



COMMUNITY COOKBOOK

Help the Campus Cupboard to create a community cookbook! Send us a recipe of a quick and easy meal that can be made on a budget.

Proceeds from the cookbook will go to helping students in need.
Please send all recipes to eagomez@millersville.edu

A recent roundtable discussion between MU students and the PA Secretary of Human Services, Teresa Miller, revealed more insight about the wellbeing concerns students face.

Among the many issues that students face, preparing healthy meals on very limited food budgets are paramount.

A 2019 survey of MU students indicated that 36.5% of students had low or very low food security, triple that of the national food insecurity rate of 11.1% (USDA, 2018).

- **Food Insecurity-** can be defined as a limited or uncertain availability of nutritionally adequate and safe food, or limited or uncertain ability to acquire acceptable ways, due to lack of money or other resources (Payne-Sturges, Tjaden, Caldeira, Vincent, & Arria, 2018, p. 349).
- **Low food security-** Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake (USDA, 2018).
- **Very low food security-** Reports of multiple indications of disrupted eating patterns and reduced food intake (USDA, 2018).