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English 1410

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Reading and Research Log for: Effects of Food Insecurity

Bruening, Meg, et al. “Hungry to Learn: The Prevalence and Effects of Food Insecurity on Health Behaviors and Outcomes over Time among a Diverse Sample of University Freshmen.” Volume 15, Issue 1. *Directory of Open Access Journals*, International Journal of Behavioral Nutritional and Physical Activity, Jan. 2018. [Hungry to learn: the prevalence and effects of food insecurity on health behaviors and outcomes over time among a diverse sample of university freshmen – Directory of Open Access Journals (DOAJ)](https://doaj.org/article/6cc927b2c3bd4334ab9a4ff1f605adbf)

**Search location:** Directory of Open Access Journals, International Journal of Behavioral Nutrition and Physical Activity.

**Search terms and strategies:** Effects of nutrition of college students, “food insecurity”

## In text: (Bruening, et al.)

## Objective summary: This source located from the International Journal of Behavioral Nutritional and physical activity. The main idea that is portrayed focuses on a group of students, University Freshman. These sources used are previous research done that looks to be recent dating to the early 2000 for the least recent data. All this data is used to make a stasis on emerging adults being at risk for food insecurity because of new environmental changes. These changes create uncertainty and many different variables that play into food insecurity, some being the available resources. The process of developing coping strategies and resources takes time the population looked at, freshman college students, gives a great understanding of young emerging adults and the concept of breaking new ground and navigating how to become independent on a low income, and little support.

## Credibility: This source is credible for a variety of reasons, starting off, this article was found in a journal, which is a good source for peer reviewed articles, the International Journal of Behavioral Nutritional and Physical Activity, provides a great look into food insecurity among college students, my topic. I believe that having an article directly related to my topic is important because it offers a great insight to what other resources I can draw from. This article was published in 2018 and includes data relevant to the issue addressed.

## Stasis questions

## Fact and definition: what is food insecurity? Why is food insecurity among college students important, and what variables relate to this problem?

## *Authors response:* “Compared with food secure students, food insecure students are more likely to be at risk for poor health and report lower fruit and vegetable consumption, less frequent breakfast intake, and worse mental health outcomes.” (Bruening et al. pg1) The author does not do a great job of defining food insecurity in a concrete example, but there are many instances where food insecurity is used and can be defined by context clues. Realistically this problem is stated to be extremely important for students that are entering a new environment and lacking a support system that can be used to get needed resources. One of the biggest arguments made in this article is the issue of students doing worse on exams, or grades based on food available and thus resources available. The author also points out many students that are also food insecure will have other issues relating to insecurity in other areas, like resources, friends, family etc.

## Cause and effect: why do students remain food insecure when there are government programs like SNAP, or Supplemental Nutrition Assistance Program? How can SNAP be improved to help college students? what can improve in microenvironments?

## *Author’s response:* The Author points out that SNAP benefits are useful; however there are certain hoops to jump through that prevent many college students from meeting the requirements to receive food stamps, students must: work at least 20 hours a week, Have dependents between ages 5-12 and no child care. Participate in work study or have other waivers. Obviously, this prevents a good majority of college students from receiving appropriate nutrition if they do not have kids, work part time, do work study, etc. These are some unrealistic goals for many emerging adults to accomplish. Aside from food programs helping college students for students that do not make the appropriate qualifications there can be other variables that help students eat better, for example eating halls in college are an important variable discussed in the article. Improving the environments around school can help students eat healthier for less money than grocery stores, healthy eating options at college eating halls helps students eat healthier.

## Evaluation: are eating habits among food insecure students bad, or average? Is eating healthier more important to eating routine?

## *Authors response:* When looking at a survey that differentiates the nutritional intake of students the authors are quoted in saying “it may also be possible that despite food insecurity status, the diets of this population are so poor that differences in intake were unable to be detected” (Bruening, et al. Pg.7) this is a great understanding that many students are under the issue of not having nutritious food available, as well as not having a routine to eat. The importance resides in more information needed to understand this issue on an accurate level. In table 2 this source does a great job of addressing the issues that come up with food insecurity amongst freshman college students, the reported diagram in table 2 reports 15% of the population asked has food insecurity rather than the 40% of food insecure students found in college literature. The goal in finding a balance between food routine and quality are finding ways to provide students with resources, students should not run out of family allotted food, dining hall allotments, etc.

## Proposal: what can be changed to make food insecurity less prominent?

## *Authors response:* The authors report that food insecurity is a big issue with no definitive solution at the time being, however, education, action and time will work toward decreasing spanning effects of food insecurity. “The findings in this study suggest that it is important to identify food insecurity to promote concurrent healthy behavior.” (Bruening, et al. pg7) this article proposes rhetorical baby steps to take in order to mitigate a large problem, working toward squashing food insecurity amongst emerging adults.

## Connections: this source shows that food insecurity among freshman is a prevalent issue that stems from the inability for people to receive adequate nutrition, this source shows the overall the importance behind knowing many different variables work toward contributing to food insecurity among college students.

## New key words: Hunger, food insecurity, emerging adults, food insecurity and college

## New questions: how does food insecurity research contribute to solving the issue of food insecurity?

## Quotes: “Bivariate analyses showed the prevalence of food insecurity was significantly higher at the end of the first semester and the second semester when compared with the start of the first semester” (Bruening, et al. Pg. 4,5)

## “it may also be possible that despite food insecurity status, the diets of this population are so poor that differences in intake were unable to be detected” (Bruening, et al. Pg.7)

## “Definition of Food Security.” Economic Research Services USDA U.S Department of Agriculture. Official website of USDA, 2020, [USDA ERS - Definitions of Food Security](https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security#:~:text=Food%20insecurity%20%E2%80%94the%20condition%20assessed%20in%20the%20food,physiological%20condition%20that%20may%20result%20from%20food%20insecurity.).

## Source location: USDA.gov

## Search terms and strategies: Google search, “defining food insecurity.”

**Notes**: this source is such a great way to add quotes that help to define many issues at hand. For instance, “Food insecurity—the condition assessed in the food security survey and represented in USDA food security reports—is a household-level economic and social condition of limited or uncertain access to adequate food.” This helps to establish that food insecurity is a relevant problem, and I can use this to correlate this information to a population of Americans, college students. I think helping to have a source to define information allows other resources to help in presenting information on a statistical level. This source also has a great chart giving some statistical facts based on defining the amount of people who are facing food insecurity.

