

Salt and Light

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Lindsay Cox, Kenny Johnson, Adele Moanda,

Bailey Pierce, Courtney Thomas, Jerry Williams

Lakeview College of Nursing

Introduction

Salt and Light is a ministry-based organization that helps struggling individuals obtain food, clothing, and household goods. Individuals can earn credit to shop for these necessities through volunteering. Salt and Light encourages volunteers to utilize talents, instilling confidence and competence in providing for their families. From 2015 to 2019, households earning store credit grew from 150 to 360 (Montgomery et al., 2022). 85% of the budget at Salt and Light comes from revenue generated from the store (Montgomery et al., 2022). Monetary donations cover the remaining 15%. Members of the community can help by shopping in the thrift store, donating goods, and volunteering their time sorting, stacking, and stocking shelves.

The articles below discuss the effects of spirituality, poverty, volunteering, and nutrition on the community. As future nurses, understanding the influence of nursing is essential. Nurses are the frontline of healthcare. Being sensitive to individuals' beliefs, providing information on assistance for those living in poverty, and volunteering their time are just a few ways nurses can impact.

Lindsay Cox:

Altruism in nursing

Many people believe that they need to do something drastic to be altruistic. This mindset can prevent them from making a much-needed difference in their community. It is easy to underestimate the effectiveness of individual contributions, especially when dealing with poverty. By volunteering in nursing school, students can gain confidence in their critical thinking skills while doing good in their community (Coombs et al., 2021).

Nurses raise awareness for community resources.

It is well known that higher morbidity and mortality go hand in hand with poverty. *Poverty* is a social determinant that negatively affects people's access to food, transportation, and healthcare. Nurses can minimize these adverse effects through proper screening and referrals to federal assistance programs and community resources (Francis et al., 2018). Many people are unaware of what community resources are available to them. Nurses provide a gateway to raise awareness for resources to combat poverty and improve overall health.

Kenny Johnson:

Food insecurity, financial priority, and nutrition literacy of university students at a mid-sized 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.

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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.

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 have 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 pantries and other programs to get involved in food donations for those who do not know where their next meal will come from (Akseer et al., 2020). In Ethiopia, over fifteen million individuals who were vulnerable to food insecurity received food aid from the government. Salt and Light can donate food, educate on food literacy, and locally make a healthier home environment 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.

Adele Moanda:

Framing in multiple public goods games and donation to charities

Due to the number of poverties in America, charities groups and nongovernmental organizations increased in the last few decades. Almost 1.5 million non-profits existed within the

US IRS in 2019. People give money and their household goods to charity (Maciel Cardoso et al., 2021). Those people sharing their finance and goods by generosity. Generosity is the act of showing kindness by giving to others. The person who donates makes someone in need feel happy and emotionally supported. The people can donate their funds to public organizations or nongovernmental organizations. Those organizations have a setup structure to help the members in the community based on their needs.

Poverty and mental health: policy, practice and research implications

Poverty can significantly impact mental health as it can be both a cause and consequence. These issues can stem from poor wages, underemployment, and termination (Knifton & Inglis, 2020). Social, environmental, and economic standards affect an individual's mental health development. Children living in poverty have an increased risk of developing depression and unhealthy behaviors such as drug and alcohol abuse (Knifton & Inglis, 2020). Poverty can also increase premature mortality (younger than 65) by 30% (Knifton & Inglis, 2020). This exacerbation in premature death is due to a lack of preventative and necessary health care, poor nutrition, below-standard living conditions, and an increased rate of suicide (Knifton & Inglis, 2020).

Salt and Light works to end the vicious cycle that poverty can have on an individual's mental health. Volunteering at the facility gives individuals access to healthy food options and necessities needed within the household. Individuals build confidence and gain new skills by volunteering to help them when seeking employment later on. Assisting individuals to feel a sense of purpose can help to reduce mental load and increase these individuals' quality of life.

