ABOUT THIS REPORT

Food and housing insecurity can potentially impact a student’s academic performance as well as their physical and mental well-being. A recent national survey found that nearly 40 percent of students at two- or four-year schools had experienced food insecurity within the prior 30 days. Students at Arizona’s public universities are not immune to these challenges.

To address this issue, the Arizona Board of Regents instituted a tri-university work group and charged it with assessing the level of student food insecurities and housing needs, and providing guidance on evidence-based policies and practices to alleviate identified needs. As part of the assessment, the universities conducted surveys at Arizona State University, Northern Arizona University and the University of Arizona to assess student experiences as it relates to basic needs with a focus on food and housing insecurity.

The board reviewed and approved the work group recommendations at the June 2021 meeting. These recommendations require each university to present an annual report to the board regarding their efforts to assess and alleviate student food and housing needs. Other recommendations approved by the board include the development of a Basic Needs Committee on each university campus and a communications plan and portal dedicated to demonstrating and detailing initiatives taken by the universities.

ABOUT THE ARIZONA BOARD OF REGENTS
The Arizona Board of Regents is committed to ensuring access for qualified residents of Arizona to undergraduate and graduate institutions; promoting the discovery, application, and dissemination of new knowledge; extending the benefits of university activities to Arizona’s citizens outside the university; and maximizing the benefits derived from the state’s investment in education.

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September 1, 2022
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ARIZONA STATE UNIVERSITY OFFERS BASIC NEEDS RESOURCES

At ASU, the Dean of Students office, specifically Student Advocacy and Assistance, serves as the touchpoint for students in need. The Student Advocacy team offers basic needs resources to students in the community and on campus. A university-wide basic needs work group meets monthly to identify and advance support for students. The Dean of Students from the Polytechnic campus chairs the group of faculty, staff and student representatives.

HIGHLIGHTS

• Created the Dean of Students Basic Needs webpage to centralize information about the resources available to students. These include university resources, partnerships and community resources.

• Facilitated re-evaluation of financial support when a student’s personal or family situation changed.

• Offered $142,000 from the Student Crisis Fund to assist students as described in the following video: ASU - Student Crisis Fund - YouTube.

• Maintained partnerships with community resources including Borderlands Produce Rescue and St. Vincent de Paul in addition to furthering connections with local food banks near each campus location.

• Provided meals and Sun Devil Dining cards to students, if they could not afford to eat, through the generosity of the on-campus food service company, Aramark, and when needed helped students secure employment.

• Amplified awareness of the student-led Devil’s Depot and their partnership with DoorDash and Starship technologies to deliver meals to students.

• Expanded knowledge of Food Reconnection and its mission to ensure food equity and access for the ASU community. ASU provides local, organic gardening opportunities at the Garden Commons for students to learn about growing healthy food; the resulting harvests are provided to students at low or no cost throughout the year.
The following are outlined priorities for the 2022-2023 academic year:

- Promote campus and community resources through MyASU banner communication, Digiboards, video, social media and other marketing pathways.

- Advance integration into ASU mobile app including campus and community resources, quick links and resource portal.

- Develop knowledge articles regarding resources and support to be integrated with chatbot navigation support.

- Integrate resources into faculty handbook and Canvas shell, with particular focus on universal course design and support related to basic needs.
Northern Arizona University’s ethos of care underlies coordinated efforts to alleviate student food insecurity and to begin to design support for housing insecurity. Several university departments partnered with student groups, NAU’s dining services contractor and community agencies to promote awareness and use of services, which include a campus food pantry (i.e., Louie’s Cupboard), emergency meal swipes, screenings during medical and counseling appointments, referrals to city and county resources, and more.

Updates on coordinated services, awareness and engagement efforts, fundraising and future directions show how NAU has followed up on the ABOR Student Food and Housing Insecurity work group’s recommendations documented in the October 2021 report. As evidenced below, NAU’s supports to address food insecurity are mature and robust, while efforts around housing insecurity are emerging. Future directions to address the latter include investigating short-term housing and greater availability of higher density/less expensive campus housing.

