



**Thursday,  
March 12th  
1:00 - 4:00 pm**



# **RU Hungry on a Budget**

## **A Social Action Project**

**Yarisleida Garcia & Kayla Tutton**



**Douglass  
Student  
Center**





**RUTGERS-NEW BRUNSWICK**

## **Institute for Women's Leadership**

The Leadership Scholars Certificate Program is a two-year, selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and programs to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to practice leadership through actions.

To find out more, please visit the Institute for Women's Leadership website at

<https://iwl.rutgers.edu/>

# Creators Behind it All

My name is Yarisleida Garcia and I'm a senior at Rutgers University, pursuing a major in Chemistry. My partner Kayla Tutton is also a senior at Rutgers University, pursuing a major in Theater and minoring in Creative Writing.

As second-year Leadership Scholars at the Institute for Women's Leadership, we wanted to create a project that would help food insecure students, as we noticed a disparity in food nutrition and how it was reaching to students.

This project is bigger than us as we know the importance of food and nutrition and how it can affect student's academic performance and overall well-being.

Our leadership experience and personal connection drives our commitment to our project "RU Hungry on a Budget", aiming to create an event where students can learn about the resources available to them to have a good nutrition that can carry with them for the rest of their lives.



# What is RU Hungry on a Budget ?

- Provide college students the resources and tools they need to get a good nutrition.
- To improve food literacy, especially among food-insecure students.
- Educating students on food nutrition and strategies they can implement to improve their nutritional education and habits to enhance their overall health using Rutgers resources



# Target Audience and Outreach

The target audience were minority students, the LGBTQ+ community, and Rutgers students around the Douglass campus.

Emails were sent to all four cultural centers around campus. A list of contacts were made for clubs and other departments to spread the word and gets students to come to the event.

***"...higher food insecurity rates persist among transgender versus cisgender populations, Black, Indigenous and People of Color (BIPOC)."***

*Linsenmeyer WR, Dalton MR, Hollinger R, Huang R, Heiden-Rootes K. Food Insecurity in the United States LGBTQ+ Population: A Cross-Sectional Analysis of All of Us Data. Food and nutrition bulletin.*



**PRCC (Paul Robeson Cultural Center)**



**CLAC (Center for Latino Arts & Culture)**



**AACC (Asian American Cultural Center)**



**SJE (Center for Social Justice Education & LGBT Communities)**

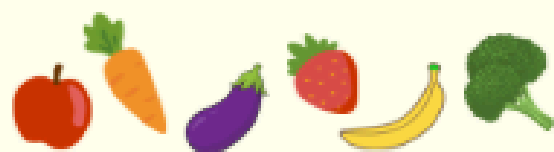
# Resource Development

## List of Resources on Campus

Rutgers Basic Needs  
Scarlet Well  
Rutgers Healthy Dining Team  
Institute for Food, Nutrition  
and Health  
Rutgers Farmers Market  
Rutgers Gardens Student Farm  
Rutgers Late Knight  
Mobile Food Pantry  
Knight's Pantry Basic Needs  
Box

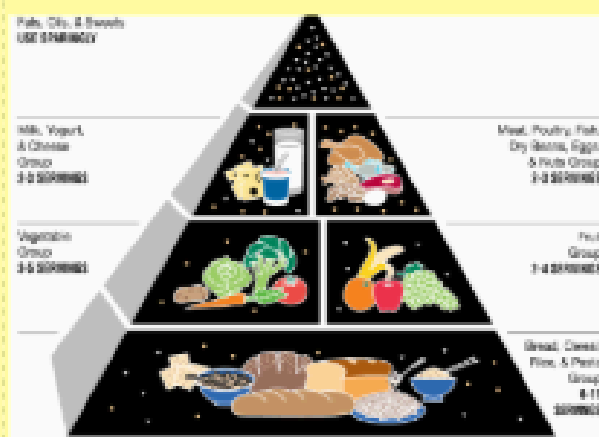
### Programs

Grocery Shuttle Program  
Market Bucks Program  
SNAP (Supplemental Nutrition  
Assistance Program)  
WIC (Women, Infants, and  
Children Program)  
Meal Swipe Assistance / Swipe  
Donation Programs



## Food Pyramid Guide

The Pyramid is an outline of what to eat each day. This is a general guide that lets you choose a healthful diet that's right for you.



