

## SOME DEFINITIONS

Food access:

access by individuals to adequate resources for acquiring appropriate foods for a nutritious diet

Food sovereignty:

the right of peoples to healthy and culturally appropriate

food produced through ecologically sound and sustainable methods (and their right to define their own food and agriculture systems)

Food insecurity:

"...the limited or uncertain availability of nutritionally adequate and safe foods, or the ability to acquire such foods in a socially acceptable manner" (Anderson, 1990)

Hunger:

"an individual-level psychological condition that may result from food insecurity" (USDA, 2016)

## LOCAL ORGANIZATIONS

Amherst Survival Center

(413)549-3968

138 Sunderland Road, Amherst, MA 01002

Free community meals, drop-in health and dental clinic, free

community store for clothing, food pantry

Not Bread Alone

(413)256-0128

165 Main Street, Amherst, MA 01002

Craig's Doors

(413)256-0704

434 N Pleasant Street, Amherst, MA 01002

Emergency shelter from November 1<sup>st</sup> through April 30<sup>th</sup>

Food Bank of Western Massachusetts

(413)247-9738

97 N Hatfield Road, Hatfield, MA 01038

Supplemental Nutrition Assistance Program (SNAP) enrollment

(Clark & Harris, 2015)

buy more didn't last and they didn't have money to

21% of undergrads (21% of grad students) said they food they bought

because they didn't have enough money to buy food

23% of undergrads (26% of grad students) cut or skipped a meal

"sometimes" during the academic year

they experienced financial stress "often" or

72% of undergrads and 78% of graduate students reported that

AT UMASS...

- Paper Towels (Single Roll)
- Pads & Tampons
- Lip Balm
- Hand Soap
- Hand Sanitizer

- Facial Tissue
- Disinfecting Wipes
- Dish Soap and Sponges
- Diaper Rash Cream

- Deodorant
- Dental Floss
- Body Wash
- Body Lotion

- Shampoo & Conditioner
- Shaving Cream/Gel
- Toilet Paper
- Toothbrush & Toothpaste

- Baby Wipes
- Band-Aids
- Bar Soap

Supply Closet Items

Student Veterans Resource Center

Off Campus Student Center

CMASS

Dean of Students Office in Whitmore 227

Available at multiple locations:

Student Care Supply Closets