## Objective summary: after looking to find a relevant government source I believe that using the USDA to help define some of the big issues in my paper like: Food insecurity, Hunger, and food security will help bring an understanding to a defining the variables in, Food Insecurity Among Emerging Adults.

## Credibility: Outside of this source being a government source, I like that this source has been recently updated, shows relevancy to my topic and has a lot of authority being that this article is published on the USDA official website; realistically this source is a great way to bring exigence to my issue being that the problem is recognized by a governmental source.

## Stasis questions:

## Fact and definition: what is food Insecurity? How does food insecurity have many different levels of security? How does the USDA define this?

## *Authors response:* This source is important because the government is actively defining information, separating different levels of food security, and establishing an issue that needs education and reform. The USDA recognizes three different groups of security, food security, which branches into high food security, and marginal food security. And food insecurity which branches into low food security, and very low food security. In the last group security, we have hunger. The differences between all of these are important to separate the levels of insecurity amongst those who need help. Especially in a college situation I think separating students allows more help to reach those students in need.

## Cause and effect: how do different levels of food insecurity allow for the government to understand food shortages better?

## *Authors response:* in 2006 the USDA decided to use new language to define the abundance or lack thereof in America. These definitions are important to establish trends in data between Americans. The USDA worked with the Committee of National Statistics (CNSTAT) the panel judged the USDA’s representation of the issue and made recommendations which included following the issue of food insecurity with accurate measurements and monitoring of families. For the sake of my paper this helps to establish trends in data between Americans who are grouped into the different levels of food security, this helps to further separate the Americans at need like college students, and overtime getting help to certain groups of the American Population.

## Evaluation: is grouping Americans into specific levels of food security effective to establish which families need help?

## *Authors response:* the usage of three different groups to help establish where the American population resides is a great start to help establish goals to solve involuntary food scarcity. The USDA was smart to have the CNSTAT review the data collected, with following the guidance of CNSTAT toward understanding food insecurity will allow years of trial and error in effort to revise the issue of food insecurity work toward finding better ways to group Americans, hopefully grouping more and more Americans into the food secure sect.

## Proposal: what can be done to further the effort to reduce food insecurity in America?

## *Authors response:* thinking about the importance of creating this language in 2006 allows the government to measure the amount of families that are food secure or food insecure, this process of using the groups to establish help that is needed for Americans will take a while. But in the meantime, helping families who are food insecure allows more college students to benefit because of the implications that if a family is more secure the members of said family will also flourish. the issue raised by the USDA does not have a concrete solution that offers immediate results, but spending more time researching the topic and finding ways to help those who are hungry or food insecure will create more opportunities to provide assistance.

**Connections:** This source contributes to creating a concrete definition of many different forms of food insecurity, food insecurity among other things are one of the main contributors to other factors such as college performance. I like that this source creates a concrete definition of food insecurity where other sources have an abstract scholarly definition.

## New key words: using google searching “defining food insecurity.”

## New questions: How does creating different definitions contribute to better research behind food insecurity?

**Quotes**: “Food insecurity—the condition assessed in the food security survey and represented in USDA food security reports—is a household-level economic and social condition of limited or uncertain access to adequate food.” (USDA Pg.1)

““The word "hunger," the panel stated in its final report, "...should refer to a potential consequence of food insecurity that, because of prolonged, involuntary lack of food, results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation."(USDA Pg.1)

Larson, Nicole, et al. “Food Insecurity, Diet Quality, Home Food Availability, and Health Risk Behaviors Among Emerging Adults: Findings From the EAT 2010–2018 Study.” Volume 110, Issue 9*Ebscohost*, Ebsco, 1 Sept. 2020, [Food Insecurity, Diet Quality, Home Food Availability, and Health Risk Beha...: EBSCOhost (uccs.edu)](https://web-b-ebscohost-com.libproxy.uccs.edu/ehost/detail/detail?vid=0&sid=f3dde61f-67dc-4526-a233-5a6ee61c85df%40pdc-v-sessmgr02&bdata=JnNpdGU9ZWhvc3QtbGl2ZQ%3d%3d#AN=145072241&db=ccm)

**Search location:** Ebsco Host

**Search terms and strategies:** Food insecurity, food availability, eating behaviors.

## Notes: Connecting this source to other sources I have founds brings this source to a category of eliciting emotion. It is an obvious notion that society is dictated on the youth. And knowing that certain aspects of our population are not receiving the proper nutrition or education on eating healthy limits emerging adult’s ability to perform successfully while operating under taxing situations. I think this specific source can be grouped closely to my poetry because I will be looking to provide this information in a manner that can be used to elicit strong emotions about effects of nutrition on college students. I like how Sanjay Rawal implemented information in the animatronics because this was an accurate way to capture important information and have the audience feel sad for the tomato pickers, I think introducing this specific article allows me to focus on the emotional aspect of America’s future not receiving proper nutrition to permit functioning at optimum levels. Stasis questions posed at, food insecurity, diet quality, and home food availability. Is it possible that food insecurity effects college students in a detrimental way? If so, what is the problem and issue with food insecurity? What is the cause behind home food availability and what are the consequences? Are there other factors that mitigate or influence a cause and effect relationship between home food availability and food? College students are America’s future so why are they not eating healthy? Or college students who are on a budget must be aware of what kinds of foods they buy so how does food insecurity effect diet quality? And how can there be policy in place to effectively stop food insecurity amongst all college students budgeting? How can education around diet quality and emerging adults be delivered in a more effective way?

## Objective summary: This article was presenting 3 aims associated with Food Insecurity, Diet Quality, Home Food Availability,and Health Risk Behaviors Among Emerging Adults the title of this article sums up the important information that I will be looking for while researching my paper. “Food Insecurity, Diet Quality, Home Food Availability, and Health Risk Behaviors Among Emerging Adults: Findings from the EAT 2010–2018 Study.” looks at three different lenses first looking at food insecurity among emerging adults, second looking at how food insecurity and emerging adulthood is related to diet quality, food literacy and availability. The third lens is looking into an emerging adolescent’s experience with food insecurity. Finding this article through UCCS and Kraemer Family Library makes me think this is a reliable source that is indicative of good research. All of the research preformed in the article is well documented and cited in the last page making me think that besides the location of the article the citations and ability to document factual evidence gives this paper authority. I enjoyed reading this article and understanding more about the three lens that are highlighted throughout the article.

