FOOD INSECURITY *Resources*

WHAT IS FOOD INSECURITY?

FOOD INSECURITY is the limited or uncertain availability of nutritionally adequate and safe food. It can be chronic or temporary in a time of crisis. Often it can look like:

- Deciding which meal during the day you can afford to eat;
- Relying on a diet primarily consisting of cheap processed foods like instant noodles;
- Not getting enough fruit or vegetables due to higher cost of fresh produce; *and/or*
- Cutting or stretching the size of meals to make more out of one meal due to financial constraints.

WHY IS IT IMPORTANT?

FOOD INSECURITY has a large impact on mental and physical health and well-being. Hunger impacts our ability to study, be social, exercise, and much more. No student should have to pick between making ends meet and having access to nutritionally adequate and safe food while in college. We want to be part of your solution by helping to alleviate additional burdens so that you can refocus your attention on your UVA experience.

RESOURCES and ASSISTANCE ON GROUNDS

- **UVA Sustainable Food Collaborative** – includes food access in the community and a helpful map to all the food pantry sites on Grounds.

- **Office of Dean of Students (ODOS) and Food Insecurity and Resource Group (FIRG)** – more details about on-Grounds resources such as the primary pantry (**UVA Community Food Pantry**) and satellite locations

- **SHW Online Nutrition Resources** – includes the inexpensive, easy, and nutritional "Hoo's Cooking" recipe tutorials and additional online, on-Grounds, and off-Grounds resources for students.

- **Student Financial Services** – Budgeting guide includes food section and a link for peer financial counselors.

COMMUNITY RESOURCES

- **Cultivate Charlottesville**, in partnership with the City of Charlottesville and other groups, launched a 24/7 phone number you can text to get information about free food sources near you. The number is (844) 947-6518.

- **Loaves & Fishes Food Pantry** is located at 2050 Lambs Road, Charlottesville and can be reached at (434) 996-7868.

  Hours: Wednesday, 2:00-4:00 pm + Thursday, 6:30-8:30 pm + Saturday, 10:00-12:00 pm

  Bus Information: Located closest to Georgetown Road at Hydraulic Road (northbound) stop, CAT Route 5

  Loaves & Fishes is providing drive-through food pickup until further notice to help keep everyone safe during the COVID-19 pandemic. Please arrive no more than one hour before opening. Park where directed and stay in your car.

LEARN MORE | https://odos.virginia.edu/food-insecurity
For individualized support, email foodinsecurity@virginia.edu or capscaremanagers@virginia.edu