



## ARTICLE

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# Bridging the Mind and Body: A Case Study of a Mini Pantry Collaboration within a Library

## ABSTRACT

Campus food pantries are on the front lines of feeding college students who are experiencing food insecurity, with some academic libraries now joining the effort. Academic libraries are uniquely positioned to address the needs of these students. Food pantries located in academic libraries have many advantages over traditional food pantries, such as longer hours, greater accessibility, and staff with more customer service experience. This case study provides insight and concrete takeaways on the partnership between the University of Maryland, Baltimore County's (UMBC) Albin O. Kuhn Library & Gallery and Retriever Essentials, the on-campus food access initiative. The authors examine campus demographics, specifically campus food insecurity statistics, and how they contribute to the overall need for the library mini-pantry space. In addition, this case study also discusses ways to identify key partners and assists in selecting a location and pantry model. The urgency of this initiative spurs the inclusion of tips to getting started at your own campus. Usage statistics are also briefed, and best practices—including the need to offer culturally inclusive foods—are reviewed, as well as our next steps for the mini pantry.

## KEYWORDS

academic libraries, STEM, outreach, outreach plans, campus engagement

The day-to-day responsibilities of a college student involve classes, course work, and extracurricular interests—activities that often take priority over accessing adequate food or nutrition. The US Department of Agriculture defines low food security as having “reduced diet quality and variety—but typically ... fewer, if any, indications of reduced food intake” and very low food security as having “multiple indications of reduced food intake and disrupted eating patterns” (US Department of Agriculture 2019). Hunger, on the other hand, refers to a personal, physical sensation of discomfort.

A report released by the US Government Accountability Office in late 2018 reviewed 22 applicable studies related to food insecurity and found that more than 30 percent of college students face food insecurity at some point in their college career amid the rising costs of higher education (US Government Accountability Office 2018). Student food insecurity is experienced at higher rates by traditionally underrepresented groups, “including first-generation college students, Black and Indigenous people, single parents, people with disabilities, nonbinary and trans-identifying individuals, former foster youth, and those who are presently unhoused or at risk of homelessness” (Wood 2020).

Food insecurity exists at every college and university but occurs at higher rates in public universities and two-year colleges (Cornett 2022). Students

experiencing food insecurity are overwhelmingly part of the labor force, with many of the most vulnerable students working more hours than their peers (Cornett 2022). Dr. Harmony Reppond, an assistant professor of psychology at the University of Michigan, paints a stark picture of food insecurity among students: “Food insecurity for college students can mean running out of food between paychecks, attending campus events in search of food, reducing food intake, [turning to] minimally nutritious food that costs less, skipping meals, and deciding between paying for textbooks or food” (Reppond 2019). This escalates into students’ inability to meet their educational commitments, including sound academic performance, reliable class attendance, and adequate concentration.

Some campuses across the country have responded to this crisis by establishing food pantries that use various food delivery models to feed students (Price et al. 2019). For instance, some on-campus residential housing offices have initiated “Swipe Out” programs wherein students can donate extra meals from their dining hall meal plans to students experiencing food insecurity. In other universities, campus pantries partner with academic units to raise awareness or build capacity, including coordinating with nutrition programs (Price et al. 2019).

Libraries are one of the campus units with which these food pantries partner; they are uniquely positioned to address food insecurity. Food pantries located in academic libraries have many advantages over traditional food pantries: longer hours, greater accessibility, convenience to students’ daily lives, and staff with more customer service experience (Forehand 2018). Further, many campus libraries are heavily used and are convenient to students’ daily lives, giving an internally located pantry high visibility.

The University of Maryland, Baltimore County (UMBC) library’s vision states it will alter itself to the changing needs of its users: “We will transform the library’s physical and virtual space to adapt to changing needs” (UMBC n.d.-a). Students are experiencing food insecurity; UMBC’s library has responded to this fact by adopting various initiatives and supporting collaboration with campus units that support students’ physical wellbeing. The library has supported the creation of the Health Literacy Working Group, end-of-semester wellness events, and other pro-health initiatives.

