

*Fighting Hunger  
on Utah  
Campuses*

2018



With special thanks to:

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Salt Lake Community College

The Thayne Center for Service and Learning

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# Table of Contents

- Introduction.....4
- Campus Resources.....5
- Federal Nutrition Programs.....5
- Qualifying & Applying Students for SNAP.....6
- Pilot: Food Access Workshops.....9
- Advocacy.....11
- Reflection.....13
- Attachments:
  - Student Do you Qualify for SNAP flowchart
  - Food Access Workshop Poster
  - Food Access Workshop flyer
  - How to Apply For SNAP flyer
  - Know Your Rights: SNAP Food Assistance for College Students
  - Story Banking Toolkit

# Introduction

For many years, food insecurity on college campuses remained an invisible problem. However, in recent years this issue has finally started to receive the attention it deserves. In December 2015, Wisconsin HopeLab released one of the first studies about college hunger: [Hungry to Learn](#), based on a survey of approximately 4,000 students at ten community colleges in seven states. It found that about half of community college students were food insecure, and this food insecurity correlated with the rising cost of higher education. They released a follow up study, [Hungry and Homeless in College](#), in March 2017 which surveyed more than 33,000 students, at 70 community colleges, in 24 states. It found substantially higher rates of food insecurity among community college students than previously reported; 2/3 of students were food insecure.

In April 2018, Wisconsin HopeLab released the largest national study on basic needs security in higher education students ever conducted in the United States: [Still Hungry and Homeless in College](#). While its previous 2 surveys focused on community college students, the 2018 study surveyed 43,000 students, over 20,000 of which attended 4-year colleges and universities, at 66 institutions, in 20 states and the District of Columbia. This comprehensive study found that 36% of university students were food insecure in the 30 days preceding the survey, and food insecurity disproportionately affect marginalized students. It also found that the social stigma of hunger discourages some students from seeking help. Use of public assistance among college students is relatively uncommon, even when students qualified for benefits. “A survey at a large, Midwestern public university found that 50% of respondents reported that they did not want to be served by their peers at a campus food pantry. These findings echo a growing qualitative literature revealing that stigma surrounding basic needs insecurity, and homelessness in particular, is a significant challenge that institutions and social services must overcome in order to reach college students.”

While working with Salt Lake Community College during a series of Food Access Workshops (see **Pilot: Food Access Workshops at Salt Lake Community College**, pg. 9), Utahns Against Hunger found that in addition to the stigma surrounding assistance, many students were also unaware of available resources, (see **Resource Visibility**, pg. 12) or worried that they weren't in enough need to merit using them. Some knew they were facing food insecurity, but thought it was a normal part of the college experience due to the stereotype of the “starving college student;” others had enough food to eat, but had substandard nutrition and lacked access to fruits, vegetables, whole grains, etc. Some students also felt they were being targeted for food assistance because of status such as race, gender, ability, etc. Very few SLCC students were aware that they may qualify for public assistance, such as the Supplemental Nutrition Assistance Program (SNAP).

It's also important to note that for now the issues of hunger on campus largely refers to students, however many campus employees also struggle to afford enough food. Many low wage campus workers, such as custodians, food service staff, groundskeepers, child care providers, as well as some adjunct professors, also take advantage of campus resources such as food pantries. Any serious conversation about ending hunger on Utah's college campuses needs to include providing living wages to all campus employees.

As campuses seek to find solutions, they will need to find ways to navigate this myriad of attitudes and assumptions, while helping students and staff seek assistance in safe and accepting environments. The purpose of this toolkit is to give campuses and educators ideas on how to navigate these conversations and provide additional resources. This is an evolving conversation, so this toolkit may be frequently updated as new information and resources become available.

Utahns Against Hunger can, and should be, a partner in these conversations. We understand the policy and legislative issues that may impact these conversations. We can also use our experiences of working with cam-

pushes to advocate for Utah students and campus staff at the local, state, and federal levels.