Foods in one group can't replace those in another. No one food group is more important than another – for good health, you need them all.

Learn More Information at:

<https://cnd.realfood.gov>



## RU Hungry on a Budget

### Our Mission

We want to help Rutgers Resources gain visibility so that Rutgers students can get the resources and tools they need to get good nutrition.

The event will have an educational presentation on how to have a good nutrition on a budget, tabling of Rutgers Resources, and a collection of donations that will be donated to the New Brunswick community.

### Itinerary of Event

1:00 - 2:00 pm

- Tabling of Resources

2:00 - 3:30 pm

- Presentations & Workshops

3:30 - 4:00 pm

- Grocery Bingo
- Raffles & Prizes

## What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is a federal program that can help individuals and families with low incomes buy the groceries they need. Eligibility depends on several factors, such as income, household size, resources, etc.

### Are you Eligible to Apply?

To qualify as a student, you must:

- Be between the ages of 18 and 49
- Identify as a full-time student
- NOT be using a meal plan to pay for the majority of your meals

Additionally, to qualify, you must identify with at least one of the following:


- Be enrolled in an approved Career and Technical Education Program;
- Be employed at least 20 hours per week AND paid for such work;
- Be participating in a federal work study;
- Be participating in an on-the-job training program;
- Be responsible for the care of a member of your household who is a dependent under the age of six years-old;
- Be a single parent enrolled full-time AND responsible for a dependent under the age 12 years-old;
- Be unable to work due to a physical or mental disability; or
- Be receiving Work First New Jersey (WFNJ) Temporary Assistance for Needy Families (TANF) benefits (cash assistance).

## Fun Facts About Nutrition!

Proteins, carbohydrates, and fats each play unique roles: proteins build and repair tissues, carbs provide energy, and healthy fats support brain function and hormone production

Trans fats raise bad cholesterol (LDL) levels. Unsaturated fats increase good cholesterol (HDL) levels and can help decrease the risk of heart disease. HDL absorbs cholesterol in the bloodstream.

Unsaturated Fats: olive oil, chia seeds, fish, sunflower oil/seeds  
Trans Fats: margarine, fried foods

 **Tip:** You can microwave a sweet potato for 6-8 minutes for a quick and easy meal  
Sweet Potatoes are rich in vitamins, minerals, fiber, and antioxidants

## Fuel Your Brain, Not Your Wallet

Recipes you can make using the Rutgers Basic Needs Food Pantry

### Banana and Peanut Butter Quick Oats

**Time: 3 minutes**

### Ingredients

- ½ cup quick oats
- ½ banana (sliced)
- 1 tbsp peanut butter
- ½ cup milk or shelf-stable milk
- Optional: honey or cinnamon for sweetness and flavor

### Instructions

- Mix oats and milk in a bowl.
- Add banana slices and peanut butter.
- Let sit 2-3 minutes until slightly soft.

Great breakfast to fuel your body that doesn't require cooking!

# Flyer Creation

**RU HUNGRY ON A BUDGET**

**THURSDAY, MARCH 12TH**

- Douglass Student Center
- 1:00 - 2:00 pm  
Tabling of Resources
- 2:00 - 3:30 pm  
Presentations & Workshops
- 3:30 - 4:00 pm  
Grocery Bingo  
Raffles & Prizes

**RSVP Required**  
<https://bit.ly/4apNIRC>

Donation Items for Raffle Entry:  
• Shaving Cream • Deodorant • Combs  
• Toothbrush • Toothpaste • Razor  
• Floss • Soap/Shampoo • Hand Towels

RUTGERS NEW BRUNSWICK

**RU HUNGRY ON A BUDGET**

Thursday  
March 12th  
1:00 - 4:00 PM

Learn how to connect with Rutgers resources to support your well-being.

