



WHAT IS IT?

The Lion's Share Campus Food Pantry provides supplemental food items for students, faculty, and staff who experience hunger or food insecurity. Hunger is the feeling someone has when they don't have food. Food insecurity is a lack of consistent access to enough food for every person in a household to live an active, healthy life.

The pantry is open 8 a.m.–5 p.m. Monday through Friday, only closing from 10 a.m.–Noon on Wednesdays. Proof of income is never requested or required. Bring your MUID to access services.

WHY IS IT IMPORTANT?

More than half of U.S. undergraduates rely on federal student loans, which can result in long-term debt. As a result, some college students may skip meals to save money for necessary college expenses.

"The physiological effects of having poor quality of food really affects the way you think and the way you function as a student... because good grades, ultimately, are a function of how well you are getting your physiological needs met."

— Undergraduate Student



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Visit methodist.edu/lions-share to learn more.



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The
**LION'S
SHARE**
Campus Food Pantry

WHAT CAUSES COLLEGE FOOD INSECURITY?

In the United States, students name the rising cost of education as the primary cause of food insecurity.

National statistics show that*:

- Tuition costs have increased by 212% in the last 20 years.
- 56% of first-generation college students identified as food insecure.
- 14% of current students at four-year colleges are homeless.
- 26% of undergraduates must provide for dependent children.



*Sources:
clasp.org [bit.ly/3naZCTR]
USA Today [bit.ly/40NTI2I]
iwpr.org [bit.ly/3VfOYfF]

IMPACTS OF FOOD INSECURITY

When food insecurity causes a student's grade to decline, the student is at risk of dropping out of college. The Lion's Share Campus Food Pantry ensures that all individuals have easy and timely access to assistance to support academic success.



"I think the term 'food insecurity' is something that you wouldn't necessarily see, because food insecurity isn't something that a lot of people are very willing to openly discuss."

— Graduate Student

IF YOU STRUGGLE WITH FOOD INSECURITY, KNOW THAT YOU ARE NOT ALONE.

[Engage. Enrich. Empower.]

Meal Swipe Programs

MU students who overestimate the number of meal swipes they need can donate their surplus meals during meal swipe drives at the end of every semester.

Deals Apps

Local businesses and chains often offer discounts for individuals with a valid Methodist University ID. Ask when you order or contact the Community Engagement Office for a list of Fayetteville eateries.

Local Food Programs

For help locating off-campus food pantries, contact the Second Harvest Food Bank of Southeast North Carolina at hungercantwait.org.

Community Garden

Methodist University is in the early stages of developing a community garden as a resource for offering fresh produce through the campus food pantry.

Financial Counseling

Budgeting and organizing finances may help free up extra funds for food. If you are experiencing financial struggles, contact the Student Accounts Office for an individual review of your tuition expenses and any additional assistance with restructuring payments.

Community Kitchens

Area shelters, food banks, and churches often host community kitchens and food drives. Some function as pop-ups for weekly events, while others operate more frequently.

Summer Food Programs

Summer food programs help children access food during the summer when they will not receive school breakfasts and lunches. College students with dependents under the age of 18 should ask their child's school counselor about enrollment in a summer food program.

Food or Supply Drives

Many food and supply drive hosts send collections to the nearest food bank to distribute. However, some drive planning committees batch up collections to directly give to individuals and families in need.

Community Assistance Programs

When funds are available, the Salvation Army, American Red Cross, Operation Inasmuch, and United Way can assist college students experiencing food insecurity. If the resources at one organization are unavailable, a representative can connect you with another that can.