This paper focuses on the budding partnership between UMBC’s library and Retriever Essentials, UMBC’s on-campus food access initiative, as well as the new program established from this partnership—a library mini pantry. The authors examine UMBC’s campus demographics, specifically campus food insecurity statistics, and how they contribute to the overall need for such an offering. In addition, the article discusses ways to identify key partners, an ideal location, and the best food delivery model to implement. The urgency of this initiative spurs the inclusion of “tips for getting started” at your own campus. Usage statistics and best practices are considered—including the need to offer culturally inclusive and ready-to-eat convenience foods. Finally, the paper reviews next steps for the library mini pantry.

## Literature Review

Food insecurity is prevalent and affects a diverse group of college students. In a review of studies of rates of food insecurity on college campuses, researchers Broton and Goldrick-Rab (2018) determined that as many as half of all students at two- and four-year US colleges experience food insecurity. Furthermore, a 2017 study calculated the rate of food insecurity among college students at almost double the prevalence in the general US population (Bruening et al. 2017). This issue disproportionately affects already marginalized groups based

on disability (Bottorff et al. 2020), gender identity (Bottorff et al. 2020; Regan 2020), race (Broton, Weaver, and Mai 2018; Bottorff et al. 2020; Maroto, Snelling, and Linck 2015; Regan 2020), socio-economic status (Broton et al. 2018; Bottorff et al. 2020; Regan 2020; Broton et al. 2018), and student status such as first-generation (Regan 2020), graduate (Regan 2020), and international (Bottorff et al. 2020).

Researchers Nazmi et al. reviewed the available literature and found a link between food insecurity on college campuses and public health crises (2019). One of their most troubling findings was that food insecurity rates were at least three times higher on college campuses than in US households, even higher than findings by Bruening et al. The Nazmi et al. study encouraged future researchers to develop commonly accepted standards for assessing food insecurity in collegiate samples, “including identifying and implementing standardized and valid methodological approaches” (2019).

In a concept analysis of existing literature on the topic, Kendrick et al. (2022) listed the defining attributes of food insecurity in college students as “(1) Lack of sufficient food (2) Negative academic implications (3) Negative physical health impacts (4) Negative psychosocial health impacts and (5) Learning to identify and use food resources” (2022). Critically, Nazmi et al. (2019) stated colleges and universities must examine further the food insecurity problem and develop policies to alleviate the crisis and its consequences. Short-term solutions, like on-campus food pantries, address the symptoms rather than the causes of the problem.

One such policy is to have students participate in government assistance programs. However, existing social benefits, such as Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), have low participation rates among college students with many students ineligible for SNAP or unaware of their eligibility due to exclusionary and confusing eligibility requirements (Freudenberg, Goldrick-Rab, and Poppendieck 2019). Therefore, college food pantries have stepped in to fill this service gap, with 55 percent of two- and four-year universities now having their own food pantries. These initiatives use a wide range of food delivery models to feed students (Cady and White 2018). One such model is utilizing academic libraries to combat food insecurity on campus.

Academic libraries have lagged behind their public library peers in this regard. While many campuses have food pantries, academic libraries’ involvement with them has thus far been relatively limited (Wood 2020). It should be noted that food banks are usually large facilities where food is stored and distributed to smaller entities, while a food pantry is more localized, acting similarly to a grocery store (Martin, Xu, and Schwartz 2021). Partnerships between campus pantries and academic libraries offer many advantages to students. Libraries tend to be located in areas accessible to more students; open longer hours than Monday through Friday, 8 a.m. to 5 p.m.; accessible to a broader spectrum of people; and experienced with implementing and sustaining a variety of student-focused programs.

Food for Fines, a type of incentive-based food drive initiative, has long been common in public libraries for patron relations and retention; it encourages the return of overdue items while also addressing some of the challenges of food insecurity. Some offer a one-for-one exchange of grocery items for the forgiveness of per-item fines. Academic libraries such as at the University of California, San Diego, have begun to tap into these programming opportunities with greater awareness of the growing prevalence of food insecurity on college campuses (Goodson et al. 2019). The logistics of Food-for-Fines policies vary across participating academic libraries. For example, Loyola Marymount

University—a private Jesuit and Marymount research university in Los Angeles, California—created an initiative to award two dollars off library fines to participants of the campus blood drive (Goodson et al. 2019).