## Campus Resources

This toolkit primarily focuses on Federal Nutrition Programs, the Food Access Workshop pilot, and student advocacy. We feel these are areas that address student hunger, but are lesser known or utilized on campuses. This toolkit will refer to other student resources though, especially campus food pantries and campus community gardens. If your campus is interested in starting a pantry or garden, we suggest the following resources:

[The Student Government Resource Center: \*Running a Campus Food Pantry\*](#)

[University of Missouri Extension: \*Community Gardening Toolkit\*](#)

Many Utahn Campuses already have pantries or gardens in place, so colleagues at other institutions are another great source of information.

## Federal Nutrition Programs

Federal Nutrition Programs are food assistance programs operated and largely funded at the federal level, though administered by states. Although they are overseen by the Food and Nutrition Service agency of the US Department of Agriculture, these programs are administered by different agencies in Utah, have different applications and processes, and have different eligibility standards. For students or staff who may qualify for one program, it is probably beneficial to give them information on others, to help them receive as many services as possible. The most popular Federal Nutrition Programs are:

- [Supplemental Nutrition Assistance Program \(SNAP\)](#): Formerly known as food stamps, SNAP is the largest Federal Nutrition Program and the only one available for adults without dependents. SNAP provides eligible households with an electronic benefits transfer card to purchase groceries that can be prepared at home. SNAP is the best federal option for many students, however it can be very difficult for students to qualify.
- [Women, Infants, and Children \(WIC\)](#): provides food assistance and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five, who are found to be at nutritional risk. To apply, women and children must schedule an appointment at a Department of Health clinic in the county or health district in which they live. For more information and eligibility standards, visit <https://wic.utah.gov/about/apply/>.
- [National School Lunch Program \(NSLP\)](#): Operating in public and nonprofit private schools and residential child care institutions, the NSLP provides free or reduced priced lunches to qualifying children each school day. Families may apply any time during the school year, through the schools. For more information and eligibility standards, visit <https://www.schools.utah.gov/cnp/nslp>.
- [School Breakfast Program \(SBP\)](#): The SBP operates in the same manner as the National School Lunch

Program. Utah currently has the lowest SBP participation in the country. For more information and eligibility standards, visit <https://www.schools.utah.gov/cnp/nsbp>.

- [Summer Food Service Program \(SFSP\)](#): The SFSP ensures that low-income children continue to receive nutritious meals when school is not in session. Any child 18 years and under (or 19 years or under for children with disabilities) can be served meals for free at approved SFSP sites. No paperwork or application is required. To find a SFSP site in Utah, visit <https://www.uah.org/get-help/summer-food-program> or <https://www.fns.usda.gov/summerfoodrocks>

## Qualifying & Applying Students for SNAP

### Qualifying

The Supplemental Nutrition Assistance Program (SNAP) helps eligible low income households buy food. Many low income college students who qualify do not apply. One reason is there are special rules about SNAP for low income college students. The following students are not eligible for SNAP:

- Age 18-49; AND
- Physically and mentally able to work; AND
- Enrolled at least half time in an institution of higher learning (requires high school diploma or GED).

This may make qualifying seem more challenging than it is (on its face it seems to disqualify almost everyone). However, a student may qualify for SNAP if they meet federal income limits and any of the following:

- Enrolled less than half-time; OR
- Are younger than 18 or older than 49; OR
- Work an average of 20 hours per week; OR
- Are physically or mentally unable to work; OR
- Participate in State or Federal Work Study; OR
- Receive Family Employment Program (FEP) or Workforce Investment Act (WIA) funds; OR
- Physically care for a dependent child under age 6; **OR**
- Physically care for a dependent child age 6-11 if adequate child care is not available; **OR**
- Are a single parent enrolled full-time who physically cares for a dependent child under age 12.

If a student meets an exception, they should then see if they are income qualified. The UAH SNAP Calculator is a great tool for checking income, and can be found at <https://www.uah.org/get-help/calculator>. Information about eligibility can also be found on DWS's website at [https://jobs.utah.gov/infosource/eligibilitymanual/eligibility\\_manual.htm](https://jobs.utah.gov/infosource/eligibilitymanual/eligibility_manual.htm).