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Courtney Thomas:

Urban poverty and nutrition challenges associated with accessibility to a healthy diet: a global systematic literature review

There are fewer food access issues in urban than rural areas, but "urban advantage" does not benefit the poorest, who face disproportionate barriers to accessing healthy food and have an increased risk of malnutrition (Vilar-Compte et al., 2021). Champaign, IL, is an urban area with many places to purchase food. The sites available to buy food continuously raise prices due to the demand. The price increase makes it more difficult for those with financial burdens to access healthy food options. Those with lower incomes do not have access to diets rich in healthy foods, including fresh fruits and vegetables. Instead, they have relatively more access and consume higher amounts of sugars, fats, and highly processed or ultra-processed foods (Vilar-Compte et al., 2021).

Places like Salt and Light in Champaign and Urbana allow those with limited access to goods to purchase healthier items that would be too expensive at other retailers. The types of foods a person eats can affect their overall health leading to more doctor visits and chronic diseases. Urban poor have an increased risk of consuming unhealthy foods, which is associated with a higher risk for obesity, malnutrition, and depression (Vilar-Compte et al., 2021). Salt and Light provides those with financial burdens a place to purchase healthy food essential for a person's health.

The Intertwined Relationship Between Malnutrition and Poverty

Despite social and economic development, malnutrition across the globe remains exceptionally high (Siddiqui et al., 2020). A significant relationship exists between nutritional

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status and a person's financial standing. Malnutrition negatively affects individuals' physiological and mental capacity making them more susceptible to poverty (Siddiqui et al., 2020). The ability to afford healthy food is difficult in all areas of our country. Healthy food is priced higher than processed foods making it more difficult for those who experience a lower income to purchase it.

Salt and Light is a community-run resource that offers those with financial obstacles a place to access food, clothing, and household goods. Sites like Salt and Light help those struggling financially access food that would be too expensive elsewhere. Individuals and families deserve to have food available whether they make enough money. When families cannot provide that healthy food, children could suffer mentally and physically as they grow. This article describes the interconnection between malnutrition and poverty and highlights how both serve as the cause and consequence of each other (Siddiqui et al., 2020). Poverty and malnutrition are deeply interrelated, fueling the other, and hence it is imperative to tackle both issues simultaneously rather than solving them separately (Siddiqui et al., 2020).

Jerry Williams:

Spiritual care in nursing: an overview of the measures used to assess spiritual care providers and related factors amongst nurses

Spiritual well-being has multiple benefits on one's health and outlook on life. Being satisfied spiritually improves tolerance emotionally and physically for illness, decreases negative emotions, and lowers the risk for depression (Rachel et al., 2019). Those with unmet spiritual needs tend to have the opposite effect, including increased risk of depression, reduced quality of life, and reduced spiritual peace (Rachel et al., 2019). Nurses need to be spiritually sensitive to

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patients' needs and beliefs as the primary caretaker and advocate for patients during their time of need.

Salt & Light's mission is to share the love of God by fighting poverty. Their vision is for each person to grow to their God-given development. Salt & Light has a ministry that has God as its center. They fight one central theme, and that is poverty. They empower people to fight different types of poverty—the poverty of material, spirit, and community. The resulting mission is for people to find themselves anew by accomplishing employment, sharing compassion for each other, or by finding Christ (Montgomery et al., 2022).

Learning to Be Employable Through Volunteering: A Qualitative Study on the Development of Employability Capital of Young People

Volunteering can allow individuals to learn new skills and improve career opportunities (Giancaspro & Manuti, 2021). Skills such as decision making, leadership, creative thinking, strategic thinking, and conflict resolution are often acquired (Giancaspro & Manuti, 2021). Those who are eager, intelligent, adaptive, and flexible exhibit soft skills, making them more marketable than those technically advanced or portraying hard skills (Giancaspro & Manuti, 2021). Volunteering creates an opportunity for growth and social development through working with others, increasing their employability (Giancaspro & Manuti, 2021). Those who volunteer have the opportunity to perform these skills in a safer environment with fewer consequences before seeking a career (Giancaspro & Manuti, 2021).

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