The first Utah Higher Education Food Summit (UHEFS) took place at Salt Lake Community College’s Miller Campus in September 2016. Summit organizers were part of a group of university faculty, staff, and administrators, along with community partner organizations, hoping to increase collaboration in the fight against food waste and student hunger. The UHEFS brings together people working on campus food pantries and farmers’ markets, food recovery, gardening, food reclamation and redistribution, gleaning, composting, nutrition, food assistance, and a host of other topics connected to food insecurity. Currently, the main audience for UHEFS is campus-connected individuals, but community organizations are always welcome to participate, as we recognize the food systems we’re all part of.

2019 planning committee & consultants

Nelda Ault-Dyslin, USU Center for Community Engagement
Michael Braak, SLCC Thayne Center for Service & Learning
Pam Branin, SUU Community Engagement Center
Sakia Brost, USUSA College of Agriculture Senator
Shannon Jones, University of Utah Center for Community Nutrition
Heidi LeBlanc, USU Hunger Solutions Institute
Brhianna Malcolm, USU Center for Community Engagement
Rickelle Richards, BYU Department of Nutrition, Dietetics, & Food Science
Mateja Savoie-Roskos, USU Hunger Solutions Institute
Ashley Sullivan, USU Hunger Solutions Institute
Rebecca Van Maren, SLCC Thayne Center for Service & Learning
James Wirth, Utah Food Corps VISTA
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00-10:30am</td>
<td>Check in</td>
<td>TSC Lounges</td>
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<tr>
<td>10:30-11:10am</td>
<td>Welcome</td>
<td>TSC Ballroom</td>
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<td></td>
<td>Opening Remarks by Dr. Eric Olsen, Associate VP for Student Affairs</td>
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<tr>
<td></td>
<td>Food Security 101 Trivia Showdown</td>
<td>How well do you know your food security facts? Have a smartphone handy to play our Kahoot game and maybe win a prize.</td>
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<tr>
<td>11:15-12:40pm</td>
<td>Idea Expo Presenters:</td>
<td>TSC Lounges</td>
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<td></td>
<td>Kara Bachman &amp; Amria Farnsworth, “Gleaning &amp; Fruit Preservation in Cache Valley”</td>
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<td>USU Extension Food Sense -- SNAP Education, Salt Lake County, Tooele County</td>
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<td>Jack Greene, “Food Choices Impact Our Climate”</td>
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<td>SLCC Campus Gardens &amp; SLCC Bruin Pantry</td>
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<td>Randy Williams, “Food Storage Today: A Performance of Mormon Worldview”</td>
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<td>Compost Cache Valley LLC</td>
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<td>USU Student Organic Farm</td>
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<td>Porter Ellis, Maddy Larson, Carson Haws, Thomas Baskin, “Food Insecurity, Food Waste, and the Relationship They Share: An Examination of Hunger in Logan, Utah”</td>
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<td>Madison Behrend, Thomas Bradshaw, Riley Conover, Suzie Rhodes, “GMO: The Good, the Bad and the Modified”</td>
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<td>Tanner Pruett, Austin Scroggin, Bailey Hughlett, Miranda Cundick, “Does Information Influence Donation?”</td>
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<tr>
<td>12:45-1:45pm</td>
<td>Lunch</td>
<td>TSC Ballroom</td>
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<td>2:00-3:00pm</td>
<td>Breakout Sessions</td>
<td>TSC Center Colony</td>
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<td>Food Security Messaging: The Beginnings of a Style Guide</td>
<td>TSC 336 Senate Chambers</td>
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<td>Resources for Success -- Beyond the Bread</td>
<td>TSC 335</td>
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<td>Taming the Information Overload</td>
<td>TSC East Colony</td>
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<tr>
<td>3:15-4:00pm</td>
<td>Keynote Speaker: Marti Woolford</td>
<td>TSC Ballroom</td>
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<tr>
<td>4:00-5:00pm</td>
<td>Optional Tours (sign up at the check in table)</td>
<td>Various locations</td>
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We noticed in past summits that many of the same statistics and definitions were being repeated in each session and every presentation, so to expedite the sharing of that information, we created a Kahoot! game to get everyone on the same page. Kahoot! is played using smart phones in a large group. It creates a fun, competitive atmosphere where audience members can learn facts while they play.

