

## Introduction

The Covid-19 pandemic led to a 4.1% rise in food insecurity, and college students face a disproportionate risk of inadequate food access<sup>1</sup>. Meanwhile, ~40% of food in the United States is wasted at the production and consumer levels<sup>2</sup>.

- Campus Kitchen (CK) at the University of Kentucky
  - Mission: reduce food waste and improve food insecurity
  - Weekly shifts: 8 recovery, 2 food processing, 3 cooking, 6 meal delivery, 1 gardening
- CK's: Farm to Fork (F2F) Program
  - Serves healthy meals and provides educational resources to college students
- Education and programming target root causes of campus and community food waste.



## Purpose

- Compare CK operational data before and during the Covid-19 pandemic.
- Utilize survey research to assess food insecurity status of F2F attendees and evaluate effectiveness of program.

## Methods

Timeline: August-November 2019 and 2020

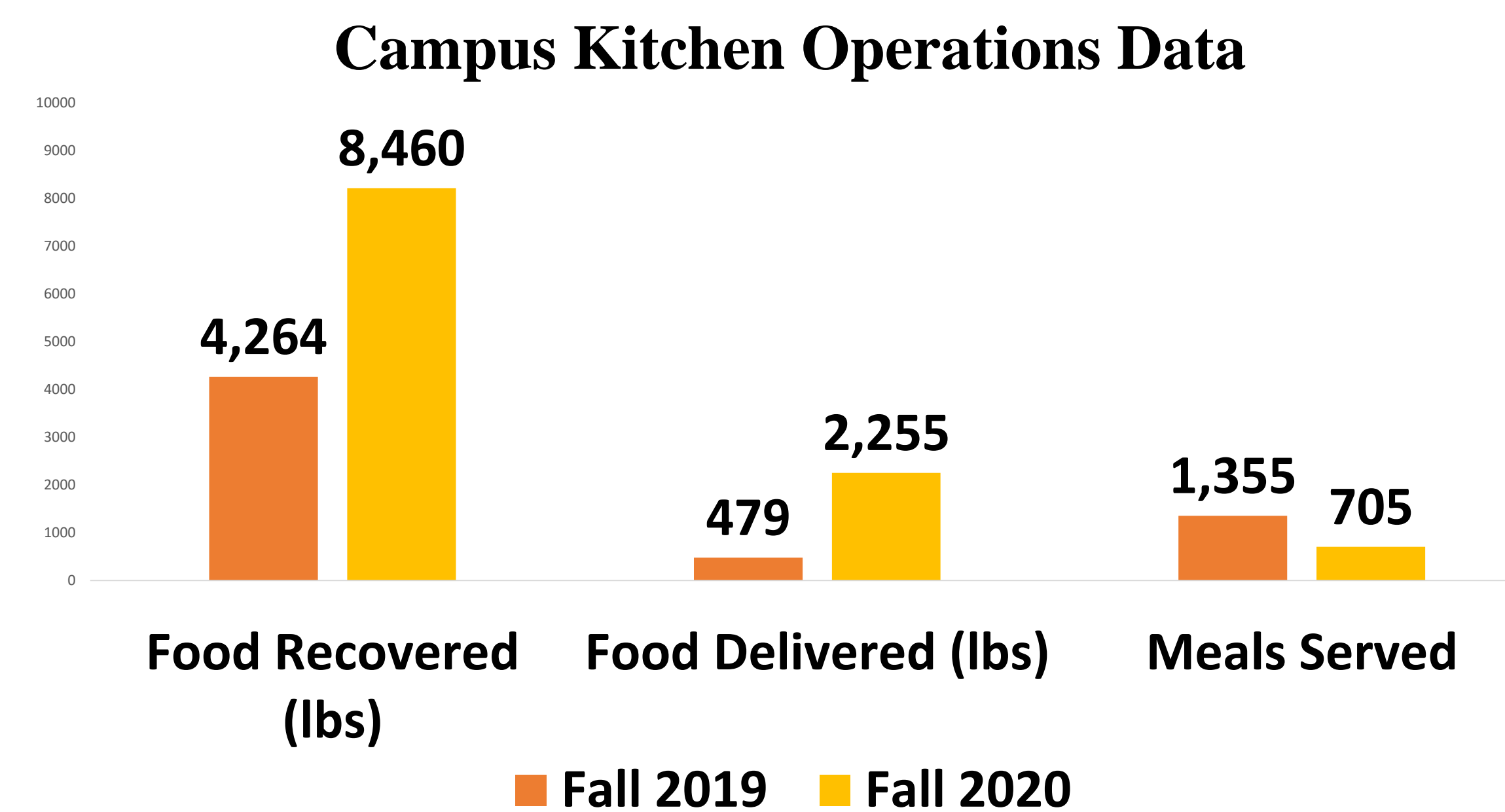
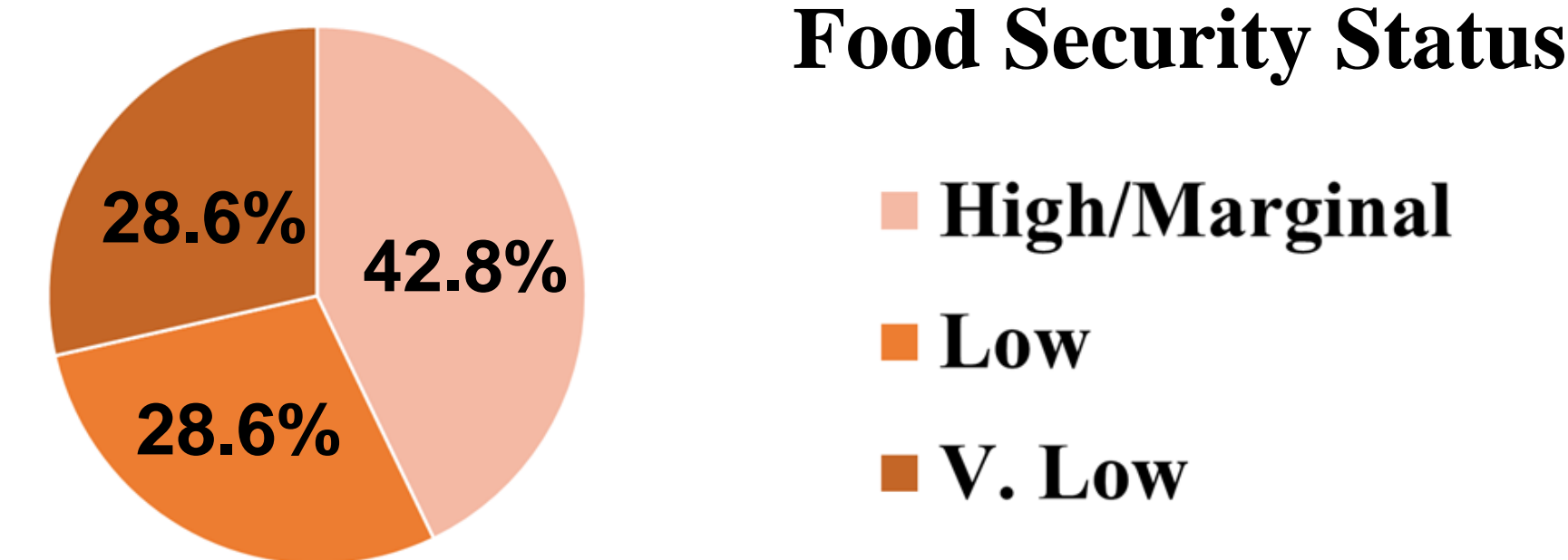
Collected CK data:

- Pounds of food recovered
- Number of meals delivered
- Number of volunteers

F2F Survey

- USDA 6 Item Food Security Survey
- 18 Item Likert Scale on program evaluation
- Demographics and open-response questions
- Incentive: 10% chance at winning a \$10 e-gift card

## Results



## Program Evaluation

>75% of F2F survey respondents (n=46) agreed that F2F

- Improved access to healthful foods
- Increased fruit and vegetable intake
- Allowed increased focus on academics

## Discussion

Comparing Fall 2019 and Fall 2020 semesters

- 100% increase in amount food recovered
- 700% increase in amount of food delivered
- Fewer nutritionally balanced meals were served due to logistical challenges and COVID-19 restrictions
- F2F served 1/3 the number of meals (n=532) in Fall 2020
- While 55% of college students nationally could not afford balanced meals during the pandemic<sup>3</sup>, F2F increased F/V access for 80.4% of attendees.



## Implications

- CK addressed food system issues exacerbated by the pandemic.
- Distributed healthful meals using a portion of recovered foods.
- F2F serves as a model program for addressing college food insecurity based on positive feedback.
- Existing resources should be leveraged to meet immediate needs necessitated by the pandemic.

## Literature Cited

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