A 2022 study at Texas Woman’s University (TWU) exploring students’ barriers to accessing on-campus food pantries found that almost half (47.8 percent) of the TWU students surveyed were unaware that on-campus pantries existed at that institution. More than one in four TWU respondents believed there were barriers to accessing the pantries, with time constraints, lack of transportation, limited food pantry hours, and social stigma most commonly cited as major barriers to access. The study suggested TWU campus food pantries could address major barriers by offering after-hours access through the libraries or campus police, partnering with public transportation, and normalizing access of food assistance among students (Brito-Silva et al. 2022).

Having food pantries in libraries makes sense at the Fort Hays State University (FHSU) campus in Hays, Kansas. The library’s proximity to the campus quad and residence halls, and the fact that students frequently spend time in those locations, make the presence of the library’s food pantries there ideal. Located on the first floor of Forsyth Library at FHSU, the pantry stocks free provisions, including produce from a “university garden, and donations from faculty, students, and local businesses” (Udell 2019). Library staffers guide students to the pantry and ensure the area stays stocked and organized.

Another food delivery model that libraries have implemented is offering pre-assembled bags of food. Instead of a following a client-choice model, the campus pantry at the Mason Library of Keene State College in New Hampshire offers bags of food that students can claim at the circulation desk. That program stemmed from the limited hours of the campus pantry. Library Dean Celia Rabinowitz states, “the [library] was the first [solution] they thought of because we have such extended hours . . . We’re open a lot, particularly during the academic year. We’re open seven days a week, we’re open late at night” (Udell 2019). From the circulation desk, students can claim their pre-assembled bags after showing their student ID. Rabinowitz says the system offers students privacy because it verifies that they attend the school without recording their names as food assistance recipients.

In interviews with 30 students at a large US university, Fortin, Harvey, and Swearingen White found that students’ perception that their peers need food more than they do is a barrier to pantry access for some (2021). Other barriers they identified were a lack of cooking and food storage facilities, social stigma around seeking food assistance, limited hours of pantry operation, and a lack of information about food-support offerings. The same students described missing meals; suffering negative effects on physical, mental, and academic well-being; and utilizing coping mechanisms to rationalize or tolerate a lack of food.

### **Community Profile (University of Maryland, Baltimore County) and Campus Food Pantry Use**

The University of Maryland, Baltimore County (UMBC) sits roughly eight miles southwest of downtown Baltimore and about 34 miles northeast of Washington, DC. In the fall of 2021, UMBC had approximately 13,600 undergraduate and graduate students enrolled full- or part-time. Most of its student body hails from Maryland, but UMBC does have many students enrolled from neighboring states and around the world. For the fall 2021 semester, UMBC had more international students enrolled than out-of-state, domestic students. That information, coupled with the fact that 25 percent of the graduating class of 2020 was from outside the United States, signals

that international students make up a considerable portion of the university's overall student population.

Retriever Essentials is UMBC's food-access initiative; its stated mission is "to develop a comprehensive program of resources which immediately eliminates the burden of food insecurity for UMBC members and connects them to ongoing support networks, in order to enhance their academic retention and career success" (UMBC n.d.-b). Retriever Essentials has surveyed and interviewed UMBC students, staff, and faculty regarding food insecurity on campus. In their 2019–2020 survey of 260 UMBC students, 24 percent stated that they did not have enough to eat at some time in the past 12 months, 38 percent described not having adequate nutrition during winter or summer breaks in the past year, and 43 percent indicated that their academic performance had been negatively affected in the past 12 months by a lack of food. In follow-up interviews, participants provided additional detail to their experiences with food insecurity, such as graduate student stipends that go primarily towards rent, leaving little left over for food, or the obstacles international students face to obtaining culturally relevant foods near campus or transportation to grocery stores.

Since its inception in 2018, Retriever Essentials has distributed over 57,000 pounds of food, and 1,300 meal swipes to UMBC students, staff, and faculty. The pantry serves many international and graduate students, with these populations collectively comprising nearly two-thirds of Retriever Essentials' users. The program continues to expand its impact and reach by destigmatizing the process of receiving free food and making its resources more accessible. In 2022, the program's most impactful year to date, it distributed over seven times the amount of food distributed in 2019, its second most impactful year. Retriever Essentials' growth can be partly attributed to its on-campus partnerships, including the campus library and its mini pantry.