## Credibility: Looking at this article I think the authors meet all three r’s. This source addresses my topic because of the population of the intended thesis. My topic is regarding college students, this article does a great job of providing information about how nutrition and food insecurity effects emerging adults and adolescents. I can use this article to reference a large amount of information because of the relevancy and recency that portrays to this topic. Finding this article through UCCS and Kraemer Family Library makes me think this is a reliable source that is indicative of good research. All of the research preformed in the article is well documented and cited in the last page making me think that besides the location of the article the citations and ability to document factual evidence gives this paper authority. I enjoyed reading this article and understanding more about the three lens that are highlighted throughout the article. I also think that this article helps to provide a relevant timeline. There is no specific time stamp for the publishing date however the research cited in the article is relevant to the 2016-2019 making this credible information to site in my paper.

## Stasis questions:

## Fact and definition: What policies can be made to prevent food insecurity among emerging adults? How long will it take to end food insecurity?

## *Authors response:* “The existing data on postsecondary students suggest that food insecurity is prevalent among emerging adult populations; however, additional research is needed to guide programs and policies.” (Larson et. al. pg1) this quote shows that food insecurity policies, the article goes on to suggest that there are specific policies like those who help students become better acquainted with food preparation and management help to reduce food insecurity. The study accomplished in this article focused on how other health behaviors contribute to food insecurity, such as food literacy, food availability, and diet. The last contributing aim of this article was looking at how food insecurity among adolescence and emerging adults might share close correlation.

## Cause and effect

## *Authors response*: this article was looking at a way to properly mitigate food insecurity diet quality and home food availability, the solution is to actively work on education and programs to help supplement poverty among emerging adults. This article also does a great job of defining emerging adults “during the transition from adolescence to adulthood, a stage often termed "emerging adulthood (18-26 years)"

## Evaluation: How does food insecurity create trends from adolescence through adulthood? What policies can schools implement to stop food insecurity amongst both college student and adolescents?

## *Authors response:* The observation that food insecurity might be related to adolescence was an interesting hypothesis that when tested shows correlation. The quote “Participants experiencing adolescent food insecurity were more likely to report past-year food insecurity in emerging adulthood (Table 4). The prevalence of experiencing food insecurity in the past year was 20.3% among emerging adults without a history of food insecurity and 37.4% among those who previously reported food insecurity” (Larson et. AL. Pg1) college students faced insecurity because of past problems relating to diet quality food availability, food literacy etc.. All eventually contributing to lasting involuntary food availability.

## Proposal: how can there be lasting policies made that will contribute to 1) make awareness of food insecurity? 2) prevent food insecurity for upcoming freshman to create healthier habits?

## *Authors response:* when thinking of how to prevent food insecurity it’s important to realize that most of the options listed are foundational steps mint to gain momentum in contributing to solving the issue, the issue will not get solved if no one contributes to making small steps. One quote that I enjoyed at the end of the first page states “Links between health behaviors and food insecurity might be attributable to the psychological and emotional stresses associated with experiencing disrupted access to adequate food” ( Larson et. AL. Pg6) this quote does a nice job of addressing the food insecurity outside of food, for example finding ways to provide counseling to Americans will help address issues that are related to food insecurity but reside on a deeper emotional level. These contributions are steps that can be taken to mitigate the effects of food insecurity among emerging adults.

## Connections: Connecting the ideas that Larson et al. constructed with the three different categories the food insecurity, home food availability, and dietary quality are important in constructing and understanding a working format on how many different scholars approach understanding food insecurity.

## Key words: Some of the key words that were the easiest to find good results on this level of research were “food insecurity” “emerging adults” “nutrition for emerging adults” “effects of nutrition” helping me to narrow the amount of information in one search and allowing me to focus on articles that are going to relate to my paper and provide important information that can be used inside unit two’s paper along with the unit three paper.

## New questions: How does looking at food insecurity in three aims food availability, dietary quality, and home food availability help in understand food insecurity effecting college students in a different aspect?

## Quotes: “Food insecurity was defined by emerging adult report of both eating less than they thought they should and not eating when hungry because of lack of money.” (Larson et. AL. Pg1)

## “Links between health behaviors and food insecurity might be attributable to the psychological and emotional stresses associated with experiencing disrupted access to adequate food” (Larson et. AL. Pg6)

Laska, Melissa N, et al. “Perspective Food Insecurity Among College Students: An Analysis of US State Legislation Through 2020.” Volume, 53 Issue 6. *Elsevier*, Science Direct Mar. 2021,wwwsciencedirectcom.libproxy.uccs.edu/science/article/pii/S1499404620307211?via%3Dihub.

**Search location:** Science Direct, Elsevier

**Search terms and strategies:** “Food insecurity among emerging adults.”

**Objective summary:** This article composed by Laska et. al. is composed for the purpose of establishing urgency for the issue of food insecurity of FI as described in the article. Realistically this source is important because of two reasons. One) Laska is looking at data already collected trying to establish the relevance of current legislative data, critically reviewing legislative efforts made by different states to reduce FI. Two) this article is the first in my cache of sources to critically look at the efforts at solving food insecurity to make sure that efforts moving forward are more effective and better as efforts are honed in the future.

**Credibility:** This source is more than useful because of the location, timeliness, and correlation that ties this article toward creating new ideas that will help me gear my paper toward thinking more rhetorically in paper 3. Looking especially into the Reliability, this source shows the importance of pulling great people together that contribute to scholarly work separately and having them collaborate on analyzing information that readily pertains to a big problem, food insecurity amongst college students. Much of the authors present are pertinent representatives of people who, like Melissa Laska are focused on providing accurate information to solve complex problems that are present in America. During this time it’s important to know many students are effected by COVID 19, this source is so recent being published March 2021 this article “Perspective Food Insecurity Among College Students: An Analysis of US State Legislation Through 2020” has contributed a great amount of timeliness to my research log. Finally, this source as described by the title is relevant because of the Rhetorical analysis that is conducted covering multiple states.

**Stasis questions:**

**Fact and definition:** How do this article critically review the importance of state legislative issues regarding FI?

*Authors response:* FI or Food insecurity is critically looked at by Laska et. al shows the importance of legislative efforts to mitigate Food insecurity felt amongst college students. For the sake of organization this stasis question will be looking at California, one of the states analyzed. California’s Legislative efforts are made with three pertinent ideas College campuses must take on the responsibility in. One) Colleges must provide a food pantry program that can be used for regular distribution of food at campus. Two) Colleges must provide a meal sharing program where students can donate nonperishables. Three) Campuses must provide information for governmental assistance programs for students to apply. One Quote that I enjoyed was “States have and should, in the authors’ opinion, continue to play a key role addressing college FI through legislation to alleviate hunger and promote federal nutrition assistance” (Laska et al. Pg.6) This quote shows the importance of defining food insecurity amongst college students as an ongoing battle because there are important steps that can be made to mitigate the negative effect of hunger and lack of proper nourishment.