Workshops and resources that can help you eat well, stress less, and succeed!

Douglass Student Center  
[100 George St, New Brunswick, NJ 08901](#)

**BUDGET FOR SUCCESS**

**Resource Fair**  
Win Free Prizes!

**RSVP Required:**  
<https://bit.ly/4apNIRC>

RUTGERS NEW BRUNSWICK

Presented by Institute for Women's Leadership  
Leadership Scholars Kay'a Tutten & Yarisleida Garcia

**ruhungry\_budget**  
Douglass Student Center

**ruhungry\_budget** 🍎 🥕 RU Hungry on a Budget is Coming to you SOON! 🥗 🍓

Join us on Thursday, March 12th from 1:00–4:00 PM at the Douglass Student Center for an afternoon focused on helping you how to eat well on a budget and resources you can use on campus!

🌟 What to expect:  
📅 1:00–2:00 PM: Tabling of campus & community resources  
🗨️ 2:00–3:30 PM: Presentations & workshops  
🎉 3:30–4:00 PM: Grocery Bingo, raffles & a chance to win prizes

Learn how to connect with Rutgers resources that support your

[View insights](#) [Boost post](#)

📍 🗨️ 🔄 🗑️

Liked by yarisleidagarcia and 27 others  
March 3

Add a comment... Post

**ru\_hdt** and **ruhungry\_budget**

**ru\_hdt** RU Hungry: On a Budget! This event will feature presentations on food literacy, food preparation workshops, a food bingo raffle, and tabling organizations. Make sure to RSVP at this link: <https://bit.ly/4qRQmyM>

# Instagram Handle

## RU Hungry on a Budget

### What Are Food Deserts And Why Do They Matter?

#### USDA Definition of Food Desert:

Food deserts are referred to as areas “with limited access to affordable and nutritious food, particularly such an area composed of predominantly lower-income neighborhoods and communities.” The USDA identifies areas of low food access based on certain low-income and low-access criteria. These criteria-based food access is largely based on the distance to a supermarket. These areas are identified as “geographically isolated neighborhoods and communities with limited or no access to major chain grocery stores” (Congressional Research Service, 2021).

**Did you know that Rutgers is located in a food desert?**



## List of Resources On Campus

- Rutgers Basic Needs
- Scarlet Well
- Rutgers Healthy Living Center
- Institute for Food, Nutrition and Health
- Rutgers Farmers Market
- Rutgers Gardens Student Farm
- Rutgers Late Knight
- Mobile Food Pantry
- Knight's Pantry
- Basic Needs Box

### Programs

- Grocery Shuttle Program
- Market Bucks Program
- SNAP (Supplemental Nutrition Assistance Program)
- WIC (Women, Infants, and Children Program)
- Meal Swipe Assistance / Swipe Donation Programs