We're new at Kahooting, so if you’re planning to use this method, cut back on the number of questions you use! You can access the Kahoot! and see the answer options at this link: https://tinyurl.com/tuv6cph

1. Food security means access by all people at all times to enough food for a(n) ________ life.
2. Food security is a ________-level economic and social condition of limited or uncertain access to adequate food.
3. High food security is defined as...
4. Marginal food security is defined as...
5. Low food security is defined as...
6. Very low food security is defined as...
7. Hunger is an individual-level ________ condition that may result from food insecurity.
8. ___% of students are food insecure.
9. Food insecurity is correlated to ___ grades in college.
10. The level of academic effort is ___ for food insecure students vs. food secure students.
11. ___% of students report not wanting to be served by their peers at a pantry.
12. ___% of students with meal plans and ___% of students with on-campus housing report food insecurity.
13. T/F Food insecurity disproportionately affects marginalized student demographics.
14. T/F Food insecurity disproportionately affects 2-year vs. 4-year institutions.
15. T/F Food insecurity disproportionately affects community colleges vs. universities.
16. T/F Food insecurity disproportionately affects Pell Grant recipients.
17. T/F Food insecurity disproportionately affects students with dependents.
18. T/F Food insecurity disproportionately affects full-time workers going to college vs. part-time workers.
19. Among students who reported receiving D’s and F’s, more than ___% were food insecure and ___% reported very low food security.
20. Among students affected by food insecurity, ___% report not being able to afford a required textbook.
21. How many registered chapters of the Food Recovery Network are on college campuses in Utah?
22. T/F There is a higher cost associated with improvements to diet quality.
23. ___% of food assistance in Utah is covered by food pantries and charities.
24. 1 in ___ adults and 1 in ___ children in Utah are unsure of where their next meal will come from.
25. Upwards of ___% of canned goods from food banks goes unused.
26. Among students affected by food insecurity, ___% report missing a class as a direct consequence of their food insecurity.
27. ___ colleges and universities in the US operate food pantries.
28. What is an excellent source of peer reviewed research on campus food security?
Idea Expo presentations

This year’s summit featured an Idea Expo instead of traditional Powerpoint presentations. Booths and posters were set up with a small semi-circle of chairs to encourage conversations, troubleshooting, and networking. Photo credit: Liz Sodja

Poster: Gleaning & Fruit Preservation in Cache Valley
Presenters: Kara Bachman & Amria Farnsworth
Description: As the Food Intern in the Student Sustainability Office, Kara is working with others to create a USU Gleaning Team: a group of volunteers ready to harvest fruit in the community which would otherwise go to waste. The fruit preservation is guided by Carrie Durward and the work is headed by the Food Preservation & Hunger Intern, Amria Farnsworth. This food is being canned and dehydrated to donate to food pantries in Cache Valley. This poster will highlight how we have started this program, what has gone well, and how we can improve. We are looking forward to picking more fruit and reducing food waste in Cache Valley throughout this season. As of August 29, 2019 we have picked 4,657 lbs and are planning to glean and preserve fruit until the season is over.
Contact: karabachman2@gmail.com

Booth: USU Extension: Food Sense - SNAP Ed
Presenter: Laura Johnson
Description: We will talk about what FOOD SENSE does and the main goals of the program. We also provide information about the different curriculums we have and the different languages we offer.
Contact: laura.johnson@usu.edu

Booth: USU Extension: Food Sense - Salt Lake County
Presenters: Melanie Jewkes, Laura Streeter, Kaitlin Waters, Brooke Maruyama
Description: Learn how USU Extension's Food Sense program is addressing obesity and chronic disease prevention through nutrition, cooking and physical activity education among limited-income and diverse populations in Salt Lake County. Classes include refugee and immigrant populations, youth afterschool programs, family-style classes and more! Food Sense work also includes food pantries and community gardens. Booth will include handouts and recipes to help you in the kitchen.
Contact: melanie.jewkes@usu.edu
Idea Expo presentations

Booth: Food Choices Impact Our Climate
Presenter: Jack Greene
Description: Graphics and game relating food choices to our climate.
Contact: jackisgreene@yahoo.com

Booth: USU Extension: Food $ense - Tooele County
Presenters: Darlene Christensen, Sarah Patino
Description: Low income youth container gardening, recipes in a bag to low income families and the development of a new gleaning club will be shared.
Contact: darlene.christensen@usu.edu