**Cause and effect:** How do states share similarities in legislation of mitigating food insecurity? How do the differences in legislation contribute to better or worse results?

*Authors response:* Most of the states studied which included: California, New Jersey, Massachusetts, Indiana, Pennsylvania, Washington, Minnesota. etc. Have a commonality of sharing some variation of a hunger free campus. I think this shows an understanding of using what is working, the hunger free campus has been described of having some form of discourse communities aimed at student hunger prevention. Food pantries are a big establishment in the prevention of food insecurity. Helping to disperse donated food to college students who are in need. This idea of homogenizing efforts to help students makes sure that growth is universal and consistent to make sure all students receive equality and needed help in a situation that is merciless. The differences between the states represents new ideas and abstract thinking by certain college students that are making efforts to create new ways to prevent food insecurity amongst college students. One quote that I enjoyed states “States have and should, in the authors’ opinion, continue to play a key role addressing college FI through legislation to alleviate hunger and promote federal nutrition assistance” (Laska et al. Pg.6) This statement made by the authors creates such a great understanding of a complex issue knowing that efforts to prevent/ mitigate food insecurity must be continuous. The problem is something of a war of attrition in the sense that before major efforts are made many people must become well educated and participate in helping fellow peers with squashing the negative implications of hunger.

**Evaluation:** how does the variety of legislation effect college students? Should federal intervention homogenize state effort to prevent food insecurity?

*Authors response:*(Laska et al. Pg6) On page 6 of “Food Insecurity Among College Students: An Analysis of US State legislation Through 2020” shows the importance of symbiosis between federal and state governments. Laska et al. propose future efforts expanding on helping states become more flexible with programs to assist college students, essentially helping more students to receive SNAP benefits. The burden of food insecurity falls on the shoulders of society to help others especially college students to make sure that people are receiving government assistance, and the people who need the most assistance are getting their needs meet. The variety of legislation from state to state is a double-edged sword helping to provide variation for the help that is extended to college students; however, some states do a better job than other. Like California’s effort to participate in a variation of hunger free campus versus Organ which just mandates the Higher Education Coordinating Commission to study the prevalence of food and housing insecurity.

**Proposal:** What is the most effective way that college, state, and federal efforts have been used to stop food insecurity on campus.

*Authors response:* Food insecurity was unable to thrive in states where all three organizations worked in a hunger free campus situation to ensure students receive the best possible resources. Two quotes that represent the importance of government and private branches working together are discussed on page two under discussions. (Laska et al. Pg.2) discusses the importance of other states building on the hunger free campus legislation that California established in 2017. The other quote that is very important when talking about the college federal and state relationship deals with using SNAP to relieve state and college to focus attention on other aspects of food insecurity. Federal government making snap more accessible to college students creates flexibility and more smaller committees to help elsewhere. (Laska et al.Pg.2)

**Connections:** This source’s importance comes from the collective analysis of state legislation that will contribute to learning and having a better understanding of what can be done on macro and micro levels to prevent food insecurity, food insecurity is unable to thrive in environments where college, federal and state institutions work together to create an environment where college students are supported.

**Key words:** College Food insecurity, FI, State Analysis of legislation for food insecurity.

**New questions:** How can states colleges and federal institutions work together to stop food insecurity?

**Quotes:** “Future federal efforts could expand state flexibilities with the many existing USDA nutrition assistance safety net programs to college-age students, particularly SNAP” (Laska et al.Pg.6)

“States have and should, in the authors’ opinion, continue to play a key role addressing college FI through legislation to alleviate hunger and promote federal nutrition assistance” (Laska et al. Pg.6)

“Several states adopted hunger-free campus policies, building on California’s statute.” (Laska et. al. Pg.2)

“Most state policies (53%) address SNAP, because enhancing SNAP participation could be one of the most effective approaches to address chronic FI.” (Laska et al Pg.2)

Mulik, K., & Hanyes-Maslow, L. (2017). The Affordability of MyPlate: An Analysis of SNAP Benefits and the Actual Cost of Eating According to the Dietary Guidelines. Volume 49, issue 8. Science Direct, 01-01. Retrieved February 23, 2021, [The Affordability of MyPlate: An Analysis of SNAP Benefits and the Actual Cost of Eating According to the Dietary Guidelines - ScienceDirect (uccs.edu)](https://www-sciencedirect-com.libproxy.uccs.edu/science/article/pii/S1499404617307625?via%3Dihub)

**Source location**: Science Direct, Elsevier

**Search terms and strategies:** SNAP benefits and food insecurity

**Notes**: In my paper I think having stasis questions framed in advance helps me to break down this article. Before I read I asked myself 1) What information is at play here? And why does this information offer my paper good information that can be useful to looking at the effects of nutrition on college students? The answer comes from the programs being examined having to do with government programing and the lack of solid foundation that is needed to help support healthier mindsets that can be pivotal for young adults to understand healthy nutritious foods.2)why does this article argue for change in government programs? I want to believe this article’s researchers see an opportunity to understand how to fix a problem and they are trying to do just that, find a new way to approach bettering the taxpayer’s dollar.3)was the government program immoral or malicious? No I think that there is little malice in the eyes of people involved in the program’s issues most of the intention is good intent that has been perceived to be helpful but there are kinks in programs like My Plate and SNAP that can be fixed.4) how can there be positive change for the stakeholders involved? Well in the case of my paper I want to look at understanding this from the eyes of college students, I think learning from this paper enables college students to develop a relative understanding of what it is like to live in the world where there is a lack of perfection to anything and collectively, society has the ability to fix the wrongs that past misunderstandings have created.

**In text citation:** (Mulik et al. Pg.)

**Objective summary:** This article published through Science Direct shows an interesting approach to understanding SNAP. SNAP, A.K.A supplemental nutrition assistance program was established in 1939 and is supposed to help with the expense of food in America. This article is extremely helpful because it exposes past experiments that have been published through government websites like showing how the USDA’s 2011 study was reporting on data that was five years old. This article’s main purpose was to report on accurate research that shows the my plan food plan is most expensive when there are boys’ earing a healthy diet of fruit and vegetables, to sum up this source I think that there is an importance between this article and the observation that SNAP benefits only benefit certain families; the benefits especially depend on the demographics of the house. This article is useful and scholarly because of the references cited and the location of finding this article though the Kraemer Family Library.