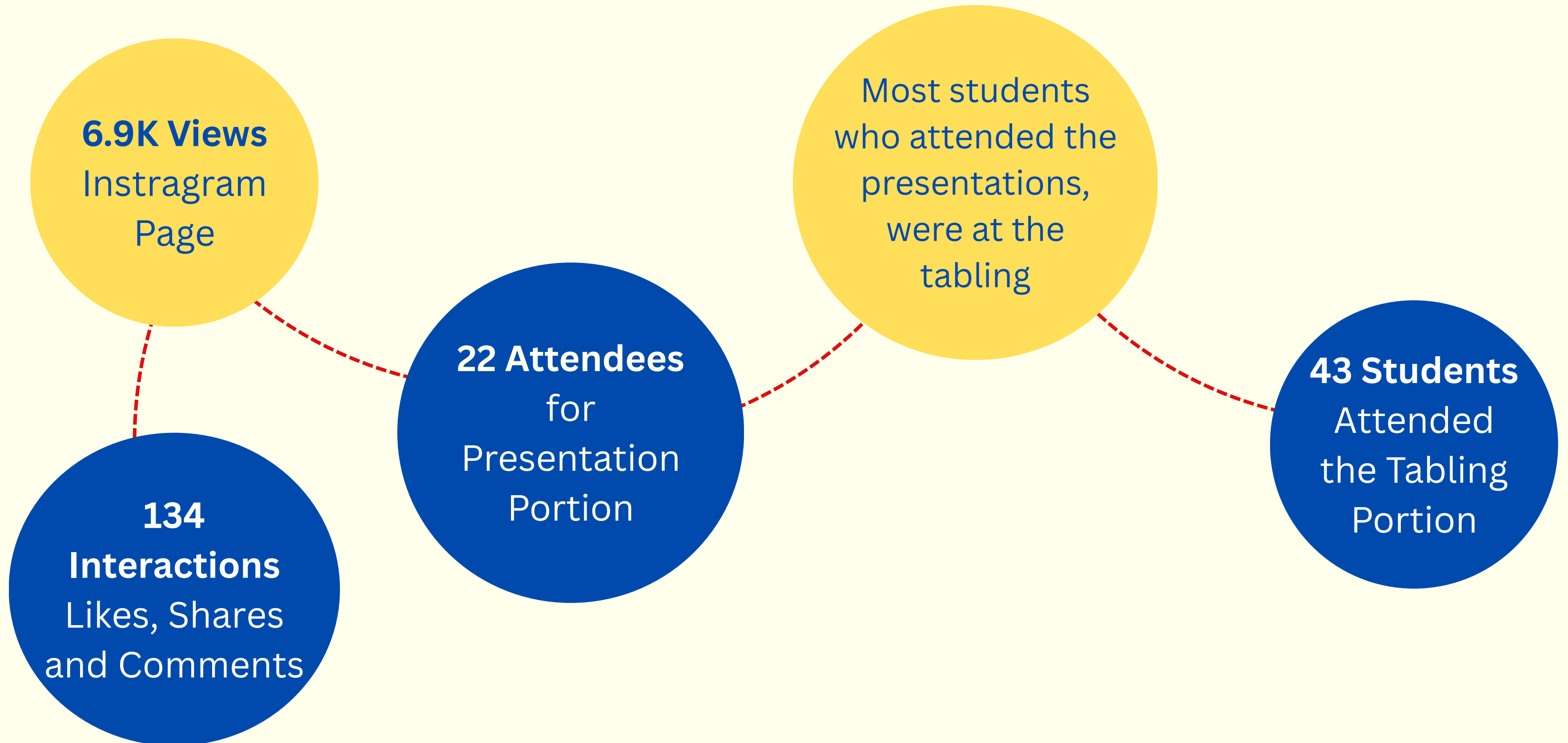
### References

Johnson, Renee, et al. Defining Low-Income, Low-Access Food Areas (Food Deserts). [Library of Congress public edition], Congressional Research Service, 2021.