COORDINATED SERVICES

Established in 2018, NAU’s Food Insecurity Task Force is a collaborative effort led by Student Affairs with other campus stakeholders including: Office of Dean of the Students, Health Promotion; Student representation: Green Fund, Louie’s Cupboard student club; and Affiliate representation: Sodexo. The task force coordinated the administration of a food insecurity needs assessment survey and implementation efforts to ameliorate the needs confirmed by the survey results. (Please see the Appendix for assessment data.)

• FOOD INSECURITY SERVICES AND RELATED RESOURCES:

  • Louie’s Cupboard (NAU’s food pantry):
    • SNAP resources
    • Bi-weekly distributions
    • Grab ’n Go bags
    • Meal Swipes for Jacks
    • Request food portal
    • Strong partnership with the Flagstaff Family Food Center, which is the primary source of food for Louie’s Cupboard.
    • Louie’s Cupboard Yuma is a partnership with St. Mary’s Food Bank. A pilot project extending Louie’s Cupboard to the NAU Yuma campus commenced in February 2022, offering Grab & Go bags to households and individuals.

  • CARE Team:
    • Case management teams assist with access to basic needs resources on campus and in the community.
• **Health Promotion, Registered Dietitian:**
  - Web resources: Created a [central landing page](#) for eating on a budget that includes links to on- and off-campus food pantries and SNAP benefits information.
  - Health Promotion will be adding U.S. Department of Agriculture six-question screenings to the Live Well NAU Outposts across campus.
  - Chairs NAU Healthy Campus Coalition, which focuses on students’ basic needs.
  - Cooking demos at Louie’s Cupboard, offered in conjunction with the Office of Inclusion: Multicultural and LGBTQIA Student Services to help students better utilize the foods they receive at each distribution.

• **Medical Services:**
  - Registered dietitian currently screening all nutrition appointments every six months using the [USDA six-question screening tool](#).
  - Registered dietitian completed over 400 nutrition appointments during the 2021-22 academic year.
  - Approximately 160 self- or provider-referred initial assessments.
  - Psychiatric providers have been screening patients for food and housing insecurities since spring 2021. Patients who answer affirmatively are then offered resources or referred to Campus Health case management.

• **Counseling Services:**
  - Counseling Services added questions to intake paperwork in the past year that inquire about food and housing insecurity as concerns - these are simple check boxes.
  - Moving forward, Counseling Services will implement items from the USDA Food Insecurity Screening Tool.
  - Counseling Services continues to investigate the impact of COVID on food and housing insecurities.
  - Chairs NAU Mental Health Task Force, which includes attending to students’ basic needs.
  - Case Management continually offers food and housing resources to students in need.

• **HOUSING INSECURITY RESOURCES:**
  - Lumberjack Emergency Assistance Fund ([LEAF](#)): Funded over 1,000 students with $250 - $500 grants used to meet their most urgent needs. With funding from the NAU Foundation and the Associated Students of Northern Arizona University (ASNAU), LEAF distributed over $500,000 directly to students since spring 2020.
  - County and city resources are shared through the case management team that responds to [CARE reports](#).
AWARENESS AND ENGAGEMENT

• The Health Promotion Office Campaigns:
  • An awareness campaign widely visible across campus in the fall of 2021 included posters/plasmas (see Appendix). Campaign posters were added to the screens in the Campus Health provider exam rooms. Typically, approximately 50% of students report seeing such large-scale social marketing campaigns.
  • Food Insecurity Task Force assessment data informed messaging in campaign to destigmatize food insecurity and encourage use of Louie’s Cupboard (see Appendix).
  • Fall 2021 NAU social media takeover brought awareness to food insecurity, reaching 5,009 users:
    • Student Affairs Instagram
    • Parent and Family Services Facebook

• Office of the Dean of Students Efforts:
  • CARE Reports are a simple and easy way for students to request assistance and/or for others (faculty, staff, family, friends) to request assistance on a student’s behalf.
    • Basic needs category allows wraparound services.
  • The office promoted student engagement through the creation and dissemination of the Get Involved video, which highlights Louie’s Cupboard.