**credibility**: I think that this resource is accurate because of the location that I found the article, I was able to locate this article in one search and I think finding this in the Kraemer family library coupled with the fact that this article was published by science direct and I think this combination adds to the credibility. I am very excited to use this article as a source because of the objective information that is produced regarding understanding my plate and snap benefits. I think having a source that breaks down our government programs like the meal plan programing, there can be obvious improvements that can be made to help facilitate a healthier American public. So along with relevance and reliability, there is time and recency I think this article has relative recency because of being published in 2017 making most of the data still relevant without any major changes occurring.

**Stasis questions:**

**Fact and definition**: what is the total cost to eat healthy according to My-plate and SNAP recommendations?

*Authors response:* this article looks deep into the issue of costs to eat healthy under the datary guidelines the government provides. This article specifies that research regarding the total price to eat healthy is not up to date so 2 aims are made. 1) establish a estimate as to the cost to eat healthy under My-plate diet 2) estimate additional costs SNAP users must shell out to meet nutritional recommendations. For example one quote that is important regarding the results of a study shows “The monthly cost for a family of 4 with 2 adults (aged 31–50 years) and 2 older children (1 aged 8–11 years and the other 12–17 years) ranged from $1,249/mo in scenario 1 (when consuming only fresh fruits and vegetables) to $1,109/ mo”(Mulik et. Al. Pg5) this quote shows the amount of money that is needed to support a diet that does not range in variety but still shows the cost of eating healthy can be expensive let alone for college students who are living on low income.

**Cause and effect:** how do differences in gender effect the cost of nutritional recommendations?

*Authors response:* For genders some might pay more than others and this idea is purely indicative of men typically consuming more food than females one quote that was interesting is “The additional costs needed on an individual basis was the largest for boys aged 12–17 years ($75/mo) and men aged 18–50 years ($72/mo), because they consumed the largest quantity of food compared with all other gender and age groups.” (Mulik et. Al. Pg6) when looking at this data and comparing the data to emerging adults the issue remains that many students who are at lower income will benefit greatly if they meet the requirements for SNAP, being a single parent going to school full time, involved in work study, employed more than 20 hours per week and other qualifications.

**Evaluations:** should snap benefits be disbursed based on age and gender of college students?

*Authors response:* the recommendations for nutrition based on My-plate are tested on a cost effective level and the article states “Results from this analysis indicated that low-income families need to incur additional costs for healthy food consumption as recommended by the federal dietary guidelines.” (Mulik et Al. Pg8) realistically this means that depending on the family structure and how the college student is living the effects of high costs for eating healthy can trickle down to the student and effect the living on a mental or emotional level because of the stress occurred based on financial responsibilities outside of eating. The short answer to the stasis question is no because this limits the ability to address the main issue which is creating cost effective food that all Americans are entitled to enjoy.

**Proposal:** how can there be improvement in SNAP or Government intervention with the cost of eating healthy?

*Authors response:* this article was not created to bash SNAP, rather there is a great deal of improvement that needs to occur to make sure that families are no longer facing food insecurity. Whether or not the data is directly reporting on college students the data does support that SNAP does need improvement. Such improvement comes with making sure that there is accurate reporting on the cost for eating healthy per recommendations by My-plate. This can help to establish what kind of funding needs to go toward SNAP. One quote that I appreciated was “The Supplemental Nutrition Assistance Program is the largest federal food assistance program and is effective at reducing food insecurity while also improving child and adult health outcomes” (Mulik et. Al. pg8) this quote reiterates the idea of rhetorical baby steps all of these scholarly sources offer a great way to provide up to date information that can transform into government reform based on the traction that is gained when the source publishes data pertaining to an ongoing issue.

**Connections:** This source offers a constructive way to understand MyPlate and SNAP’s dietary advice on a cost basis. Realistically this source is helpful because it critically looks at both governmental and other research done that looks at how expensive eating healthy really is.

**New key words:** Nutrition, Food assistance program

**New questions:** Should the government help supplement healthy eating by giving certain groups of food insecure populations, like college students, healthy food?

**Quotes**: “The Supplemental Nutrition Assistance Program is the largest federal food assistance program and is effective at reducing food insecurity while also improving child and adult health outcomes.” (Mulik et. Al. pg8)

“The additional costs needed on an individual basis was the largest for boys aged 12–17 years ($75/mo) and men aged 18–50 years ($72/mo), because they consumed the largest quantity of food compared with all other gender and age groups.” (Mulik et. Al. Pg6)

“The monthly cost for a family of 4 with 2 adults (aged 31–50 years) and 2 older children (1 aged 8–11 years and the other 12–17 years) ranged from $1,249/mo in scenario 1 (when consuming only fresh fruits and vegetables) to $1,109/ mo”(Mulik et. Al. Pg5)

Pryia. “Let's All Stop World Hunger.” *Power Poetry*, Power Poetry, 19 Feb. 2014, 13:47, powerpoetry.org/poems/lets-all-stop-world-hunger.

**Source location:**

**Search terms and strategies:**

**In text citation:** (Pryia Pg.1)

**Notes:** The big portion of cause and effect that was talked about in this slam poetry was mainly focused on introducing the issue of world hunger and offering a solution of devoting time to fix the issue. However despite the topic I think the emotion given to world hunger can be applied to my topic to help create an authentic way to draw the reader to an overall side topic of world hunger, effects of school insecurity on college students.1)What can be disputed about this poem? I think this poem has little that can be accurately disputed or disagreed with because this is an author’s representation of how they feel about a global issue. There is no evidence brought up just a hope to fix a well-documented problem. 2)How does this poem contribute to key terms in my paper? I think that this poem having to deal with hunger and the want to nourish the youth in society directly correlates to how we can look at college students and the effect of nutrition on budgeting students.3)what are the values involved in this poem? I think Pryia does a great job by establishing a feeling of anguish toward how people feel regarding the global issue of hunger. To expand on this I think adding Pryia’s poem to my paper will add so much emotion to the topic and help with getting the attention of my audience.4) what actions should be taken after reading this article? For my paper I am going to choose to look at this article to think more about how serious my topic is, I appreciate the art that I am going to be able to add to my paper by citing Pryia, I also believe that including poetry helps my audience look at the issue of nutrition effecting college student on an economic level in a more abstract format encouraging emotion. I think that adding this poem to my paper will help me bring up the pathos lens in my paper at a much earlier time creating such a good opportunity to draw in my audience and create an appeal to my topic. I am excited to experiment with how Pryia’s poetry will compliment my paper. I think adding such a abstract piece of art to my paper will be hard to incorporate correctly, but in doing this right I believe that this poetry has a lot of emotional appeals to add to my paper. I want to experiment with using this poetry outside of unit two and maybe put this poetry into an argument come unit three.