## **Methodology**

Launched in May 2022, the UMBC library's mini pantry differs from existing campus pantries in the following ways:

- Open twenty-four hours a day
- Freely available food
- Unrestricted access to the location by students, staff, and faculty
- Strives to stock culturally diverse foods
- Stocks convenient foods and snacks
- Stocked and managed by the well-staffed and structured Retriever Essentials

Prior to the initiative's launch, the authors evaluated the literature to determine best practices for implementing a new pantry. Potential partnerships were identified to support the new location based on specific interests and shared goals. To determine the precise site of the mini pantry, the authors collected feedback from stakeholders in the form of a pantry intake form, as well as interviews with library staff. The location for the mini pantry was selected based on a situational assessment of strengths and weaknesses of various models that the main campus food pantry already employed. The authors then created a marketing and outreach plan, implemented the mini pantry, and began collecting data on the weight of food stocked by the pantry manager and volunteers.

### ***Identifying Campus Partnerships***

In Retriever Essentials' interviews with pantry users, respondents expressed

that providing different pickup points across campus and maintaining users' confidentiality improved their experience with the organization. Therefore, adding additional locations available twenty-four hours a day for confidential pickups was crucial to effective expansion. That pointed to two on-campus location options for the program: the campus police station and the library. The campus police station already housed a mini pantry for Retriever Essentials; however, it experiences very little traffic compared to other food pantry distribution locations on campus. On the other hand, the library is centrally located and more heavily trafficked, and it is a facility to which students naturally gravitate and feel comfortable.

Identifying and soliciting library partnerships were essential in establishing a food pantry in the library. Three in-house groups were quickly identified to help establish the library food pantry: library administration, Health Literacy Working Group (HLWG), and the Library Assembly committee.

Library administration consists of the director, associate directors, and building manager. The building manager was contacted and invited to participate. He supported having a pantry in the library and subsequently participated in the ongoing conversations and improvements.

The Health Literacy Working Group (HLWG) was created to improve the health of library employees and patrons by making health information easy to understand, access, and use. The working group dedicated the theme of its spring 2022 initiatives to on-campus food insecurity. Initiatives included a speaker series, an online newsletter, and collaboration with the campus University Health Services.

Library Assembly is an in-house committee that establishes and maintains effective communication among all library staff. Retriever Essentials and the chair of the HLWG gave a presentation to enlighten library staff about food insecurity on campus.

These three groups worked together to locate and establish a Retriever Essentials pantry presence in the library.

### *Identifying the Best Model*

Various food pantry models already exist and are implemented in academic libraries across the country. Libraries, however, need to identify the best model for their population because "library food pantries are not one-size-fits-all" (Wood 2020).

Retriever Essentials currently employs three food delivery models on campus: food zones, mini pantries, and the main campus pantry.

- A food zone is a site offering free, pre-assembled, and nutritionally balanced bags of non-perishable food and toiletries.
- A mini pantry is a bookcase from which individuals can take what they want of the available inventory. These are available twenty-four hours a day, seven days a week, and have a smaller selection of non-perishable items and toiletries than the primary campus pantry.
- The main campus pantry is open approximately twenty-four hours per week and includes perishable items and baby supplies, in addition to a broader inventory of food and other offerings.

When considering the best food delivery model selection for the library, its decision makers primarily considered how visitors currently use the location. Open twenty-four hours a day, the library provides a space where students can remain studying for many consecutive hours, especially during exam periods. However, this space is also used by students who do not have consistent or adequate shelter; students have often been observed using this area as a safe

place to sleep. To best provide for these two main types of users and address safety and staffing issues, the authors determined that the best food delivery option for the location was a mini pantry instead of a food zone.