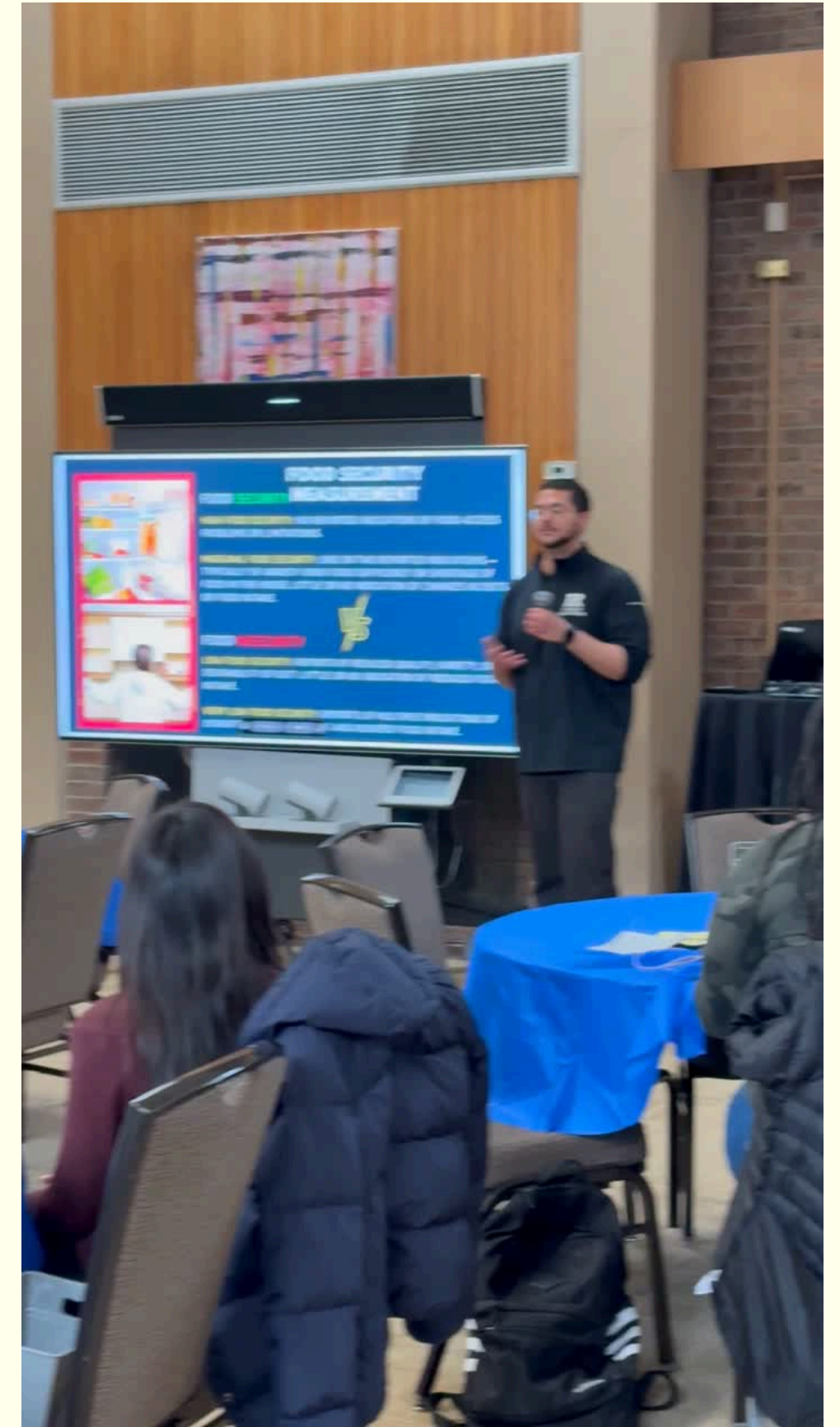
Afyouni, Amal. Food Insecurity and Higher Education: A Review of Literature and of Resources. Tennessee Higher Education Commission and Tennessee Student Assistance Corporation, 2023.

# @ruhungry\_budget

# Numbers & Impact







# PR and Outreach

Emails to clubs, cultural centers, and departments were sent to circulate the event through their networks and students.