• Other Awareness Efforts:
  • Course-based awareness effort: Reaching students through their courses, the Food Insecurity Task Force worked to add an optional statement to syllabi connecting students to Louie’s Cupboard in 2019. The statement can be added to course syllabi, at the discretion of the campus or academic department. Syllabus statement: Louie’s Cupboard helps students by providing nonperishable food and resources. https://in.nau.edu/dean-of-students/louies-cupboard/
  • Campus-wide food drives:
    • Louie’s Cupboard “Fill the Van” events (Welcome Week, holidays)
    • Tabling events across campus throughout the year
    • Multiple food drives led by offices, departments and student organizations throughout the year
  • Undergraduate Research Symposium highlighted student research project: An Analysis of Food Insecurity on NAU Campus in Collaboration with Louie’s Cupboard (see Appendix).
FUNDRAISING

The taskforce and related entities:

- Partnered with Sodexo to create Meal Swipes for Jacks program ($3,000 donation).
- Received two $10,000 donations from Fry's Food and Drug.
- Partnered with the NAU Foundation to raise funds for:
  - Louie’s Cupboard
    - Balance as of May 10, 2022 - $120,134
    - NAU Fall and Spring Giving Days featured Louie’s Cupboard.
  - Lumberjack Emergency Assistance Fund (LEAF)
    - Balance as of May 10, 2022 - $44,395
    - NAU Fall and Spring Giving Day featured LEAF, raising $75,316, a 73% increase from 2020 (see Appendix).
- Expanded the Louie’s Cupboard agreement with the NAU Foundation to include other basic needs in addition to food:
  - Description of purpose: To support the needs of the NAU Food Pantry and provide other basic needs to support NAU students such as meals, clothing and school supplies.
- Received ASNAU support for LEAF (spring 2021, $100,000 = 200 microgrants and spring 2022, $65,000 = 130 microgrants).

Future Directions

- Pursue the creation of the Lumberjacks Basic Needs Center:
  - Create Basic Needs Advisory Group.
  - Expand Louie’s Cupboard.
- Collaborate with Center for International Education on Louie’s Cupboard International.
- Create additional distribution points.
- Obtain freezers and refrigerators to expand food offerings.
- Consider hiring a graduate assistant for volunteer coordination and support with expanded cupboard services and programming.
- Partner with NAU Retirees Association to create volunteer opportunities.
- Create and keep current a university blog/portal to demonstrate and detail university initiatives using videos, articles, testimonials, comments and impacts university efforts have had on students. Link through azregents.edu.
- Increased support regarding housing insecurities:
  - The NAU/City of Flagstaff program manager and neighborhood liaison for Off Campus Life is exploring partnerships with builders and housing complexes to donate rooms and/or temporary housing.
  - NAU explores higher density housing on campus for students.
UNIVERSITY OF ARIZONA DEAN OF STUDENTS OFFICE LEADS BASIC NEEDS EFFORTS

The Dean of Students Office is the primary lead for student basic needs, including the Student Emergency Fund, Campus Pantry, Fostering Success, Campus Closet, Student Assistance and partnerships with social services agencies. The office works collectively and regularly reviews how to enhance processes and innovative ways to utilize the talents of students, faculty and staff in service to students.

HIGHLIGHTS

• The University of Arizona HSI Initiatives Program proudly supported the Campus Pantry during the COVID-19 pandemic by providing funding for food distributions. In fall 2021, the HSI Initiatives Program dedicated $10,000 to operational costs to meet the increase in demand of services.

• The Campus Pantry coordinator is now certified through the Arizona Department of Economic Security (DES) to assist students with applying for SNAP benefits. The Consolidated Appropriations Act resulted in a temporary decrease in barriers for college students to be considered eligible for SNAP.

• The Basic Needs Center staff partner with community-based collaborators who participate in various forms of advocacy for increased access to basic needs resources. Staff is working with DES on a proposal to host a DES representative on campus to assist students with benefits applications and processes.

THE BASICS

• UArizona established an on-campus point person(s)/department/committee to assess campus communications to determine ways to promote resources for food insecure students. A website, student portal and social media include information about pantry messages, open hours, other food resources and upcoming events. This made information organized and easy to find.