- [Income Limits](#)
- [Asset Limits](#)

## Other Factors

- Immigrants & International Students: Normally, students must be a U.S. citizen to qualify for SNAP. There are exceptions for:
  - Permanent Legal Residents (green card holders);
  - Refugees;
  - Asylees (granted asylum);
  - Individuals granted withholding of deportation or removal;
  - Cuban entrants;
  - Iraqi and Afghan Special Immigrants (Special Immigrant Visas);
  - Individuals paroled into the U.S. for a least one year by immigration authorities;
  - Conditional entrant (temporary green card); OR
  - Certain victims of domestic violence or human trafficking.

Some members of a student's household may meet these exceptions and other may not. **Simply having an undocumented member in the household will not stop others for qualifying. DWS protects the identity of all applicants, and will not disclose anyone to ICE or other services.** For more information call Utahns Against Hunger at 1-800-453-FOOD (3663) or Comunidades Unidas (Español) at 801-487-4143.

- Household arrangements: Who students live with, and how they share food, can affect eligibility. Common student living situations include:
  - Students living with roommates: If students buy and prepare more than half of their food separately from their roommates, they can apply for SNAP for just themselves. If they buy and prepare most of their food together (share the food purchased), they must apply for SNAP with their roommates—and they must report their income and meet other rules.
  - Students living with parents: If they are age 22 or older and live with your parents— but they buy and prepare more than half of their food separate from their parents – they can apply for SNAP as an individual. If they are under age 22 **OR** they buy and prepare most of their food together with their parents, then they cannot get SNAP separately from their parents if they live with them. The entire household must apply for SNAP together.
  - Students living on-campus: If a student lives on-campus and gets more than half of their meals from a school meal plan, they don't qualify for SNAP benefits. If they have a limited meal plan - for example, 1 meal a day - then they may be SNAP eligible.

## Campus Staff

It's important to note that while the rules are complicated for students, they are much less complicated for staff. Many low-wage workers on college campuses may also qualify for SNAP.

There is a common misconception that if you have a job, you cannot receive SNAP. That is not true; as long as income does not exceed the eligibility requirements, workers can receive SNAP benefits. In fact, for able-bodied adult without dependents (ABAWDs), who are adults age 18 through 49 who are mentally and physically able to work and have no child present in their home; they must meet work requirements, or they can only receive SNAP benefits for 3 months out of a 36 month period. Current work requirements for ABAWDs are:

- Work an average of 20 hours per week (80 hours a month, paid or unpaid);
- Participate 20 hours or more per week in a WIOA training program;
- Participate 20 hours or more per week in a Trade Act program;
- Participate in a combination of work and training.

Campus workers who meet these requirements and are struggling to afford food should look into applying for SNAP. Information about SNAP should be available to these workers in a non-invasive way, such as posting information in the employee break room, or having information available through Human Resources (also see **Resource Visibility**, pg. 12).

## Applying

Applications for SNAP are filed through the Department of Workforce Services (DWS), which has multiple options for applying:

- Apply online: [jobs.utah.gov/mycase](http://jobs.utah.gov/mycase);
- Fill out a paper application: available at a DWS offices or call DWS at 1-866-435-7414 to receive an application in the mail (mailing time may cause processing delays);
- Go in person to a local DWS Office: for a nearby location, call 801-526-WORK (9675) or visit [jobs.utah.gov](http://jobs.utah.gov);
- With an approved SNAP Outreach Partner: call 1-800-453-FOOD (3663) to find one nearby.

After applying, applicants must call DWS for an interview at 1-866-435-7414. This interview is normally performed over the phone, though a face to face interview may be requested. DWS must then be sent any verifications they ask for, such as identity, address, income, and possibly other items. These can be submitted online or at a DWS office. DWS then has 30 days to approve or deny an application. Everyone who applies will receive an EBT card, however this does NOT mean that their applications were approved.

The monthly SNAP benefit amount is calculated based on countable income and expenses, such as rent or child care. Income includes earned income from a job or self-employment, and unearned income such as Social Security, child support, or unemployment insurance. **Work Study and other federal educational aid does not count as income. State and private educational loans and grants also do not count unless the money is earmarked for living expenses (room and board).** The maximum for one person is currently \$192/month.

If a student or staff member thinks that they were mistakenly denied SNAP, they can:

- Contact DWS Eligibility and ask to speak to a supervisor: 866-435-7414.