- **WGSS Department** - Nimrah Saeed - ns932@womenstudies.rutgers.edu
- **CLAC Canvas** - Announcement
- **EOF** - emails sent to students
- Co-Sponsor emails sent to clubs (230)
- Cultivated collaborations with 6 Rutgers Centers and Departments

Rutgers Basic Needs

Scarletwell

Rutgers Gardens

Institute for Nutrition, Food, & Health


Rutgers Farmers Market

RU Cultural Center Collaborative:





PASA, Rutgers Bachata, Asian Student Association, Being Black & Queer


# PR and Outreach

All Sections Available from Mar 12 8am

 [Yanaisy Santana \(She/Her\)](#) AUTHOR | TEACHER 🔖 ⋮





Posted Mar 12 8am

  **RU Hungry on a Budget is Coming to you TODAY!**  



Good morning everyone! Sharing this exciting event happening TODAY:

This event is hosted by one of our very own CLAC leaders ✨ Yarisleida Garcia ✨. It is for her Leadership Capstone. [Let's show her some support by showing up!](#)

  RU Hungry on a Budget is Coming to you TODAY!  

Join us TODAY, Thursday, March 12th, from 1:00–4:00 PM at the Douglass Student Center for an afternoon focused on helping you learn how to eat well on a budget and resources you can use on campus!

🌟 What to expect:

- 📅 1:00–2:00 PM: Tabling of campus & community resources
- 🗣️ 2:00–3:30 PM: Presentations & workshops
- 🎉 3:30–4:00 PM: Grocery Bingo, raffles & a chance to win prizes

Learn how to connect with Rutgers resources that support your well-being and budget.

!! RSVP required: <https://bit.ly/4apNIRC> 🌐

Bring a donation item (shaving cream, deodorant, toothbrush, toothpaste, razor, floss, soap/shampoo, hand towels) for a raffle entry!

One of the students who won the \$50 shoprite gift card came from this announcement!

# Presentations

## 1) **Patty Oehmke, Family Community and Health Sciences Professor & Student Wellness Ambassadors**

- Discussed topics on what food insecurity is and how it affects college students
- The students presented right after our introduction

## 2) **Amy Spagnolo, Senior Program Coordinator - Scarletwell**

- Using the Scarletwell website, Amy went through what Scarletwell was, the resources they provide, how to navigate their website, and lastly, the grants that students can apply for their programs

## 3) **Ross Perez, Program Coordinator - Rutgers Basic Needs**

- Presented the resources that Rutgers Basic Needs has, what they provide, and how students can use them. Easy recipes using their pantry and other services that they provide were shared.

# Prizes and Baskets

## **Cook Book**

- A book of quick and easy recipes for students to use

## **Fruit Basket**

- Strawberries, mandarin and apples
- less likely to spoil and easy to store

## **Air Fryer - Raffle**

- Those who attended the tabling and checked in were automatically entered into the raffle
- Easy to use in dorms and for students living on/off campus

## **Big Prize - \$50**

## **Shoprite Gift Card**

- A gift card to help students with groceries

## **Grains Basket**

- Flaxseed, oatmeal, granola, and quinoa
- good nutritional value and easy to store

## **Utensils Basket**

- Salad jar, cutting board, meal prep bowls
- utensils that are portable for students to use to meal prep and take with them

# Budget

## Budget of \$1,000.00

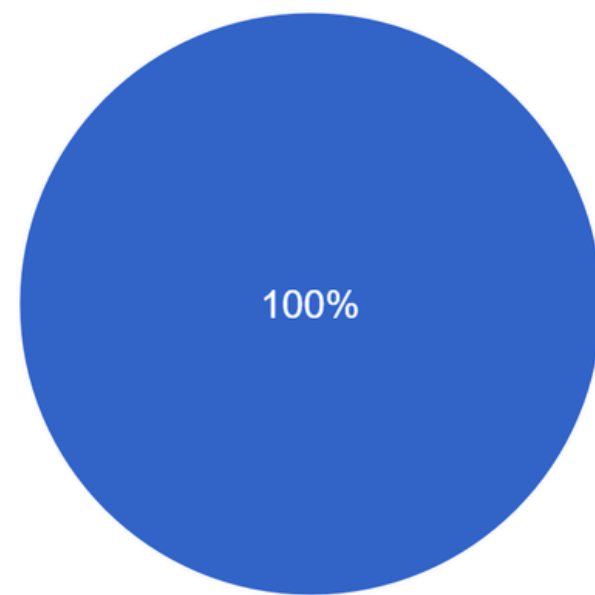
Expense Description	Budget	Cost
Booking for Douglass Lounge	300	386
Booking for Tables	60	60
Gift for Presentors + Co-Sponsors	20-40	35
Items for Raffle (air fryer)	40	40
Items for Food Bingo	150	

