using the Band'Cats Pantry vs. other resources
- GPA is self-reported
- There is no socio-economic data



Elements of a Successful Food Pantry



Feeding Hungry Students: College Food Pantry

- Increase access: extended hours, no income requirements, easy access, and discreet
- Funding: have adequate funding to keep the shelves full
- Partner with additional services: to support those in need
- Healthy food options: to address nutritional needs
- Outreach: email, flyers, peer-to-peer engagement
- Decrease Stigma: create a safe, comfortable atmosphere with frequent conversations; provide reassurance that no matter the circumstances, if they need food, they are expected to take what they need.

Tanley R, et al. . J Am Coll Health 2022; Jul 26:1-16.



Where to start?



Where to start:

- Start the conversation
- Define the number of students in need
 - Create a simple, anonymous 5-question survey using the USDA questions
 - Google or other free survey tool
- Seek out the current resources available
 - food pantries, food banks, free community meals . . .
 - Tour same. Accessible to students?
- Define the gap: current resources not meeting the need?



How to Create a food Pantry

- Create a dream sheet. What do you need?
- Current space vs. needed space?
 - Cabinets, cupboards, open shelves; an open space
 - What do you want it to look like?
 - How do you want it to work?
 - Who will have access, and when?
- Funding: Share the need and share the dream
 - University, department; local news channel, newspapers, newsletters, alumni groups, local grocery stores . . .



Stocking & Organizing the Pantry

- Food Donations, Amazon Wish List
- Monetary donations
- Consider establishing an endowment
- Set clear guidelines regarding allergens / sensitivities
 - No foods that contain peanuts, such as granola bars
 - Gluten-free options
- Organizing does not have to be complex
 - Keep cleaning supplies away from food
 - Keep personal hygiene products away from food
 - Avoid fresh/fresh baked/foods that will go bad quickly



Pearls & Pitfalls

A few things we've learned along the way



Pearls

- Cabinets, in a dedicated, out-of-the-way area
 - Provides a degree of privacy and security
- Outreach frequently: during band camp, during rehearsals,
 - Including peer leadership such as drum majors and squad leaders
- Honor system works well but not perfectly
- Stocking for the first time
 - take the time to organize and label = easier restocking
 - Ask a dietitian / food service professional for help
- Restocking inventory tracking does not have to be complicated
 - Photographs of each cabinet and a computerized list
- Provide foods that the students will eat!



Pitfalls

- Time commitment: staff, volunteer(s)
- Relying on food donations
 - Not always what the students will eat
 - Too much variety prevents being able to organize the pantry
 - Time-consuming and time-interrupting
- Honor system works well but not perfectly
 - There will always be some 'takers'
 - Be careful how this is handled not to discourage those who are truly in need
- It is "one more thing"



Some Final Thoughts



In Summary

- Food insecurity is present and affecting our students
 - Physically, emotionally, and academically
- Food pantries do not eliminate food insecurity but, if implemented correctly, help address the needs of our students
- The Band'Cats Pantry is just one example of what can be done when
 - The problem is recognized
 - Leadership takes ownership, utilizes resources, finds a workable solution, sees it through to completion, and continues to make it a priority



Bottom Line

The experience of "Band" changes us all forever but

No student should go hungry!



Special thanks to the graduate students



- Sharyn Worcester
- Ben Rajewski*
- Heather Baker

- Houston Fleischmann*
- Kyle Grimes
- Rich Ebersole*

* Recently accepted into a PhD program



How to contact us

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Bill Snyder Family Stadium -- KSUMB Pregame





KANSAS STATE