Booth: SLCC Bruin Pantries & Campus Gardens
Presenters: Max Corwin, Gabby Battaglia, Michael Braak
Description: The Bruin Pantries at Salt Lake Community College are a network of four pantries that provide food, personal hygiene items, and resource referrals to students, staff and faculty at SLCC, no questions asked. The four campus gardens at SLCC offer plots that students, faculty, staff, and campus organizations can rent for the growing season. The gardens also grow food for the Bruin Pantries and offer a variety of volunteer opportunities for those that don’t want their own plot.
Contact: gabriella.battaglia@slcc.edu

Booth: Compost Cache Valley LLC
Presenter: Anthony Whaley
Description: Compost Cache Valley LLC aims to reduce our community’s environmental impact by diverting food waste from landfills where organic waste decomposes to methane - a greenhouse gas about 28 times stronger than carbon dioxide. To reduce our impact and return carbon and essential nutrients to our soils, we make composting the organic waste easy by offering residential and commercial curbside collection, holding educational workshops, and providing household and commercial consultations.
Contact: anthony@compostcachevalley.com

Booth: USU Food Security Programs in the Center for Community Engagement
Presenter: Dawson Croxall
Description: This booth features the Student Nutrition Access Center (SNAC), the Food Recovery Network, the Campus Kitchen, and the food security-themed Alternative Break class, which are all student-directed programs. The CCE also hosted a food security-themed first-year student experience called Community Connections that introduced incoming students to local nonprofits and campus services.
Contact: nelda.ault@usu.edu

Booth: USU Student Organic Farm
Presenters: Sam Fitch, Josh Martin
Description: The students will provide information on the USU Student Organic Farm including, who we are, what we do and how to sign up and get involved.
Contact: jennifer.reeve@usu.edu
Poster: Does Information Influence Donation?
**Presenters:** Tanner Pruett, Austin Scroggins, Bailey Hughlett, Miranda Cundick
**Description:** In this focused study, participants were given an opportunity to donate to a local food drive. At one door, visitors to the store were offered information on the purpose of the food drive and the need for donation. At another door, visitors saw the booth but were given no pamphlet or verbal information. Food donation was notably higher among visitors receiving the pamphlet.
**Contact:** rebecca.charlton@usu.edu

Poster: GMO: The Good, the Bad and the Modified
**Presenters:** Madison Behrend, Thomas Bradshaw, Riley Conover, Suzie Rhodes
**Description:** GMOs have entered the realm of public discussion. With myths and facts colliding, the average person can be easily confused about what the best choice for food may be. Hunger advocates are concerned that too much misinformation could limit farming practices that help feed a growing population. In this survey, we explore current attitudes toward GMOs and whether these attitudes can be influenced through the presentation of accurate information.
**Contact:** rebecca.charlton@usu.edu

Booth: Food Storage Today: A Performance of Mormon Worldview
**Presenter:** Randy Williams
**Description:** Foodways are a conduit of culture used to teach and perpetuate group identity and values. Foodways are often used to express a group’s collectively held beliefs. For many members of the Church of Jesus Christ of Latter-day Saints, the belief in and practice of food storage conceptualizes their millennial worldview. With a longtime aim for self-reliance, today this practice includes concepts of farm-to-table, locavore, and sustainable food systems movements.
**Contact:** randy.williams@usu.edu

Booth: USU Teaching & Learning Technologies Office
**Presenter:** Robby Sproul
**Description:** Learn how virtual reality experiences can teach audiences about hunger. The UN World Food Programme creates VR films that walk participants through crisis situations throughout the world. Try out some goggles and learn more at http://unvr.sdgactioncampaign.org/vr-films/#.Xfv6zxdKhVo
**Contact:** robbysproul@usu.edu

Booth: USU Hunger Institute & Farmers Market Promotion Program Grant Project
**Presenters:** LaCee Jimenez, Hiram Wigant, Ashley Sullivan, Morgan Kelley
**Description:** We'll discuss how the USU Create Better Health (SNAP-Ed) program and USU faculty are working on a USDA Farmers Market Promotion Program Grant project. This project is meant to increase food access to local produce through improved marketing of farmers markets to low-income and minority audiences. It also supports farmers market managers and improves market capacity to accept SNAP. The Hunger Institute is a collaborative effort focused on solving hunger through research, education, and programming.
**Contact:** lacee.jimenez@usu.edu