Expense Description	Budget	Cost
Plastic Liners for Tabling	10	7
Table Cloths for Tables (lounge)	20	10
Flyers, pamphlets, QR Codes	25	0

# Impact and Evaluation

If we were to do this event again, would you attend?

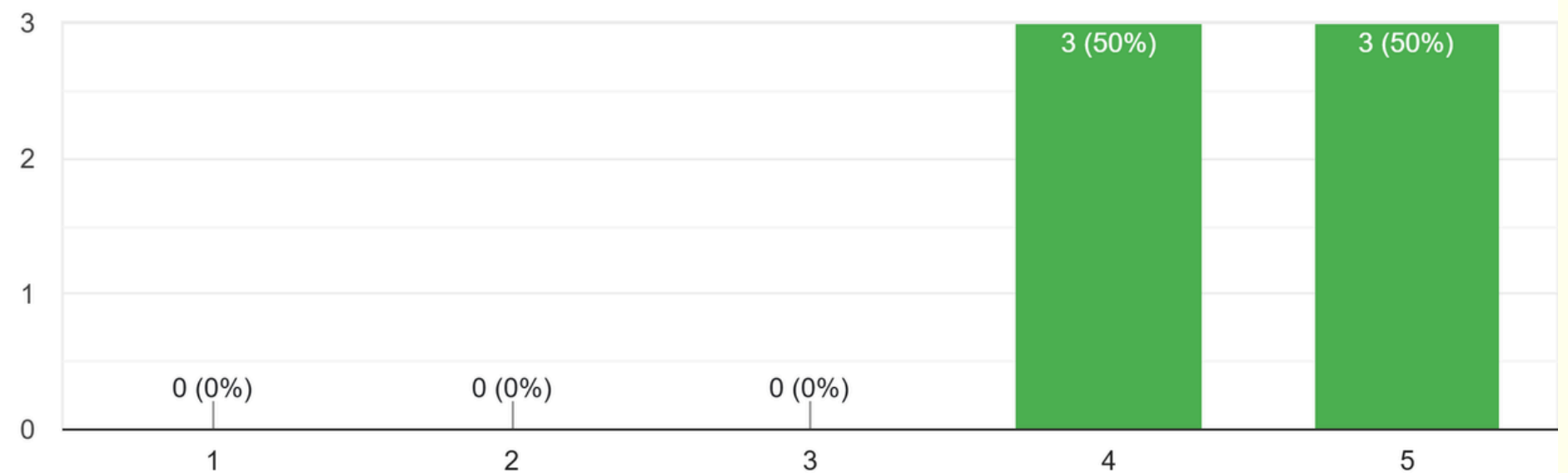
6 responses



- Yes
- No
- Maybe

How likely are you to use the resources presented?

6 responses



# What did I learn?

## Lessons and Insights:

### Community Building - Learning from Failure - Event Planning

- Prioritizing communications and strategies
- Pivoting when something does work out
- Creating partnerships and collaboration with others
- Taking initiative
- Feminist leadership is reciprocity and mutual!