The library-located mini pantry would not be maintained or staffed by library employees but stocked weekly by Retriever Essentials employees and volunteers. The mini pantry would be primarily stocked with individually wrapped snacks that could be consumed onsite and meals that come in microwaveable containers such as soups and macaroni and cheese. Additionally, the pantry would be stocked with a small selection of miscellaneous pantry items like canned fruit, tuna, and vegetables for library visitors to take home with them if they need groceries outside of the main campus pantry's hours of operation. The library does not have a microwave available for public use because the in-house cafe did not want to compete with the option of microwavable items nearby. Instead, the authors supplied the mini pantry space with information on where users can find microwaves for public use on campus (figure 3). It should be noted that the library's current policy allows for food and beverages with lids.

As with all of Retriever Essentials' food distribution points, there is no requirement to prove need or provide personal information. In addition, the organization avoids the use of poverty-evoking language such as "food insecurity" and "hunger" in its marketing to the campus community, instead positioning itself as a community resource which all are invited to partake and engage in reciprocally. This is an intentional choice meant to de-stigmatize receiving food aid.

### ***Identifying an Appropriate Location***

The group identified a few key must-haves for the ideal space for the mini pantry within the library. Requirements included the following:

- Visibility to combat stigma around food insecurity
- Accessible twenty-four hours a day
- Space large enough to accommodate a pantry

The initial thought was to place the pantry in the library's atrium because the space is highly visible and has ample traffic flow. However, employees were concerned that the presence of people attending library-hosted events in that space throughout the academic year might hinder students' willingness to seek food there. Further, the atrium currently has a Retriever Essentials food donation bin used to receive canned and/or shelf-stable food, which could lead to confusion over where to donate food versus where to retrieve food resources.

The library's Retriever Learning Center (RLC), a collaborative learning space open twenty-four hours a day, seven days a week that students access by swiping their ID cards was an immediate contender to house the pantry. The RLC is a well-known study location on campus and is heavily frequented year-round, especially during peak times around midterms and finals. For instance, between May 6 and June 22 of 2022, just over 7,100 people visited the RLC. The space is also largely considered a safe environment in which to unwind and has vending machines with amenities like snacks, beverages, general wellness items, and school supplies.

Within the RLC, a few specific location options were identified for the pantry. One option was to place the pantry next to the vending machines. This idea would allow food items to be housed in one centralized location of the RLC. Another suggestion was to house the pantry in the RLC's outer entryway. Though its placement would mean not having to enter the RLC fully, the authors concluded that this idea might leave students feeling that their





Figure 1. The mini pantry in the Retriever Learning Center at Albin O. Kuhn Library displays a variety of ready-to-consume breakfast or snack items and groceries. (Photo by Jasmine Shumaker, UMBC.)

food insecurity was something to be ashamed of and hidden from their peers. Instead, more visible placement just inside the RLC, adjacent to the vending machines was selected to help normalize the act of accessing the mini pantry.



Figure 2. The mini pantry in the Retriever Learning Center at the library showing primarily ready-to-eat convenience foods. (Photo by Jasmine Shumaker, UMBC.)



## Promotion and Marketing

A tactical approach needed to be planned to get the word out about the new mini pantry in the library's RLC, especially with the pantry being installed near the end of the semester. There was a limited time frame for on-campus promotion before many students left campus for the summer.

One team member, serving on a committee with a few Student Government Association (SGA) members, leveraged these relationships to market the new mini pantry. SGA members happily agreed to spread the word to their campus networks and offered to promote it on their personal social media accounts as well.

Next on the docket was promoting the mini pantry to the graduate student population. It was vital that the marketing target this group directly because, as previously noted, graduate students are likely to experience food insecurity and tend to be the most active users of Retriever Essentials resources. Graduate Student Association (GSA) contacts were identified and contacted, resulting in a similar successful outcome as with the SGA.

Aside from marketing directly to student groups on campus, informing Library colleagues of this new initiative was important. The authors presented information regarding the new mini pantry at Library Assembly, a bi-monthly meeting wherein all library staff and faculty members get updates on building projects, administration, and other library news.

The library's Health Literacy Working Group (HLWG) coordinated with the library's web team to promote the pantry via the library's digital signage; they also worked with the University Health Services to promote the pantry. The chair of the HLWG, along with the coordinator of the Retriever Essentials, delivered two presentations to library employees on food insecurity on campus and individual and collective ways to help.



Figure 3. Signage and flyers posted at the mini pantry.