Poster: Food Insecurity, Food Waste, & the Relationship They Share: An Examination of Hunger in Logan, Utah
**Presenters:** Porter Ellis, Maddy Larson, Carson Haws, Thomas Baskin
**Description:** Americans waste 150,000 pounds of food per day. Local organizations including the Cache Community Food Pantry, USU SNAC and the Bishop's Storehouse seek to reclaim this food by accepting fruits, vegetables and baked bread as donations, but the public remains largely uninformed about perishable food donations. This survey revealed that up to 50% of Cache residents are unaware of perishable food donations and would benefit from further education about how to connect potentially wasted foods with food service organizations.
**Contact:** rebecca.charlton@usu.edu
Marti Woolford has worked in the nonprofit sector for over 20 years. While a housing case manager at The Road Home she saw first-hand how living in poverty severely affects people, especially their mental and physical health. Marti made the decision to go back to school to explore this connection. While in grad school she began researching food insecurity and its effects on a person’s health. After grad school Marti worked for Utahns Against Hunger where she did food stamp outreach and child nutrition advocacy. While at UAH, she started the Utah Breakfast Expansion Team-- a coalition to increase school breakfast participation in Utah.

Currently, Marti is the Special Projects Coordinator at the Salt Lake County Mayor’s Office for New Americans. She helps lead the United for Citizenship initiative and Census 2020 outreach efforts.

Marti earned her B.S. in Behavioral Science and Health from the University of Utah and an M.S. in Health Promotion and Education from the University of Utah.

Marti lives in Salt Lake City with her wife, two dogs, and three chickens. When she is not working she is either making macramé or teaching others how to macramé.

A valuable takeaway from Marti’s speech? All of this food security work we’re doing is a long game, not a short one. It could take years to effect even a small change. She also emphasized the importance of paying attention to policies on state and federal levels that affect food access.

Food Security Messaging: The Beginnings of a Style Guide | After touring almost all of the campus food pantries at universities and colleges across Utah while making the short film “Beyond the Green Beans: A Snapshot of Utah’s Campus Food Pantries,” the USU Food Team noticed that each campus had a couple shared challenges across the board. Every campus pantry struggles with how to send out inclusive messages about their services so that every student on campus knows about the resource, but only students who need the resource actually show up. This workshop will serve to jumpstart a collaborative work that will help answer this question and become a resource for pantries far and wide. Presented by Nelda Ault-Dyslin (USU Community Service Coordinator) and James Wirth (Utah Food Corps VISTA)

Resources for Success-- Beyond the Bread | Conversations are taking place across our institutions that are acknowledging that students, faculty and staff are in need of more than just access to nutritious food. Come to this interactive discussion to learn more about what other institutions are doing, explore national examples, and take away ideas for moving this work forward. Presented by Rebecca Van Maren (Salt Lake Community College Community Partnerships Coordinator)

Taming the Information Overload | You’re in charge of a food program that meets student and community need, but do you know how to find academic research about your work? Do you need resources that can help you with survey or feedback design? Learn about methods for finding, assessing, and managing the most relevant high-quality information sources without getting inundated. Topics to be covered include: Choosing Where to Look, Searching Effectively and Efficiently, Automating Searches, Assessing Information for Quality and Relevance, and Managing What You Find. Participants are encouraged to bring questions about challenges they have had or are facing in finding and accessing information about food insecurity, campus pantries, student surveys, and to share what they have found useful. Presented by Sandra Weingart (USU Librarian)
How can we get our pantry’s message out to every student on our campus, but only have students who need our services come?

Here at the USU Student Nutrition Access Center (SNAC), we place a lot of value on our “no questions asked” policy because we’ve seen its power in reaching populations of students experiencing food insecurity. Along with that comes questions about whether we’re actually reaching the students most “in need” with our limited food supplies. We anticipate more questions along these lines as we seek institutional support for a heretofore student-led initiative. We believe that we can influence SNAC usage by the messages that we craft aimed at various audiences. To create these messages, we propose the development of a “style guide” that could be used throughout the campus pantry network.