- Contact Nikki Stark in Constituent Services: 1-800-331-4341.
- They also have the right to a Fair Hearing before an impartial administrative law judge (ALJ). The ALJ cannot change eligibility rules or policy, but decides if eligibility was correctly determined. The applicant will be given SNAP benefits until the hearing is completed, however if it is found that they do not qualify then they must pay those benefits back. To request a Fair Hearing:
  - Call 1-877-837-3247; OR
  - Fill out a Request Form: available at <https://jobs.utah.gov/appeals/490.pdf> .

## **Pilot: Food Access Workshops at Salt Lake Community College**

For those students who do not participate in SNAP, many are unaware that they may qualify or how to apply. Others may be resistant to applying for federal benefits, or feel that they are too privileged to receive them and don't want to take away from those with more needs. SNAP public awareness campaigns and application assistance are uncommon on most campuses.

Knowing that these issues are prevalent on many Utah campuses, Utahns Against Hunger partnered with the Thayne Center at Salt Lake Community College (SLCC) to host a series of Food Access Workshops. Originally called SNAP Clinics, these workshops were based off of similar events held at UC Berkley where monthly "super clinics" were held to help enroll eligible students in SNAP. The idea was expanded at SLCC to an overall food access event that would also provide information about the campus pantry and community gardens, as well as SNAP.

SLCC was chosen as the pilot campus because community college students experience higher rates of food insecurity than 4 year university students. In addition, many community college students are non-traditional students, so they may be more likely to qualify for SNAP. SLCC was also an ideal location because UAH is a community partner with the Thayne Center, and had a previous strong relationship to launch the pilot. Three different workshops were held at 3 different SLCC Campuses: the West Valley Center, the Taylorsville Redwood Campus, and the South City Campus. All 3 are located in the Salt Lake Valley. The West Valley Center primarily holds night classes and serves working students, so that workshop was held in the evening, the other 2 were held during the day.

The workshops were staffed by the UAH Outreach Manager, staff members from the Thayne Center, and student volunteers. There were attempts to recruit students from across the SLCC campuses; UAH tabled at student fairs on 4 different SLCC campuses and posted information about volunteering on OrgSync (SLCC's campus engagement network), on social media, and were featured in a blog post and in the campus newspaper. However, while extensive, these efforts were largely unsuccessful in recruiting volunteers. Rather, volunteers came from Student Leaders in Civic Engagement (SLiCE), a student leader group managed by the Thayne Center and many who work at the campus food pantry, and the Social Work Association, which also helps manage one of the campus food pantries. Three volunteer trainings were held in February that included an overview of the SNAP Program, how students can qualify, and a walk through of the SNAP application (this training is available to all Utah campuses through Utahns Against Hunger).

All 3 Food Access Workshops were held in March before spring break; the West Valley workshop was held the week before the other 2, in case changes needed to be made to the format. Information was available including a Student Food Resource Sheet with information about the gardens, pantries, and SNAP, a flowchart to help determine if student met a SNAP exemption, a student SNAP “Know Your Rights” sheet, and handouts on WIC and the Bruins Campus Food Pantries (all of these resources are available at the end of this toolkit and electronic copies are available from Utahns Against Hunger). After the West Valley Workshop, a “Next Steps” sheet was created with steps to take after applying for SNAP, such as the phone interview and verifications. The workshops were held either adjacent to a computer lab, or a computer was available with an incognito window, where students could apply for SNAP. Application assistance was provided by the trained volunteers.

The workshops turned out to be less effective at enrolling students into SNAP, but very effective at providing resources about food assistance options. While only 2 students asked for application assistance and applied at the workshops, many more asked for information about SNAP, and took information about applying home with them. In addition, many students were unaware of the campus community gardens or food pantries, and took information on those. Some students felt singled out when approached with information about SNAP; they felt that volunteers thought they looked like they needed assistance. Volunteers found it most effective to start talking about the community gardens first since it did not have the stigma of public assistance attached to it. From there, students were more open to hearing about the food pantries and SNAP. The volunteers also shared that they used and worked in the food pantry.

