

# HUNGRY TO LEARN

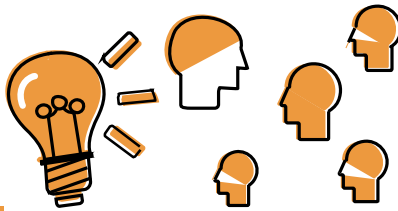
## BASIC NEEDS REFERRAL PROCESS - UNIVERSITY OF CALIFORNIA SANTA BARBARA

At UCSB, 48% of our undergraduate students and 31% of our graduate students face food insecurity, meaning that they do not have reliable access to a sufficient quantity of affordable, nutritious food. This can impair a student's physical & mental health, and academic performance. Students who are food insecure are also more likely to have a lower GPA. Listed below are numerous ways food insecurity may manifest in

students. Staff, faculty, and TAs are often the first to encounter a student who is in distress. If a student does not receive positive encouragement and support on their first request for support, they often will not make a second effort to request. UCSB operates on a "no wrong door" procedure where staff and faculty are equipped to welcome students and refer them to the most appropriate resources for their needs.

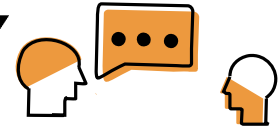


### INDICATIVE STUDENT BEHAVIORS



- Social withdrawal
- Change in hygiene or appearance
- Decline in academic performance
- Falling asleep in class
- Mention they need money for food, rent, or other expenses

### STAFF & FACULTY REACTIONS TO STUDENT BEHAVIORS



- Feeling alarmed or concerned for the student's wellbeing
- Feeling concerned or uncomfortable about the student's comments or behavior
- Feeling concerned about the student's ability to succeed in school

## HOW TO RESPOND TO A STUDENT IN NEED

### DO

- Speak with the student privately
- Let the student know that you think they should get assistance from other sources in addition to yourself
- Describe the behaviors that concern you to the student
- Show concern
- Assure them that many students seek help over the course of their college career
- Assist the student in choosing the best resource
- Try to help the student in knowing what to expect if they follow through with the referral
- Be frank with the student about the limits of your time, ability, expertise, and/or objectivity
- Keep in mind that the needs of each community member are different when it comes to accessing healthy, affordable, sustainable, and culturally appropriate foods.

### DON'T

- Assume the role of therapist/counselor
- Remain in a situation that feels unsafe
- Critique the student
- Ignore a feeling that something is not right
- Assume someone else has intervened with or helped the student

# RESOURCES

FOR STUDENTS WHO NEED DIRECT SERVICES

## FINANCIAL RESOURCES



**Office of Financial Aid and Scholarships** // Learn to navigate the financial aid process by reading the Financial Aid Matters Guide. Speak with a financial aid advisor at **(805) 893-2432**. Access the Guide: [tinyurl.com/financial-matters-guide](http://tinyurl.com/financial-matters-guide)

**EOP Resources** // Have unusual educationally-related expenses? Students of the Educational Opportunity Program have access to grants and other services. [eop.sa.ucsb.edu/services/grant](http://eop.sa.ucsb.edu/services/grant)

**Financial Crisis Response Team** // The FCRT assists students facing financial difficulty by connecting students to loans, grants, or housing resources. Contact: [financialcrisis@sa.ucsb.edu](mailto:financialcrisis@sa.ucsb.edu)

**AS Community Financial Fund** // Get financially fit with these Financial Literacy Workshops offered! Schedule available at: [cff.as.ucsb.edu](http://cff.as.ucsb.edu)

**Veterans Resources** // Top-notch customer service available to all veterans, service members, and their families during every step of their UCSB journey. [sa.ucsb.edu/veterans](http://sa.ucsb.edu/veterans)

## HEALTH & WELLNESS RESOURCES



**Counseling and Psychological Services (CAPS)** // CAPS can help students cope with psychological stress. Counseling can be particularly useful when academic difficulty is related to personal distress. For appointments, call **(805) 893-4411** or visit **Building 599**. More info: [caps.ca.ucsb.edu/services/overview](http://caps.ca.ucsb.edu/services/overview)

**UCSB Nutrition Counseling** // Students can attend nutrition counseling to receive diet counseling for long-term health, develop a positive body image, and other services. Free for students covered by Gaucho Health Insurance or Gaucho Access Plan. Appointments can be scheduled at: **(805) 893-3371** or by visiting [studenthealthoc.sa.ucsb.edu](http://studenthealthoc.sa.ucsb.edu)

## HOUSING RESOURCES



**Community Housing Office (CHO)** // CHO assists with housing placement, relocation, documentation, roommate dispute mediation and other critical issues. Visit: [housing.ucsb.edu/cho](http://housing.ucsb.edu/cho)

**SB Student Housing Cooperative** // Provides low rent co-op housing for student, staff, and faculty at UCSB [www.sbcoop.org](http://www.sbcoop.org)

**Isla Vista Tenants Union (IVTU)** // IVTU is a student-run service that provides guidance and advocacy for tenants' rights.: [ivtenantsunion.com](http://ivtenantsunion.com)

## FOOD ACCESS RESOURCES



**CalFresh** // CalFresh benefits as a free financial aid tool to eat healthy. Qualify for up to \$192 per month for groceries. [food.ucsb.edu/resources/financial/calfresh](http://food.ucsb.edu/resources/financial/calfresh)

**Peer Advisors** // Students can drop-in to talk with a peer advisor and learn about campus resources related to basic needs, such as food, housing, and financial resources. [food.ucsb.edu/resources/food-nutrition/peeradvisors](http://food.ucsb.edu/resources/food-nutrition/peeradvisors)

**AS Food Bank** // The A.S. Food Bank provides registered undergraduate and graduate students with fresh food, produce, and toiletries. They also operate mobile food distributions in the west campus neighborhood. [foodbank.as.ucsb.edu](http://foodbank.as.ucsb.edu)

**Food, Nutrition, and Basic Skills** // Learn to cook, eat well, and stay on budget through these free, hands-on workshops and food demonstrations. [food.ucsb.edu](http://food.ucsb.edu)

**Greenhouse and Garden Project** // GHGP provides a safe, educational space for students, faculty, and staff to grow their own food. [ghgpucsb@gmail.com](mailto:ghgpucsb@gmail.com)

**Bus Routes** // SB MTD Lines 11, 24x, 15x, and 28 run to Camino Real Marketplace where students can visit 5 local markets. Line 11 towards downtown also goes to Old Town Goleta where students can visit Santa Cruz Market or the Oriental Market. [www.sbmtd.gov](http://www.sbmtd.gov)

**Dining Commons** // Reach out to Residential Dining's Dietitian to address dietary concerns or special needs. Dining can also provide tips on how to make healthy choices in the dining commons. [dkemp@housing.ucsb.edu](mailto:dkemp@housing.ucsb.edu)

**Grocery/Meal Vouchers** // Students who are in need of a prepared meal may receive meal vouchers. **If staff need more to disperse, contact [financialcrisis@sa.ucsb.edu](mailto:financialcrisis@sa.ucsb.edu)**

**Swipe Out Hunger** // Students can apply to receive meal tickets to the Dining Commons through the Swipe Out Hunger Program. Learn more and apply at: [foodbank.as.ucsb.edu/meal-tickets-swipes-for-us](http://foodbank.as.ucsb.edu/meal-tickets-swipes-for-us)

### QUESTIONS?

Please Contact: Melissa Fontaine  
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