FOOD INSECURITY 
AT UC RIVERSIDE

It's real and often goes unnoticed. Have you ever thought about who might be going without food in your community or on campus? Food insecurity is the lack of reliable access to a sufficient quantity of or adequate quality of food that is required for an active and healthy life.

The degree of food insecurity on college campuses varies greatly. A study published in the Journal of American College Health in 2016 estimates that 1 in 5 college students lack reliable access to food.

WHAT IS FOOD INSECURITY?

LOW FOOD SECURITY

- Sometimes worried about running out of food
- Some meals skipped due to a lack of money or food
- One or two meals sometimes gone without

MODERATELY LOW FOOD SECURITY

- Consistent worry about running out of food
- Meal skipping or going hungry for a day or more
- Some food panned to others

LOW FOOD SECURITY

- Consistent worry about running out of food
- Three or more meals skipped in the past week
- Food panned to others and gone hungry for a day or more

WHAT ARE STUDENT BASIC NEEDS?

Food security is one element of student basic needs. Others include:

- Housing
- Transportation
- Health insurance
- Clothing
- Health/dental

HOW ARE UC RIVERSIDE STUDENTS IMPACTED?

More than 6 out of 10 (63.2%) of all UC students surveyed experience food insecurity.

More than 6 out of 10 (60.4%) of students surveyed at UC-Riverside experience food insecurity.

UCR UNDERGRADUATES

3-5 times
- 2-4 times
- 1-2 times
- 1 or less times

UCR GRADUATE STUDENTS

3-5 times
- 2-4 times
- 1-2 times
- 1 or less times

WHICH STUDENTS ARE AT HIGHER RISK FOR FOOD INSECURITY?

- Undergraduate Students: 3-5 times
- Graduate Students: 3-5 times
- Students who are the first generation in their family to attend college
- Students who receive Pell Grants
- Students who are employed at least 20 hours per week

Although 63.2% of students who have experienced food insecurity are coming in the UC system, it is also very common for students to be experiencing food insecurity on the first time.

THE HIGHER THE FOOD INSECURITY

THE LOWER THE CUMULATIVE GPA

WHAT CAN I DO TO HELP?

- The UCR Pantry
- Cal Fresh
- Cal Grants
- Food Resources

Undergraduate students can help reduce food insecurity by providing food to other students. Right next to the library is a small food pantry called the Boreas Pantry. Students can also donate. Student employees are needed to staff the pantry. We are looking for 30 student volunteers per semester. This position is completely flexible and no experience is necessary.