Originally, the workshops were scheduled to be held in a separate room so that students could have more privacy, especially if they wanted to apply for SNAP. The West Valley Workshop was held in a room off a main hallway that had large windows and that worked well. The other rooms, however, were too removed from foot traffic and the workshops were relocated to other areas and worked more like tabling events.

Overall, the Food Access Workshops were successful, nearly 200 students received information about campus food resources and 2 students applied for SNAP benefits (additionally, some volunteers also applied for benefits after the training). Going forward, UAH will implement a train the trainer model with the Thayne Center so pantry workers can be trained to screen students for SNAP eligibility and provide SNAP assistance.

## Hosting a Food Access Workshop

Campuses may wish to host Food Access Workshops or similar events. Here are some tips for planning a Food Access Workshop:

- Plan the Workshop in partnership with a campus student group or service-learning class. This will help for staffing the workshop with volunteers, and will create more of a buy-in with the volunteers. By working with a group with a strong reputation or presence on campus, you can ensure that volunteers are committed and can get help with advertising.
- Hold multiple trainings for volunteers. They should be familiar with all of the programs represented at the workshop and SNAP. A follow-up or review training the week before the workshop is also a good idea, so volunteers feel confident.

- Hold the workshop in a high traffic area (with access to computers if providing application assistance). It is preferable if these areas also offer some privacy, however rooms or locations buried in side hallways will not reach many students.
- Advertise the event exhaustively, especially if students can take advantage of SNAP application assistance. While holding the workshop in a high traffic area will help with attendance, advertising will help ensure that more food insecure students are aware and attend the events. It will also let interested staff members know about the workshops.
- Have a variety of materials (all materials used at the SLCC Workshops are included in this toolkit, digital copies can be obtained from Utahns Against Hunger). One item that we did not have at the SLCC Food Access Workshop that would have been useful was a handout with a checklist or instructions on how to apply for SNAP. Students who were interested but didn't want, or didn't have time, to apply at the workshop could have taken this home and applied there. An example is included at the end of this toolkit.
- Include information clearly defining SNAP. There is some debate about whether it is best to call the program SNAP or food stamps; SNAP carries less stigma, but people have a clear understanding of what food stamps means. Sometimes trying to explain SNAP to students made it sound overly complicated. Having a poster or display as a part of the workshop that succinctly explains the program would be useful for students and volunteers.
- Have good snacks. At the SLCC Workshops we had items including goldfish crackers, pretzels, fruit, nuts, fruit leathers, and others. Having a variety of non-candy items was very beneficial in attracting students to the tables; many students stopped by just for the snacks and then got more information.

## Training Volunteers for SNAP Enrollment

Since the Food Access Workshops were less effective at encouraging SNAP enrollment, a “train the trainer model” with the Thayne Center is the next step in addressing SNAP assistance for SLCC students. The Thayne Center will then ensure that pantry workers and volunteers are trained to screen students and staff for SNAP eligibility and provide SNAP assistance through their existing food pantries.

This training is also available from Utahns Against Hunger to any Utah schools and college pantries, and can be a great option for addressing food insecurity. Many food insecure student are already visiting the campus food pantry, so it is an ideal place to reach such students. If you wish to arrange a training, please contact Utahns Against Hunger.

## **Advocacy**

Despite the growing research and literature on these issues, food insecurity on campus is still a new and largely misunderstood issue. For many people not connected with campuses, it's easy to dismiss hungry students as the typical “starving college student” stereotype. Many people are also unaware that many low wage workers, such as some campus staff, may experience food insecurity. In order to address campus food insecurity long term, and not just through student resources, advocacy and policy changes are need. Student

voices are critical for these changes.

## Resource Visibility

One major issue that compounds hunger on campus is the lack of awareness of available resources, and the stigma for using them. An important part of advocacy on campuses is increasing resource visibility. The best way to increase awareness is to make information available in areas students are already accessing at high rates, such as the school website, student centers, financial aid, and even classrooms. One approach is often not sufficient; presenting the information widely across campus and reinforced at multiple points will also reduce some of the stigma surrounding seeking food assistance. Student leaders, such as student government or student who manage the food pantry, should be included in discussions of increasing awareness, they are more in tune with student realities.