**Objective summary**: I believe that this poem adds so much to my

paper because it highlights an important realization that as a society it is important to not.

discriminate against who is hungry or maybe struggling, it is important to address the issue head.

on and establish a gateway to solving the problem and creating a pathway to solve the problem.

This poem by Pryia expands so much on emotion that can be portrayed through poetry to

discuss. and bring attention to a greater issue like hunger.

**Credibility:** I think this is my only source that does not have a lot of credibility; however the recency and relevance that this poem adds toward my topic helps me to expand on finding a unique way to add emotion to my paper and help to draw in the audience from my beginning paragraph. I think the problem the author is talking about, world hunger, is going to have relevance for a long time because this problem is complex. The simplicity behind this poem helps to illustrate the problem and emotion behind hunger across the world but I think this also ties into a more specific population, college students.

**Quotes: “**Children are born. Their hearts are torn. When there is no food to eat. No shelter nor heat. No food nor meat.” (Pryia Pg.1)

**Connections**: Pryia adds such an interesting understanding of the emotion behind food insecurity, I think quotes or ideas pulled from this poem can be added in the topic or introduction to draw the audience into my paper.

**New key words:** Hunger, “food insecurity’s effects on \_\_\_”

**New questions**: how does food insecurity contribute to world hunger especially regarding the college student population?

Regan, Erica P. “Food Insecurity among College Students.” *Sociology Compass Volume 14, Issue 6*, Wiley Library, 2020, [Food insecurity among college students - Regan - 2020 - Sociology Compass - Wiley Online Library (uccs.edu)](https://onlinelibrary-wiley-com.libproxy.uccs.edu/doi/full/10.1111/soc4.12790)

**Source location:** Wiley Library, Sociology Compass

**Search terms and strategies:** Food insecurity’s effect on college students, Food insecurity and emerging college students/adults.

**Notes:** this source defined both food insecurity and financial insecurity, financial insecurity is defined as: “Economic insecurity, broadly defined, refers to the economic risk and unpredictable events (such as job loss, income instability, or illness) that can derail families' and individuals' financial stability” this definition helps to understand some of the issues associated with food insecurity, and the cause and effect of this article. The Cause brought up, is that of college students going to school with less income facing many obstacles. This source really drives the home the idea of insecurity lacking resources, such as maternal security to help college students on a income based level. The effect of food insecurity and resource insecurity amongst college students is a reoccurring issue of poverty that leads to mental hardships and more pressure during school when needing to function on a top-notch level.

**In text citation:** (Regan et al. Pg.)

**Objective summary:** This article does a great job of defining financial insecurity and correlating financial insecurity amongst college students to food insecurity and greater issues stemming from financial and food shortage problems. This article does a great job of bringing relevant data stasis arguments, many of which are regarding economic insecurity which plays a prevalent role in contributing to food insecurity amongst college students, which adds an important role in defining different aspects that contribute to food insecurity. When reading this article I felt informed on the aforementioned issues along with having an understanding of procedural arguments on the paper, with having an issue so diverse and difficult to manage the important ways to mitigate the issue are bringing awareness or taking “rhetorical baby steps”.

**Evaluation:** This source comes from a Wiley and the Sociology Compass; I like having this source because it comes from a scientific journal. “Food Insecurity Among College Students” meets all three R’s. this article was published march of last year meeting the requirement for holding accurate and recent data. This article is relevant because my subject is the same subject as this article. Finally, this article is published in a scholarly journal and has been peer reviewed meaning that this source shows good use of credible data.

**Stasis questions:**

**Fact and definition**: how is food insecurity’s impact defined in the article?

*Authors response:* one quote that is important is an idea taken from different research. “Food insecurity is correlated with academic outcomes and ability to be successful in college.” (Goldrick-Rab,2016; Phillips , McDaniel, & Croft, 2018) This quote is important because of the idea that students facing food insecurity are going to do worse in school based on reports that show this problem. Regan et al. describe food insecurity also describe food insecurity as being a contributing factor to poor mental health contributing to anxiety and ultimately hurting the student in class.

**Cause and effect:** how do food insecurity contribute to mental health?

*Authors response:* Food insecurity and health have a close correlation; this is in part because lack of nutrition for college students results in strenuous brain function. Brains are unable to function at optimum levels if there is a lack of glucose and protein for cells to break down. One quote that I enjoyed was from a paragraph titled food insecurity and mental/physical health. “As colleges and their students grapple mental health issues, the connection of food insecurity can provide more context to the pursuit of holistic wellbeing and strong mental health.” (Regan Pg4) This quote shows Reagan’s opinion regarding food insecurity and the solution behind facing mental health , the solution seems to be best represented though further research which is a familiar argument that will produce better knowledge toward a complex subject.

**Evaluation:** Can food insecurity effect the maternal relationship?

*Authors response:* In this article food insecurity is shown to have been directly dealing with other variables which is common among the research that has been conducted so far. Regan Specifically talks about the importance of maternal support, specifically food insecurity is a representation of maternal hardship and the effects of maternal insecurity amongst emerging adults. (Regan Pg5) this paraphrase represents the importance of other variables when talking bout food security and the factors that play a role in the effects of food security such as the resources that are disposable at one given time.

**Proposal:** howCan food insecurity be solved?

*Authors response:* Mitigation of food insecurity is a difficult topic to discuss but this article chooses rather to suggest topics that directly relate to helping solve food insecurity according to Freudenberg et al., 2011) over half of the students that said that they were SNAP members still faced food insecurity as a result of poor government funding and lack of up to date data. Lack of access, barriers to access, resources being unutilized are all factors that contribute to food insecurity and must be solved before food insecurity can be solved. Especially when dealing with such a complex problem.