• The Basic Needs Center is comprised of the Campus Pantry, Campus Closet, Student Legal Services, and the most recent addition - Fostering Success. A Basic Needs Coalition is comprised of faculty with coordinators overseeing the programming in the Basic Needs Center, and staff members representing areas across campus like financial aid, Campus Health, Counseling and Psych Services (CAPS), residence life, assessment and research. Off campus representatives are connected to statewide initiatives to reduce and eliminate food insecurity, specifically in higher education.

• The basic needs website (https://asuatoday.arizona.edu/basic-needs) was enhanced with a contact form, which has been utilized by students this year to learn more about basic needs resources on campus.

• A university blog/portal dedicated to demonstrating and detailing initiatives taken by the
university to address food insecurity on campus was launched with multiple forms of media. These include videos, articles, testimonials, comments and impacts university efforts have had on the students. These then could be linked through azregents.edu and be regularly updated.

- Those formats will be included in the Basic Needs Center website to reflect the qualitative data and other platforms. Discussions on how to create current and sustainable methods in these areas are currently underway.

- The university ensures that individual campus health offices are familiar with spotting the signs of food insecurity amongst student patients and have resources available within health settings to improve food access for food insecure students.

- The continued intention is to engage departments to increase attention and understanding regarding basic needs insecurities and building partnerships to secure sustainable resources to support students experiencing basic needs insecurities.

- Partnerships with local and regional food banks were strengthened and maintained.

  - Donations were made from food service companies.
  - A partnership with the UArizona Student Unions donated leftover food from restaurants and catering events, safely packaged items and distributed the food through the Boxing Up Hunger program.
  - The UArizona Unions also have steward relationships with partners such as Kroger and Coca-Cola to receive weekly food allocations.

- A system-led culture of annual giving to address food insecurity was created.

  - The UArizona Foundation supports an annual giving drive to the Campus Pantry through donor, alumni and staff networks.
  - The pantry worked with UA4Food on the annual Stuff the Cat Tran drive to raise awareness of food insecurity while also collecting donations.

- UArizona worked to ensure students are aware of the programs that are available on and around campus.

  - A focus is on enhancing marketing methods through communication vehicles including syllabi, dorms, Campus Health and Campus Recreation, and new student orientation.
RESOURCES, RESEARCH AND REPORTS

Bring Insights to Action: Data Informed Approaches to Addressing Student Basic Needs:

- Diversity and Inclusion Symposium (Jan. 20)
- Retention and Completion Working Group (Jan. 27)
- Student Support & Retention Specialists (SSRS) (Feb. 22)
- HSI Servingness Seminar Series (March 17)
- Faculty Senate (April 4)
- Nutritional Sciences (April 6)
- Student Success Conference (April 11)
- Office of Scholarships and Financial Aid (April 13)
- Financial Wellness Partnership (April 21)

Relevant Reports and Summaries:

- Student Basic Needs Survey (Spring 2021)
- Student Basic Needs Focus Groups Report (Spring 2022)
- Review of Research on Student Basic Needs (Fall 2021)
- UA Foster Care, Unaccompanied, and Homeless Students & Solutions from Fostering Success

Upcoming:

- Student Basic Needs Symposium: UArizona Student Basic Needs Symposium will be held on Dec. 2.
  - Engage researchers, resource and service providers, educators, students and staff within Southern Arizona to exchange ideas on how to alleviate student basic needs at UArizona.
  - This is a day-long symposium that provides an environment to exchange evidence-based policies and practices, increase awareness of existing resources on and off campus, develop and strengthen community relationships, and develop concrete recommendations to resolve key basic needs issues. Deliberations and recommendations will be data informed from university assessments, institutional data, research and various perspectives from students and service providers.
  - The Utility of New Student Interest Form will normalize language that works to destigmatize use and require basic needs services.
  - Early conversations are taking place to use Trellis to tailor appropriate content to students who indicate support for student basic needs informed by the New Student Interest Form.
APPENDICES
How can the Dean of Students Office Help?