## Results

### Mini Pantry Statistics and Use

From its inception in early May 2022 through mid-August 2022, the library's mini pantry has distributed over one thousand pounds of snacks, convenience meals, and groceries: 384 in May, 326 in June, 163 in July, and 283 in August. While precise inventory is not tracked, staff and volunteers who stock the mini pantry anecdotally report that the most popular items are those that can be consumed in the library and that do not require microwaving or other preparation. Such items include soups in microwaveable containers, fruit cups, and granola bars. Available inventory varies and is based on donations.

## Discussion

Food insecurity can potentially harm college students' ability to achieve their educational and professional goals. Stress and food insecurity contribute to

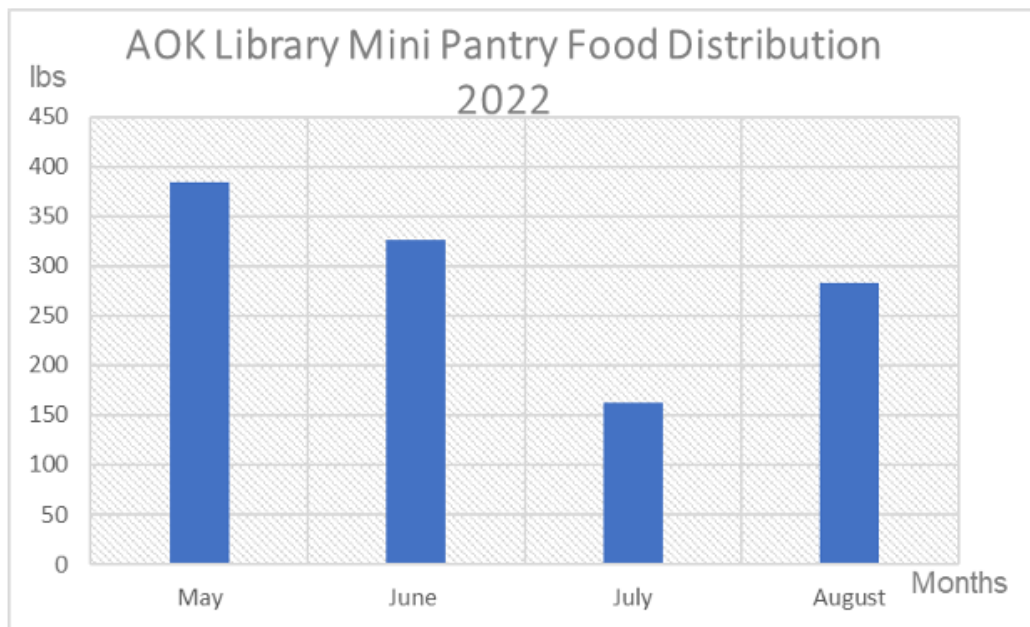


Figure 4. Pounds of food per month distributed through the mini pantry

lower GPA, class participation, class attendance, and completion rates, as well as poorer health outcomes compared to their food-secure peers (Kendrick et al. 2022). Universities have responded to these needs on their campuses with brick-and-mortar food pantries. Several hundred campuses in the United States now have food pantries and other programs that employ a range of delivery methods (Cady and White 2018).

As with all of Retriever Essentials' food distribution points, there is no requirement to prove need or provide personal information. Combined with intentional choices about word choice in outreach materials and presentations, these strategies have been suggested as ways to de-stigmatize receiving food aid and to encourage broad use of the services (Conrad et al. 2022).

Even though library staff do not participate in stocking the mini pantry, they contribute in other ways. Staff are trained in customer service and information literacy and are well-equipped to answer questions about the mini pantry. To date, staff have received no fewer than three workshops dedicated to college students' food insecurity and the launch of the library's mini pantry.

Early experience with the mini pantry highlighted some unexpected disadvantages with the location and approach. RLC is unstaffed and therefore has issues with safety and occasional vandalism. Determining safety measures without deterring users from utilizing the service was challenging. Another notable issue is measurement of the service. Current statistics to assess users' demographics and food preferences come from the main pantry on campus, not the library mini pantry. Accurate statistics on user demographics specific to the library mini pantry are currently unavailable, making it challenging to stock the resource with desirable and culturally inclusive foods.