**Connections:** one of the connections that this article seeks to make is the correlation between economic insecurity and food insecurity amongst college students. One quote that is important regarding this correlation is: “Examples of the increasing risk of undertaking a college degree include rising individual student debt levels, decreasing state funding for local colleges and, as this review describes, potentially significant maternal hardship while pursuing a degree (Baker, Andrews & McDaniel, 2017; Goldrick-Rab, 2016; Mitchell, Leachman, Masterson, & Waxman, 2018) (Regan et al. Pg2)

**New key words:** Foodinsecurity amongst college students.

**New questions:** how does economic insecurity contribute to food insecurity for college students?

**Quotes:** “Economic insecurity, broadly defined, refers to the economic risk and unpredictable events (such as job loss, income instability, or illness) that can derail families' and individuals' financial stability”(Regan et al. Pg.1,2)

“Food insecurity captures individuals' and households' inability to purchase food on the market based on their lack of financial resources.” (Regan et al. Pg.4)

 “Going to college with few or insufficient resources means that many students may continue trends from their childhood of being unable to meet their basic needs and experience either chronic or situational poverty (Goldrick‐Rab, [2016](https://onlinelibrary-wiley-com.libproxy.uccs.edu/doi/full/10.1111/soc4.12790#soc412790-bib-0027)).” (Regan 5)

“Examples of the increasing risk of undertaking a college degree include rising individual student debt levels, decreasing state funding for local colleges and, as this review describes, potentially significant maternal hardship while pursuing a degree (Baker, Andrews & McDaniel, 2017; Goldrick-Rab, 2016; Mitchell, Leachman, Masterson, & Waxman, 2018) (Regan et al. Pg2)

Sassi, Marisa. *Understanding Food Insecurity*. Edition 1,1st ed., Springer Link, 2018, *SpringerLink*, [Understanding Food Insecurity | SpringerLink (uccs.edu)](https://link-springer-com.libproxy.uccs.edu/book/10.1007%2F978-3-319-70362-6)

**Source location:** Springer Link

**Search terms and strategies:** Books on food insecurity, books on food insecurity and college students.

**In text citation:** (Sassi et al. Pg.)

**Objective summary:** Marissa Sassi did a great job of establishing the urgency of food insecurity with this book that was written in 2018. “Understanding Food Insecurity.” creates an important overview of the factors associated with food insecurity. Food insecurity defined in “Understanding Food Insecurity.” Touches on many different important aspects of the overall issue; however, because I am writing my topic relating to food insecurity amongst college students, two chapters are what my stasis questions will be focused on. Both food insecurity typologies, and severity of food insecurity play an important role in understanding the overall bigger topic of how emerging adults navigate involuntary lack of resources.

**Credibility:** This book is important because each chapter is a different idea I can use to tie into my paper. Some of the most important chapters that are very relevant to my paper’s topic are: severity of food insecurity, and food insecurity typologies according to time. These chapters talk about the importance of the topic I have chosen. For example, the chapter of food insecurity typologies serves in defining Sassi’s chosen definition of how to define the issue along with different concepts of chronic food insecurity and acute food insecurity. Sassi published this book in 2018 making this a great recent source that still has authority in food insecurity. After doing further research Marisa Sassi has a PhD in agricultural economics and an associate professor at university of Pavia, teaching food economics and agricultural development.

**Stasis questions:**

**Fact and Definition:** How does the author define food insecurity? Does food insecurity deal with resource availability?

*Authors response:*Sassi chooses to define food insecurity in a unique way According to the FAO (2002), it is “a situation that exists when people lack secure access to sufficient amounts of safe and nutritious food for normal growth and development and an active, healthy life”. (FAO 2002) (Sassi pg.23) This quote makes clear one perinate idea, food insecurity deals with the availability of resources. This quote by the Food and Agriculture Organization sets pathway for Sassi to further describe how food insecurity is felt amongst Americans. Sassi choses to group the main effects of food insecurity as a chronic affliction. This moldable adjective allows the reader to understand that food insecurity effects individuals for a long time.

**Cause and effect:** What is the cause of chronic food insecurity? How does chronic food insecurity differentiate from acute food insecurity?

*Authors response:* Sassi bring up the effects of chronic insecurity (Sassi Pg.23) Chronic food insecurity has implications like lack of food access and inadequate food rations throughout the year. The problem is especially relating this quote to college students and emerging adults, when people, especially students do not receive enough nutrition, mental processing is altered and certain students thus do not have a great opportunity to compete fair based on their economic status.

**Evaluation:**  is it effective to differentiate between chronic and acute food insecurity (in other words is breaking food insecurity into both acute and chronic groups effective in evaluating the problem?)

*Authors response:*  Chronic and acute differentiate in the obvious, chronic being a long lasting effect of food insecurity and acute being a short term food insecurity. One quote that Sassi presents is “Food insecurity is chronic in a situation of long-term inadequate access to sufficient food, which is associated with enduring conditions of poverty combined with a lack of coping mechanisms due to complex emergencies or a lack of assets and inadequate access to productive or financial resources” (FIVIMS 2003; Thomson and Metz 1996) Sassi. This quote helps to establish a representation for chronic food insecurity a term used readily throughout the chapter on food insecurity topology. The flipside to this coin is the representation of temporary food insecurity which is defined as being apart of a natural disaster or other short, related inconvenience. Understanding both lenses is the basis for fueling arguments and research that pick apart different methodologies to help groups of people effected by different types of food insecurity.

**Proposal:** how can different types of food insecurity be solved how do each plan differentiate?

*Authors response:* first looking at food insecurity in a chronic or long term point of view chronic food insecurity effects can be mitigated according to this article one quote I enjoyed was “This type of food insecurity can be overcome using the long-term development measures normally introduced to address poverty, including interventions aimed at improving education, access to productive resources, especially credit, and access to food to enable the chronically food insecure to increase their productive capacity.” (FAO 2008)(Sassi Pg.23) I like this quote because it actively defines the issue of food insecurity and shows a definitive way to solve chronic food insecurity which can help college students inevitably. Acute food insecurity or food insecurity due to natural disasters are solved through assistance that government provides more readily because of public attention focused on the issue at hand.

**Connections:** This source used Chronic food insecurity as the concrete definition for the primary effects of FI on people, this definition and understanding can be used to further understand how food insecurity is a moldable issue that has problems that stem from lengthy affliction due to economic and other variables that create a sort of snowball effect.

**New key words:** Food insecurity, Food security data, nutrition security, Food policies

**New questions:** does separating food insecurity into chronic and acute prevent better knowledge from centering around the issue specifically dealing with how FI effects different populations?