**Individual Support**
- One-on-one meetings
- Connection to ASU and local resources
- Emergency funding

**Advocacy and Assistance**
- Well-being
- Health
- Housing
- Dining
- Academic Persistence
- Safety

**Additional Services**
- Concerns or complaints
- Engagement opportunities
- ABOR Student Code of Conduct cases

We serve undergraduate and graduate students on all four campuses and online.

Contact the Dean of Students at deanofstudents@asu.edu or visit eoss.asu.edu/dos

Scan to visit DOS page

Visit the Basic Need Webpage to learn more about ASU and local resources

Scan to visit Basic Needs page
Meal Swipes for Jacks

During the 2021-22 academic year, 244 mini meal plans - or 1,464 free, hot meals - were provided through the Meal Swipes for Jacks program.

This new initiative was rolled out in fall 2021. Funding was provided by Sodexo and the NAU Foundation through LEAF to offer mini meal plans of six meal swipes to any student in need of food. The six meal swipes could be used at NAU’s all you care to eat dining outlets, the Hotspot and the DüB Dining District.

The Meal Swipes for Jacks program was promoted and administered by the Office of the Dean of Students. NAU Dining and Campus Services and Activities managed the technology and tracking. The six meals are loaded onto a student’s JacksCard and may be used throughout the academic year in the exact manner as any student with a meal plan. Meal Swipes for Jacks are available to any Mountain Campus student, once per semester.

Lumberjack Emergency Assistance Fund (LEAF) Grants

During the 2021-2022 academic year, 359 grants were awarded. Funding for LEAF grants was provided jointly by the NAU Foundation ($104,500), ASNAU ($65,000) and the Ellucian Foundation ($10,000). “COVID-19 Related” was a check box on the grant application. Other need types identified below were coded based on the student narrative description of need in each application.

Students are eligible for one $500 LEAF grant per NAU career.

<table>
<thead>
<tr>
<th>Need Type</th>
<th>% Recipients with Need</th>
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</thead>
<tbody>
<tr>
<td>LEAF: COVID-19 Related</td>
<td>43%</td>
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<tr>
<td>LEAF: Housing - Current (Rent/Eviction)</td>
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<tr>
<td>LEAF: Food</td>
<td>29%</td>
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<tr>
<td>LEAF: Transportation/Gas (including car issues/repairs)</td>
<td>20%</td>
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<tr>
<td>LEAF: Employment – Current (reduction in hours)</td>
<td>18%</td>
</tr>
<tr>
<td>LEAF: Basic Needs Unspecified</td>
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<tr>
<td>LEAF: Academic-Related – Course material needs</td>
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<tr>
<td>LEAF: Employment Related</td>
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<td>LEAF: Medical/Dental (not mental health)</td>
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<tr>
<td>LEAF: Family Emergency</td>
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<tr>
<td>LEAF: Utilities</td>
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<tr>
<td>LEAF: Employment - New (unemployment)</td>
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<td>LEAF: Personal Crisis/Emergency</td>
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<td>LEAF: Change in family contribution</td>
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<td>LEAF: Housing - New (Deposits)</td>
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<tr>
<td>LEAF: Mental Health Access</td>
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<td>LEAF: Other</td>
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## Louie’s Cupboard: The NAU Food Pantry

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<thead>
<tr>
<th>Fall 2021 distributions</th>
<th>Households</th>
<th>Individuals</th>
<th>Residence Hall Produce Bags</th>
<th>Produce (pounds)</th>
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<tbody>
<tr>
<td>1</td>
<td>60</td>
<td>146</td>
<td>20</td>
<td>334</td>
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<td>94</td>
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<tr>
<td><strong>Grab &amp; Go bags</strong></td>
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<td>0</td>
</tr>
<tr>
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<th>Spring 2022 distributions</th>
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<th>Residence Hall Produce Bags</th>
<th>Produce (pounds)</th>
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<td>59</td>
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<tr>
<td><strong>Grab &amp; Go bags</strong></td>
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<td>0</td>
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<tr>
<td><strong>Total</strong></td>
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<td><strong>898</strong></td>
<td><strong>175</strong></td>
<td><strong>1,374</strong></td>
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<table>
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<th>Yr. 2021-2022</th>
<th>Households Served</th>
<th>Individuals Served</th>
<th>Residence Hall Produce Bags</th>
<th>Total Produce</th>
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</thead>
<tbody>
<tr>
<td><strong>No. of biweekly distributions</strong></td>
<td><strong>14</strong></td>
<td><strong>1,025</strong></td>
<td><strong>2,308</strong></td>
<td><strong>395</strong></td>
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</table>
Distributions for the 2021-22 academic year served 1,025 households and 2,308 individuals (unduplicated as the distributions are anonymous) as well as 395 bags of a total 3,673 pounds of produce.

