

Article 1 - Food insecurity, financial priority, and nutrition literacy of university students at a mid-size private university

Castellanos and Holcomb (2018) examined food insecurity in a mid-size private university. They considered nutrition literacy and financial prioritization. The study included 560 university graduate and undergraduate students. The United States Department of Agriculture (USDA) six-question food insecurity tool was used in the study to examine the students. Students were also to prioritize nine items on the New Vital Signs Food Label Instruments from highest to lowest priority (Castellanos & Holcomb, 2018). 35.8% of the 560 students met the criteria of food insecurity. Students who spent most of their money on alcohol or tuition were most likely to be food insecure (Castellanos & Holcomb, 2018). This study shows that mid-size private university students are experiencing higher levels of food insecurity. Champaign-Urbana is a campus town of the much larger public university, the University of Illinois, so the levels of food insecurity are likely worse since there is an influx of students and tuition is more expensive. Salt and Light can provide food to local graduate and undergraduate students to lower the prevalence of food insecurity in this specific population of Champaign-Urbana.

Article 2 - COVID-19 pandemic and mitigation strategies: implications for maternal and child health and nutrition

COVID-19 has increased the prevalence of maternal and child undernutrition (Akseer et al., 2020). Lockdowns, social isolation, and social distancing used to mitigate the spread of Covid-19 has led to this increase in food insecurity in women and children due to decreased exercise, reduced income, unhealthy diet, and reduced preventative care (Akseer et al., 2020). Other risk factors for maternal and child undernutrition include reduced or limited income, low-middle socioeconomic status, and unhealthy environments including poor sanitation. One way to decrease this food insecurity is for food pantry's and other programs to get involved in food donations for those who don't know where their next meal will come from (Akseer et al., 2020). In Ethiopia, over fifteen million individuals who were vulnerable for food insecurity received food aid from the government. Salt and Light can donate food, educate on food literacy, and make a healthier home environment at a local level in the Champaign-Urbana community. These interventions can decrease undernutrition in women and children and teach families how to keep a healthy household environment including clean water and safe sanitation.

References

- Akseer, N., Kandru, G., Keats, E. C., & Bhutta, Z. A. (2020). Covid-19 pandemic and mitigation strategies: Implications for maternal and child health and nutrition. *The American Journal of Clinical Nutrition*, 112(2), 251–256. <https://doi.org/10.1093/ajcn/nqaa171>
- Castellanos, D., & Holcomb, J. (2018). Food insecurity, financial priority, and nutrition literacy of university students at a mid-size private university. *Journal of American College Health*, 68(1), 16–20. <https://doi.org/10.1080/07448481.2018.1515762>