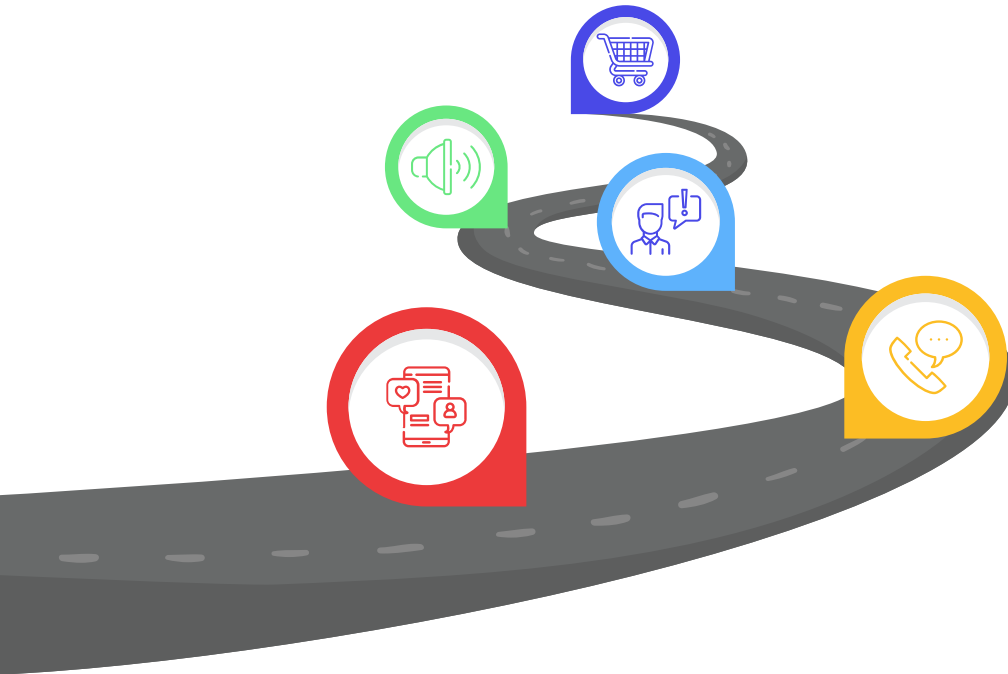


# Addressing Food Insecurity among International Students -- by Creating a Culturally Appropriate Food Bank

- **Author:** Ethan Li  
University of Washington Tacoma
- **Advisor:** Dr. Christine Stevens
- **Date:** May 22, 2024



# Roadmap



## Introduction

Food insecurity on college campuses

## Thesis

What does food security look like for international students?

## Research

Global case study

## Implementation

System review

## Conclusion

# Introduction

- **Food Insecurity:**

Affecting students' health and academic performance

- **International Students:**

Cultural, financial, and access to food

- **The Case of UW-Tacoma:**

Diverse with specific dietary preferences



# Thesis Question:

## Examining the impact and feasibility of a culture-appropriate food bank at UWT for international students' food security.

### Sub-questions:

- Cultural and dietary needs assessment
- Barriers to nutrition
- Design of inclusive food banks
- Challenges and benefits of implementation





# International students are disproportionately affected by food insecurity



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

1. <https://doi.org/10.1016/j.nut.2020.111100>

2. <https://doi.org/10.1093/cdn/nzac051.032>

# Food Insecurity Can Negatively Affect Students' Health and Study

- **Food Insecurity:** Beyond food shortage; includes access to nutritious and culturally appropriate foods.
- **Impact on Students:** Chronic health issues, academic challenges, and well-being.
- **Vulnerability of International Students:** Financial, cultural, and systemic barriers.



# Global Case Study



- **Exploring International Perspectives:** Investigation of global initiatives addressing food insecurity among students.
- **Cross-Cultural Solutions:** Case studies of culturally appropriate food banks in diverse university settings.
- **Collaborative Efforts:** Insights into partnerships and community involvement in supporting international students.



# A Case Study on International Students in Hungary<sub>3</sub>

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





# A Case Study on International students in Australia<sub>4</sub>

- **30%** of surveyed students experienced food insecurity, with half facing hunger.
- **Consequences:**  
Significant impact on students' well-being and academic success.
- **Recommendations:**  
Enhanced support services and educational interventions.



# A Case Study on International Students in Canada<sub>5</sub>

- **Challenges Faced:**
  - Financial constraints
  - Reduced food service access
  - Struggles finding culturally appropriate food
  - Balancing studies with food preparation
- **Impact:** Affects nutrition, health, academic performance, and social well-being
- **Recommendations:** Implement educational interventions and strengthen support services



# University of Washington, Tacoma System Review





# University of Washington, Tacoma System Review





# University of Washington, Tacoma System Review



- **Campus Resources:**

- Food pantry
- Nourish Food Truck

- **Identifying Gaps:**

- Availability and accessibility of culturally appropriate foods

- **System Improvements:**

- Recommendations for enhancing the food bank system to better serve diverse student needs

# Implementation Framework

- **Impact on Student Integration:**
  - Enhanced community engagement
- **Cultural Awareness:**
  - fosters inclusivity among the student body
- **Policy and Program Development:**
  - development of support programs for international students



# Solution-Oriented Strategic Framework for Implementation

- **Identifying Culturally Foods:**
  - based on student feedback and dietary research
- **Partnering with Suppliers:**
  - Forming partnerships with local and international suppliers
- **Engaging the Community:**
  - Involving students in the food selection process





# Conclusion and Future Research and Recommendations

- **Further Studies:**

- ongoing research into the effects of cultural appropriateness in food security

- **Policy Development:**

- Recommendations for policy enhancements at university and governmental levels to support diverse student populations

- **Community Engagement:**

- Encouraging broader community involvement in supporting international students through various initiatives





# Thank you!

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