**Quotes:** “According to the FAO (2002), it is “a situation that exists when people lack secure access to sufficient amounts of safe and nutritious food for normal growth and development and an active, healthy life” (Sassi Pg.23)

Wood, Luke J, and Frank Harris. “Experiences With ‘Acute’ Food Insecurity Among College Students.” Volume 47, issue 2. *American Educational Research Association*, Sage Journals, 11 Jan. 2018, [Experiences With “Acute” Food Insecurity Among College Students - J. Luke Wood, Frank Harris, 2018 (uccs.edu)](https://journals-sagepub-com.libproxy.uccs.edu/doi/full/10.3102/0013189X17752928?utm_source=summon&utm_medium=discovery-provider)

**Source location:** Sage Journals

**Search terms and** strategies: Food insecurity and college experience, freshman food insecurity.

**In text citation:** (Wood et al. pg.)

**Objective summary:**  This article created a study to understand how different racial and ethnic groups face food insecurity I like this article because right off the bat Wood et. al. define food insecurity as Food insecurity occurs when one experiences limited or uncertain availability of nutritionally adequate foods (Feeding America 2014, Pg.2) (Wood et. al. Pg.1)  The authors of this article do a great job of describing and defining food insecurity and then finding an interesting way to propose solutions to solving the issue based on the data collected in the research. This article was interesting because it described that in 2017 according to Wood et. al. 67% of students faced food insecurity the authors response to solving food insecurity is looking at the data already present that shows how society deals with food insecurity. “In response, many colleges have started to create food pantries, offer reduced lunch programs and form partnerships with food banks (wood et al. 2016b) This quote shoes how society can take problems into their own hands and possibly solve the issues on a microenvironmental level leading to a domino effect of change for all students. overall, each source defined food insecurity differently and associated small steps leading to big progress for their 4th level of stasis.

**Evaluation:**  This source was found through the American Education Research Association and Sage Journals. This source was helpful in establishing a good authority both authors are important in their field. Luke Wood PHD. Is a distinguished professor at San Diego University and Frank Harris III is a professor of postsecondary education at San Diego University, both authors are credible and have a good reason to write the article. Overall being that this source is published in a journal and has Relevance toward my topic being related helps to establish a good reason to use this source.

**Stasis questions:**

**Fact and definition:** how does this article define issues around food insecurity and food insecurity?

*Authors response:* The authors used a concrete definition to create an understanding right away that “Food insecurity occurs when one experiences “limited or uncertain availability of nutritionally adequate foods” (Feeding America, 2014, p. 2) this quote is black and white which allows for an easy understanding of how this article operates. Issues around food insecurity are defined as an increase in urgency to solve the problems that come with food insecurity. This article did a nice job of posting reports on the negative aspects associated with food insecurity like reduction in school engagement, these detrimental variables are just as important.

**Cause and effect:** How does food insecurity effect students outside of hunger and physical discomfort?

*Authors response:* two quotes that are important stem from the idea that food insecurity is a large contributor to overall success and mental cognition throughout the semesters. Wood et al. do a great job of creating this understanding at the beginning of the article that prior research states that many students who fall under the group of food insecurity are less likely to be high achieving in schools. (Maroto, Snelling, & Linck, 2014) This idea of a handicapped student comes from the understanding that malnutrition leads to inhibited brain function. Wood et al. continue to describe other mental afflictions and shortcomings that result because of food insecurity.

**Evaluation:** does race and ethnicity effect one’s food insecurity?

*Authors response:* In the results of the research that Wood et al. conducted there are important findings that state “Multiethnic students had the highest rate of reported insecurity at 16.5%, closely followed by Black students at 16.0%. These percentages fall above those reported in prior research” (Wood et. al. Pg2) the most important finding that follows this quote is the variable effecting food security the most for multiethnic students was different than white and Asian students. For both white and Asian income was the variable that contributed most to food insecurity. For multiethnic students faced food insecurity the most because of external insecurities and challenges, including housing insecurity)

**Proposal:** What can be done to reduce food insecurity variables involved for students?

*Authors response:* Food insecurity amongst students is a problem that has taken place both inside and outside of school, but the origins come from out of school variables that contribute to lower cognitive ability due to malnutrition. The authors would like more research to be conducted stating “Future research can expand on this study by constructing models that disaggregate by both race/ethnicity and gender.” (Wood et al pg3) This is important because Wood et al. later talk about men facing more food insecurities than females which intertwines with research that one of the authors “Luke Wood conducted. The authors have an understanding that they want to see proper research done before action is taken toward mitigating the problem of food insecurity, because the problem should be handled correctly once around.

**Connections:** Wood et al. created such an interesting connection that allows college students and people to understand the severity of food insecurity and how merciless this issue’s afflictions are when it comes to how many people are effected by the hunger and other negative consequences that result because of food insecurity.

**Key words**: College, Race, food insecurity, college students and food insecurity.

**New questions**: Can race and ethnicity accurately depict who should receive the most amount of governmental assistance for food insecurity?

**Quotes**: “[Dubrick, Mathews, and Cady (2016)](https://journals-sagepub-com.libproxy.uccs.edu/doi/full/10.3102/0013189X17752928?utm_source=summon&utm_medium=discovery-provider) argued that the rising cost of higher education and the growing numbers of students from underserved communities may indicate that food insecurity is becoming more prevalent”

**“**Exposure to food insecurities is associated with unhealthy eating, an increased likelihood of chronic illness, and anxiety and stress (National Research Council, 2006)(Wood et. Al. pg1).”

Other research has shown that 12.3% of community college students experience acute levels of food insecurity (Wood, Harris, & Delgado, 2016).

**“**A recent study by [Goldrick-Rab, Richardson, and Hernandez (2017)](https://journals-sagepub-com.libproxy.uccs.edu/doi/full/10.3102/0013189X17752928?utm_source=summon&utm_medium=discovery-provider) found that 67.0% of students experience some degree of food insecurity, with former foster youth and students with children among those most likely to experience this challenge.”(Wood et. al. Pg1)

**“**Other research has shown that 12.3% of community college students experience acute levels of food insecurity ([Wood, Harris, & Delgado, 2016a](https://journals-sagepub-com.libproxy.uccs.edu/doi/full/10.3102/0013189X17752928?utm_source=summon&utm_medium=discovery-provider)). In response, many colleges have started to create food pantries, offer reduced lunch programs, and form partnerships with food banks ([Wood et al., 2016b](https://journals-sagepub-com.libproxy.uccs.edu/doi/full/10.3102/0013189X17752928?utm_source=summon&utm_medium=discovery-provider)).”

**Notes:** This is another source that has successfully preformed research and has also provided instances of other research that is targeted toward correlating food insecurity and college students. Being able to refer to many different resources that define and provide research allows me to pick and choose from the best research preformed and allow me to choose the best candidates from many different forms of information.