








# STUDENT NUTRITION ACCESS CENTER (SNAC)








## The Challenge

Food insecurity among college students has been recognized nationally as a growing problem. According to data collected in 2021, over 37% of USU students surveyed (n=896) experienced food insecurity within the previous year.<sup>1</sup> Food insecurity refers to inconsistent access to enough food for an active, healthy life.

### Students at risk of food insecurity include<sup>2</sup>:

-  Those with dependents
-  First-generation students
-  Racial or ethnic minorities
-  International or military-connected students
-  Students who have a disability
-  Non-traditional aged students
-  Gender-nonconforming or transgendered students

### Food insecurity among college students is associated with<sup>2</sup>:

-  Worse academic performance, including lower GPA
-  Increase in mental health concerns
-  Increased risk for leaving higher education
-  Decreased social engagement
-  Poorer self-rated general health



College of Agriculture & Applied Sciences  
UtahStateUniversity

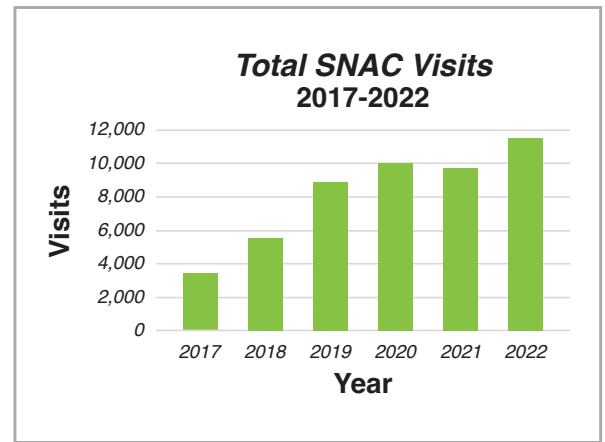
Nutrition, Dietetics and Food Sciences

Donate today to support SNAC's mission and services.



# The Response

To reduce food insecurity on the Logan Campus, Utah State University's Center for Community Engagement (CCE) opened the Student Nutrition Access Center (SNAC) in 2010. CCE worked diligently to expand SNAC services to over 1,900 students in 2022. In 2023, oversight of SNAC transitioned to the College of Agriculture and Applied Sciences (CAAS) and the Department of Nutrition, Dietetics and Food Sciences (NDFS). With support from CCE, CAAS and NDFS are committed to the continued growth and impact of SNAC by providing funding, department support, and faculty oversight.



## SNAC's mission is to:

- 1 Reduce food insecurity by increasing access to nutritious foods
- 2 Educate students about basic needs and available resources
- 3 Reduce food waste by recovering food

## Resources provided to students by SNAC include:



Variety of non-perishable foods



Produce gleaned from the community



Personal hygiene products



Foods recovered from USU Dining Services and local restaurants



Nutrition and food preparation education

## Academic and experiential opportunities provided to undergraduate and graduate students include:



Work-study



Staff positions



Internships



Service/volunteer hours

# 2022 Impact

11,500+  
pantry visits,  
serving  
1,950+  
individuals

Recovered and distributed  
**20,000+ LBS**  
of campus and local restaurant  
surplus food that otherwise  
would have gone to the landfill

Distributed  
**5,000+ LBS**  
of community gleaned  
fruits and vegetables

Partnered with  
**16**  
campus, community,  
and state organizations  
to provide services

# The Future

With increases in cost of living in Utah, the number of food insecure students at USU will rise. CAAS and NDFS are committed to identifying comprehensive solutions, including expanding the reach and impact of SNAC, to ensure all students have access to adequate, nourishing food to support a healthy and successful experience at Utah State.

To learn how you can help, contact Casey Coombs at [casey.coombs@usu.edu](mailto:casey.coombs@usu.edu).

## References:

1. Quintana Y, French-Fuller K, Anderson A, Makela K. Food security survey of higher SSNAC education students in Utah, 2021: Utah State University report. Weber State University: Center for Community Engaged Learning-Community Research Extension. 2022.
2. Savoie Roskos MR, Hood LB, Hagedorn-Hatfield RL, et al. Creating a culture that supports food security and health equity at higher education institutions. Public Health Nutr. 2022;1-7. doi:10.1017/S1368980022002294