# Future Establishments

- Patty Oehmke would love to continue this project in the future with other students and develop more partnerships with other resources on campus
- Creating more involvement with students and her Wellness Ambassadors



- Patty has agreed to present at the IWL to pitch this project in the fall about food and nutrition
- Possibility of getting a grant from Scarletwell to continue this project

# Acknowledgements and Thank You

Thank you to my Partner Kayla, for your support and patience  
through this all

Thank you to Patty, our advisor for her support and communication  
through it all

Thank you, Sasha and Sam, for your unwavering support through the  
planning of our SAP

Thank you to my internship mentor Ricardo for his helpful insights  
and support

Thank you to my cohort and IWL scholars for not only being present  
at our SAP, but for their support and conversation to make this SAP  
successful

# Research

1) “Feeding the Student Body: Unequal Food Insecurity Among College Students”

Willis, Don E. “Feeding the Student Body: Unequal Food Insecurity Among College Students.” *American Journal of Health Education*, vol. 50, no. 3, 2019, pp. 167–75, <https://doi.org/10.1080/19325037.2019.1590261>.

2) “Correlates of Food Insecurity Among Undergraduate Students”

Bottorff, Joan L., et al. “Correlates of Food Insecurity Among Undergraduate Students.” *Canadian Journal of Higher Education (1975)*, vol. 50, no. 2, 2020, pp. 15–23, <https://doi.org/10.47678/cjhe.v50i2.188699>.

3) “Challenges, Opportunities, and Motivators for Developing and Applying Food Literacy in a University Setting: A Qualitative Study.”

Malan, Hannah, et al. “Challenges, Opportunities, and Motivators for Developing and Applying Food Literacy in a University Setting: A Qualitative Study.” *Journal of the Academy of Nutrition and Dietetics*, vol. 120, no. 1, 2020, pp. 33–44, <https://doi.org/10.1016/j.jand.2019.06.003>.

4) “Nutrition and Food Literacy: Framing the Challenges to Health Communication.”

Silva, Paula C. P. V. da, et al. “Nutrition and Food Literacy: Framing the Challenges to Health Communication.” *Nutrients*, vol. 15, no. 22, 2023, pp. 4708–, <https://doi.org/10.3390/nu15224708>.

5) “Food synergy: an operational concept for understanding nutrition”

Jacobs, David R. Jr, et al. “Food Synergy: An Operational Concept for Understanding Nutrition.” *The American Journal of Clinical Nutrition*, vol. 89, no. 5S, 2009, pp. 1543–48, <https://doi.org/10.3945/ajcn.2009.26736b>.

# Research

## 6) “Challenges of Utilizing Healthy Fats in Foods”

Vieira, Samantha A., et al. “Challenges of Utilizing Healthy Fats in Foods.” *Advances in Food and Nutrition Research*, vol. 6, no. 3, 2015, pp. 309S-317S, <https://doi.org/10.3945/an.114.006965>.

## 7) “Research Trends and Gaps Concerning Food Insecurity in College Students in the United States: A Scoping Review”

Goldman, Barbara J, et al. “Research Trends and Gaps Concerning Food Insecurity in College Students in the United States: A Scoping Review.” *Journal of American College Health [United States]*, vol. 73, no. 8, 2025, pp. 2960–99, <https://doi.org/10.1080/07448481.2024.2351420>.

## 8) Food Insecurity Among LGBTQIA+ College Students: A Qualitative Needs Assessment for Inclusive Nutrition Interventions.

Kairios, R., Cuite, C., & Brescia, S. (2025). Food Insecurity Among LGBTQIA+ College Students: A Qualitative Needs Assessment for Inclusive Nutrition Interventions. *Journal of Nutrition Education and Behavior*, 57(8), S17.

## 9) “Student Partnership in Creating an Event: Benefits, Challenges, and Outcomes.”

Kitchen, Eliza. “Student Partnership in Creating an Event: Benefits, Challenges, and Outcomes.” *International Journal for Students as Partners*, vol. 7, no. 2, 2023, pp. 142–50, <https://doi.org/10.15173/ij sap.v7i2.5363>.

## 10) Food Insecurity and Higher Education: A Review of Literature and of Resources By Amal Afyouni, Graduate Assistant for Research & Strategy

Food-Insecurity-Literature-Review-Final-Draft\_11142023.pdf