**Food Insecurity Screening**

Piloted a Food Insecurity Screening at patient check-in for nutrition appointments once every six months:
- Seventy-five patients completed the screening.
- Fifty-five patients (73.3 percent) were identified as experiencing high/marginal food security.
- Twenty patients (26.7 percent) were identified as experiencing low/very low food security and provided with information regarding Louie’s Cupboard, SNAP benefits and budget friendly meal planning/shopping/cooking resources.
An Analysis of Food Insecurity on NAU
Campus in Collaboration with Louie’s Cupboard
Megan Burdick, Lila Guerin, Savanna Newell, Noelle Himmels
HS403C Planning, Implementing, and Evaluating Health Promotion Programs

Background
Our team worked with Louie’s Cupboard to address food insecurity in students and staff on NAU’s campus. 19% of college students across the country report being food insecure and 25% report being at risk for food insecurity (Zwer & Siegel, 2015). The Health Belief Model is the theoretical model that is primarily used to explain and predict individual changes in health behavior (The Health Belief Model - Nara, Health promotion and disease prevention in 2002). The model uses five different constructs to assess a population and how a population will accept a behavior change: perceived susceptibility, perceived severity, perceived benefits, perceived barriers and self-efficacy. According to our key informant interview with Azah Dolores Quach, the perceived susceptibility of the NAU Flagstaff Campus students is one of the reasons they do not utilize Louie’s Cupboard. She said that many students on campus believe they should not use the cupboard because they think other students are more at risk and need it more (A. D. Quach, personal communication, January 20, 2022). Due to these barriers, students, staff, and others eligible to use the cupboard do not have the confidence to address food insecurity

Results
Throughout the implementation of the intervention we addressed educational barriers, increased self-efficacy, and created a form of social support within the community. During the three months, we tried to decrease the students’ stigma surrounding receiving supplemental food handouts, while also increasing the knowledge of how Louie’s Cupboard supports students and staff through informational cooking demos and PowerPoint presentations by 15% across campus.

Activities
We posted educational flyers across campus to raise awareness towards food insecurity and the benefits of Louie’s Cupboard. We volunteered with Louie’s Cupboard during their bi-weekly food distributions. We hosted health education lessons in various classes across campus to bring awareness to food insecurity among college students in order to directly inform students of the services Louie’s Cupboard provides. Our participants for this project were the students in the various classes that we presented in. Of those included, Julie Gardner’s HS 205 class, Claudina Roemer’s two NUR 135 classes, and Brenda Kenner’s HS 255 class. As well as those individuals who attended the food distribution that we volunteered at on March 28th.

Discussion
Results
We evaluated the success of our intervention through participation in the various activities and event attendance and feedback. We evaluated the participation of our intervention through the evaluation of statistical data retrieved from surveys we created to see how food insecure affected college students at NAU and how much was learned from our health education lessons. We saw a decrease in the number of people that said they would not use Louie’s Cupboard. We also saw an increase in people that would volunteer or consider volunteering for Louie’s Cupboard.

Acknowledgements
We want to thank Azah Dolores Quach and Wesley Exbath for their continued partnership and support in our capstone project. They were a big help when it came to working with Louie’s Cupboard. We also want to thank North Country Healthcare for their encouragement and funding throughout the project.

*References available upon request*
492 Total Donors ❤️ 382 to LEAF ❤️ 110 to Other Funds
40% increase in LEAF donors from 2020 Giving Tuesday

$30,000 in matching donations
$500 LEAF grants to 150 students
Total of $75,316 to LEAF

Donors with hearts of GOLD
Donors from 34 different states