Additionally, a more detailed inventory method is needed, specifically to track which items are being taken and how quickly, in order to accurately gauge how often to restock the mini pantry. The pantry is currently restocked weekly during the normal academic calendar. A method to ascertain the demographics of users of the library's mini pantry is also needed to better understand how to best target marketing to those in need. Currently, the main campus pantry is in the process of researching the effects of its presence on student retention and success. The mini pantry hopes to replicate this study. The tremendous

success of the first few months of the library's mini pantry is only the beginning of endeavors to address food insecurity at UMBC. The authors will install a digital monitor near the mini pantry that displays general information on useful resources such as SNAP.

The library is also working with Retriever Essentials to revamp the current food donation box in the library's atrium, hopefully leading to more donations from those visiting or employed by the library. Once this occurs, a food drive will be held during future academic semesters to supply the campus pantries.

Another idea in development is a free, weekly fresh-food market as a collaboration between the library and Retriever Essentials. It would be located in front of the library and display literature on the new mini pantry. Advantages of establishing a free, fresh-food market in front of the library mirror those for locating the mini pantry in the library. One goal of the fresh-food market is to generate interest in workshops within the library about SNAP benefits. A two-part series of SNAP workshops would include an online informational and question-and-answer session, followed by in-person office hours staffed by experts from the state's food bank organization.

### ***Limitations/Strengths***

Like all research studies, this study had limitations that had an impact on the results and conclusion. This study was limited in its ability to obtain demographic information from users due to the design of the pantry, which was unstaffed and provided convenient food access. This study may not be replicable at other institutions because of the very specific context of the project. Additionally, the decision-making process was based on a review of the literature and conversations with stakeholders; it did not involve rigorous analysis of surveys or interview transcripts. Future recommended studies should include longitudinal information about the impact of library-based food access programs on students' academic, physical, and emotional health.

However, this case study is thorough and explores all aspects of the authors' decision-making process. The researchers were strategic and intentional with project leaders. The data collected were simple to obtain (pounds of food) and is a standard measure for food pantries. The authors recognize the initiative is timely and current. In addition, this case study provides useful information to a wide and cross-disciplinary audience. This study provides insight for future projects, initiatives, and scholarship. Finally, the authors' work identifies the intersection between phenomenon (food insecurity), physical environment, students, and multiple barriers to food access.

### ***Tips for Getting Started***

The process of starting a new pantry in a library can be daunting. Tips to get others started are shown in table 1.

### **Conclusion**

In choosing to create a mini pantry, the library intended to be more accessible to the diverse population outlined in the university profile. The library as a mini pantry location—in a visible and high-traffic area on campus—serves a dual purpose of de-stigmatizing interactions between students and Retriever Essentials, and in meeting students where they are. This provides students with a stepping stone to welcome them to the pantry and to introduce other resources.

Moving forward, an evaluation of this mini pantry location will be conducted to learn which foods students most value at this location; how effective the mini pantry and main campus pantry are, together, in relieving the burden of food

Tip for getting started	Examples
Profile your community	Student enrollment and demographics Profile school employees
Research other libraries' programs	Service models Locations Outreach strategies
Build partnerships	On-campus food pantry Health services Dining services Diversity, Equity, and Inclusion organizations Student affairs
Build support & buy-in	Library & campus administration Library employees Student government bodies Confirm with your governing authority that your plan meets building and zoning codes
Choose a service model	Rely on community donations Stocked by library staff or outside partner such as a food pantry, nonprofit, or school
Determine site logistics	Refrigeration Microwave Hot water kettle
Select acceptable inventory	Non-perishable food only Culturally relevant foods Gluten-free, vegetarian, and other dietarily-inclusive foods Produce Toiletry products
Create promotion plan	Syllabus statements Marketing, newsletters, social media Outreach through other departments such as Student Affairs

Table 1. Tips and examples for getting started

insecurity among UMBC's student population; and whether the mini pantry is successful in lowering the barrier of stigma to campus food-pantry access.

This initiative acknowledges and promotes the concept that for students to be successful, they need to be nourished in body and mind. Attending college, pursuing extracurricular activities, and participating in internships foster academic success. A student cannot achieve academic success without a nurtured body.

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