Addressing Food Insecurity among International Students -- by Creating a Culturally Appropriate Food Bank

• **Author:** Ethan Li  
  University of Washington Tacoma

• **Advisor:** Dr. Christine Stevens

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Roadmap

**Introduction**
Food insecurity on college campuses

**Thesis**
What does food security look like for international students?

**Research**
Global case study

**Implementation**
System review

**Conclusion**
Introduction

• **Food Insecurity:**
  Affecting students' health and academic performance

• **International Students:**
  Cultural, financial, and access to food

• **The Case of UW-Tacoma:**
  Diverse with specific dietary preferences
Thesis Question: Examining the impact and feasibility of a culture-appropriate food bank at UWT for international students' food security.

Sub-questions:

• Cultural and dietary needs assessment
• Barriers to nutrition
• Design of inclusive food banks
• Challenges and benefits of implementation
International students are disproportionately affected by food insecurity

- “International students were two to three times more likely to be food insecure than their counterparts” 1
- “32% of international students were food insecure, with 73% of students experiencing moderate stress.” 2

2. https://doi.org/10.1093/cdn/nzac051.032
Food Insecurity Can Negatively Affect Students’ Health and Study

• **Food Insecurity**: Beyond food shortage; includes access to nutritious and culturally appropriate foods.

• **Impact on Students**: Chronic health issues, academic challenges, and well-being.

• **Vulnerability of International Students**: Financial, cultural, and systemic barriers.
Global Case Study

• Exploring International Perspectives: Investigation of global initiatives addressing food insecurity among students.

• Cross-Cultural Solutions: Case studies of culturally appropriate food banks in diverse university settings.

• Collaborative Efforts: Insights into partnerships and community involvement in supporting international students.
A Case Study on International Students in Hungary

- Cultural heritage significantly influences dietary habits
- Students maintain their cultural and nutritional values through local and sustainable food choices
  - **Strengths**: Cultural openness, and support for local economies.
  - **Weaknesses**: Variability in sustainability interest.
  - **Opportunities**: Increased demand for high-quality, healthy foods.
  - **Threats**: Challenges in meeting diverse dietary needs.

A Case Study on International students in Australia

- **30%** of surveyed students experienced food insecurity, with half facing hunger.

- **Consequences:**
  Significant impact on students' well-being and academic success.

- **Recommendations:**
  Enhanced support services and educational interventions.

A Case Study on International Students in Canada

- **Challenges Faced:**
  - Financial constraints
  - Reduced food service access
  - Struggles finding culturally appropriate food
  - Balancing studies with food preparation

- **Impact:** Affects nutrition, health, academic performance, and social well-being

- **Recommendations:** Implement educational interventions and strengthen support services

5. [https://www.erudit.org/en/journals/cjhe/2021-v51-n2-cjhe06423/1082021ar/](https://www.erudit.org/en/journals/cjhe/2021-v51-n2-cjhe06423/1082021ar/)
University of Washington, Tacoma System Review
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System Review

• Campus Resources:
  - Food pantry
  - Nourish Food Truck

• Identifying Gaps:
  - Availability and accessibility of culturally appropriate foods

• System Improvements:
  - Recommendations for enhancing the food bank system to better serve diverse student needs
Implementation Framework

• Impact on Student Integration:
  - Enhanced community engagement

• Cultural Awareness:
  - fosters inclusivity among the student body

• Policy and Program Development:
  - development of support programs for international students
Solution-Oriented Strategic Framework for Implementation

• **Identifying Culturally Foods:**
  - based on student feedback and dietary research

• **Partnering with Suppliers:**
  - Forming partnerships with local and international suppliers

• **Engaging the Community:**
  - Involving students in the food selection process
Conclusion and Future Research and Recommendations

- **Further Studies:**
  - ongoing research into the effects of cultural appropriateness in food security

- **Policy Development:**
  - Recommendations for policy enhancements at university and governmental levels to support diverse student populations

- **Community Engagement:**
  - Encouraging broader community involvement in supporting international students through various initiatives
Thank you!

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