Graphic designers use style guides when they’re handing off font, logo, and other branding elements to the amateurs who will be wielding these files in everyday usage. Not only do these style guides help keep the company operating within their brand, they also help maintain the message the company wants to convey. We see a style guide for campus pantries as a valuable resource, as many of us work with a revolving door of volunteers with various levels of training and orientation. Instead of showcasing a limited number of fonts and colors that represent the message, our style guide would contain word choices, catch phrases, and do’s and don’t’s of inclusive language that pantry staff and volunteers could use in promotional materials and in elevator pitches. It’s through this language that we can encourage students to access our resources when they need them or think twice before coming to grab something just because it’s free.

Workshop participants worked in small round robin groups to answer the following questions:

- What is the mission of your pantry/garden/services?
- What are words used to describe the food that you provide?
- What are examples of words/phrases that would motivate people to access your services or become a volunteer?
- What are examples of words/phrases that could discourage people from accessing your services?
- What barriers stand in the way of people accessing your services?
- Who uses your pantry/garden/services?
- Besides food, what do you want your patrons to walk away with? How do you want them to feel? What do you want them to do?
- How do people on the outside (not the leadership; e.g., your patrons, campus tour guides, campus media) describe your services?

We hope to present a draft style guide at the next Food Summit!
new statewide VISTA project: Utah Food Corps

The Utah Conservation Corps (UCC), based at the Utah State University Center for Community Engagement, has been awarded an AmeriCorps VISTA grant to address student hunger and food security on six higher education institution campuses throughout the state. The Utah Food Corps project places full-time AmeriCorps VISTA members over the next three years at Utah State University, Salt Lake Community College, Utah Valley University, Weber State University and Westminster College to build capacity and create long-term sustainability of current efforts to address student hunger and its root causes.

Questions about the Utah Food Corps and how your campus can get involved? Contact Sean Damitz (sean.damitz@usu.edu).

AmeriCorps Member of the Month award

Josh Martin first became involved in the USU Student Organic Farm in August 2018 and took on the role of farm production manager in January 2019. He is currently pursuing dual degrees in Land, Plant, and Climate Systems with an emphasis in Sustainable Food Production and Plant Science with an emphasis in Horticulture and Cropping Systems.

Josh has worked tirelessly to take the student farm to a new level this summer. In his role as farm production manager, he trains and manages four student interns as well as numerous volunteers. He oversees the implementation of the farm production plan and maintains detailed farm records for organic certification. He expanded the use of drip irrigation to the entire farm and took a central role in rebuilding the hoop houses. He is currently renovating the wildflower, raspberry and strawberry plantings. He also researched and expanded the farm’s collection of critical labor-saving small farm equipment.
What did you like most about the Food Summit?

...As a student, I liked the opportunity to collaborate with faculty and fellow students from both USU and other universities during the Ideo Expo. It was really valuable to have access to those kinds of conversations in a defined setting.

...The opportunity to talk with folks from dietetics to plant sciences about foodways--especially the cultural aspects of food.

...Getting to talk to others running campus food pantries.

What did you like least about the Food Summit?

...Need more attendees. It would be great to see more colleges represented.... Coordination among the universities seems like an important aspect of the summit goals.

...Needed more time for the Ideo Expo and possibly multiple breakout sessions (I wish I would have been able to attend more sessions).

...Trivia showdown/Idea Expo time frame was too long.

What would be the most valuable experience we could facilitate at the next Food Summit?

...Introduce a waste audit component--find out what you can personally do about your food waste.

...Have each school attending prepare something to share, have a larger selection of presenters at the Idea Expo.

...Maybe a “state of the union” for each director/coordinator or some sort of literature about the status of food programs at different locations.

...More breakout sessions, World Cafe-style conversations, make tours during the day rather than at the end.

...Tea + coffee.

...Potentially contact more professors to have their classes attend for extra credit. It would be nice to see upper leadership in attendance.
join us next year!

5th annual
Utah Higher Education Food Summit
Weber State University
Friday, September 25, 2020

Contact Anja Wutz (anjawutz@weber.edu) to be included on the mailing list

Thanks to all our partners!

USU College of Agriculture & Applied Sciences
USU Student Association
USU Hunger Solutions Institute
USU Department of Nutrition, Dietetics, & Food Sciences
USU Dining Services