

## SERVICES

The Food Pantry is for currently enrolled Full & Part-time Students only.

## FOOD OFFERED

Non-perishable items (boxed, canned, bottled, and bagged items).

Beginning in June 2019, we will offer fresh fruit (apples & tangerines).

Beginning in Fall 2019, the food pantry will host 2 food drives and will post recruitment of volunteers for Holiday Events!

Coming soon, perishable and refrigerated items will be offered

# STUDENT FOOD PANTRY

**CENTRAL STORES,  
FIRST LEVEL**

*Across from the elevator*  
**Room 1192**



## GRAB & GO BAGS

Stop by and pick up your Grab & Go Bags filled with water, granola bars, fresh fruit, and a low sugar fruit cup on the 1st and 3rd Mondays & Thursdays of the month!

\* Please pick up in room 4123.

## DAYS OF OPERATION:

**Mondays & Thursdays**

(2<sup>nd</sup> & 4<sup>th</sup> weeks of the month)

**2PM-4PM**

\*Please contact us for Pickup after business hours

# STUDENT FOOD PANTRY



Contact: Ms. Vaden  
973-877-4345  
Vaden@essex.edu or  
cunningham@essex.edu  
Dr. McCants zmccants@essex.edu



www.essex.edu

# ESSEX IS FIGHTING HUNGER ON CAMPUS.

## OUR MISSION:

The mission of the Essex County College Food Pantry is to create access to nutritious food, support our students throughout their college experience and empower them to exceed expectations.

## OUR VALUES:

We believe that access to food and obtaining an education are basic human rights. We support students by educating them on nutritious foods, healthy eating habits, and meeting basic needs by aiding food insecurity. We are here to listen and support you!

## THIS SUMMER CATCH US ON THE 2ND LEVEL...

Handing out refreshing cold Gatorade, water, water bottles, fruit, and grab & go bags on Mondays & Thursdays (1st and 3rd weeks of the month) from 10AM-12PM and 2PM-4PM.

\*Room 4123

Please contact us to volunteer!  
Ms. Vaden - vaden@essex.edu  
Dr. McCants - zmccants@essex.edu  
Ms. Cunningham - cunningham@essex.edu

## WHAT IS FOOD INSECURITY?

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods, or the ability to acquire such foods in a socially acceptable manner. The most extreme form is often accompanied with physiological sensations of hunger.

## STUDENTS ARE HUNGRY

The College & University Food Bank Alliance compiled research and found the following:

"1 in 5 college students are hungry and lack sufficient access to food. Food insecurity cuts across all demographic statuses, enrollment levels, and geographic locations. Empty cupboards and scrapping by are a way a life for many students. These stressors affect student success and in the long term, impact learning, grades, graduation, and time to degree. By addressing food insecurity on campus, you can serve a human service and an educational need."

*Essex wants to see students succeed and hunger should not be an issue*

## STATISTICS ON COLLEGE FOOD INSECURITY

- 30% of College students across the US are food insecure.
- 56% of food insecure students are working.
- 75% of food insecure students receive financial aid.
- 43% of food insecure students have a meal plan.
- Low-income students around the country are enrolling in colleges at increasing rates, and 39 percent of undergraduates were at or below 130 percent of the 2016 federal poverty line, according to the National Post-secondary Student Aid Study.
- Over 640 colleges and universities around the country operate food pantries on campus, according to data from the College and University Food Bank Alliance.