Examples of how to increase resource visibility:

- Include information about food insecurity in student orientation.
- Include a “Need Food Help” button on student websites and portals.
- Publish information about resources on social media-especially forms with higher student engagement such as Instagram and Snapchat.
- Have financial aid including information on resources to new students, or students that are flagged for being at risk of economic insecurity.
- Encourage professors to include food resource information on a course syllabus. Here is an [example from Temple University](#).
- Hold open houses and food drives for food pantries, and include the food pantry on campus tours.
- Post information about SNAP and food pantries in the student union, multicultural center, health center, library, dormitories, dining halls, computer centers, or other high traffic areas for students.
- Post information about SNAP and food pantries in employee break rooms, or other high traffic areas for low wage workers.
- Create graphics or short video PSAs that can play on TVs and kiosks around campus.

Having information about resources widely publicized and available will not only increase student and staff use, it will help break down the culture of silence that surrounds campus hunger. As the issue becomes less seemingly taboo, the stigma surrounding it will start to fade as well.

## Surveys

Evidence is needed to understand the depth of this problem on Utah campuses. At the time of the creation of this toolkit, Utah State University already conducted a food insecurity survey on its campus. Out of 3,000 students surveyed, about 1000 responded. USU found that about 33% of those students had experienced food insecurity in the last 30 days. For more information please contact Caleb Harrison at [caleb.harrison@usu.edu](mailto:caleb.harrison@usu.edu).

The University of Utah is also planning on conducting a similar survey of 5,000 undergraduate students during the Fall 2018 Semester. For more information, please contact Nick Knight at [knightnick7@gmail.com](mailto:knightnick7@gmail.com).

If your campus is interested in conducting similar food insecurity surveys on campus, information is also available from the Wisconsin HOPE Lab: <http://wihopelab.com/publications/Basic-Needs-Insecurity-College-Students.pdf>.

## Story Collecting

Stories are another important tool, along with data. Stories help put a face to the issue and can inspire and move others to take action to end hunger. Stories can also address the stigma of hunger by highlighting how

hunger impacts students educational efforts, challenges faced in accessing resources and programs, the diversity of those who experience food insecurity (including staff members), how hunger is connected to many other issues of poverty, and can overall create more empathy by adding a human element to the subject.

Utahns Against Hunger has a story banking toolkit used to collect people's experiences with Federal Nutrition Programs, which is attached at the end. While it may need to be adapted, it could be a useful starting point in story collecting on campus.

## Activism

Student voices have been a powerful voice for change throughout American history. On this issue in particular, student involvement in policy changes is necessary to make sure they benefit students as intended. Campus leadership and response should include and encourage student advocacy, but be sure that an advocacy work does not add to financial strains or make students more vulnerable. This could include compensating them for working on this issue and ensuring that they have a role in agenda-setting.

- Students can also get advocate on this issue informally or without an official university group. This could include:
- Organizing coalitions with students across different campuses (including community colleges and technical colleges).
- Speak with state legislators about possible legislative solutions.
- Write about hunger in school newspaper and other media.
- Write or meet with Utah's Congressional delegation about the lack of access to federal nutrition programs for students.
- Attend town hall meetings and ask about hunger on campuses.
- Hold demonstrations or marches (this may require permits or other permissions).

A multitude of voices and approaches are needed to address this problem; while coordinating efforts is most effective, it should not be competitive within the advocacy space.

Utahns Against Hunger has over 40 years of anti-hunger policy and advocacy experience in Utah. We can provide guidance, as well as advocacy training, for any students or administrators who are interested.

## **Reflection**

As campuses explore new ways to solve the issues of hunger and food insecurity, they must consider new ideas and include affected students and staff. It is important to note, however, that while addressing hunger specifically within higher education has its nuances, it's important to remember that universities and colleges are also not the first in their communities to address these issues. It is highly beneficial to work in coalition with existing hunger relief entities in your local communities. They have likely experienced many similar challenges

before, and it's better to learn from their experiences than to continually try to reinvent the system. Utahns Against Hunger should be a partner in any endeavors taken on by Utah schools.

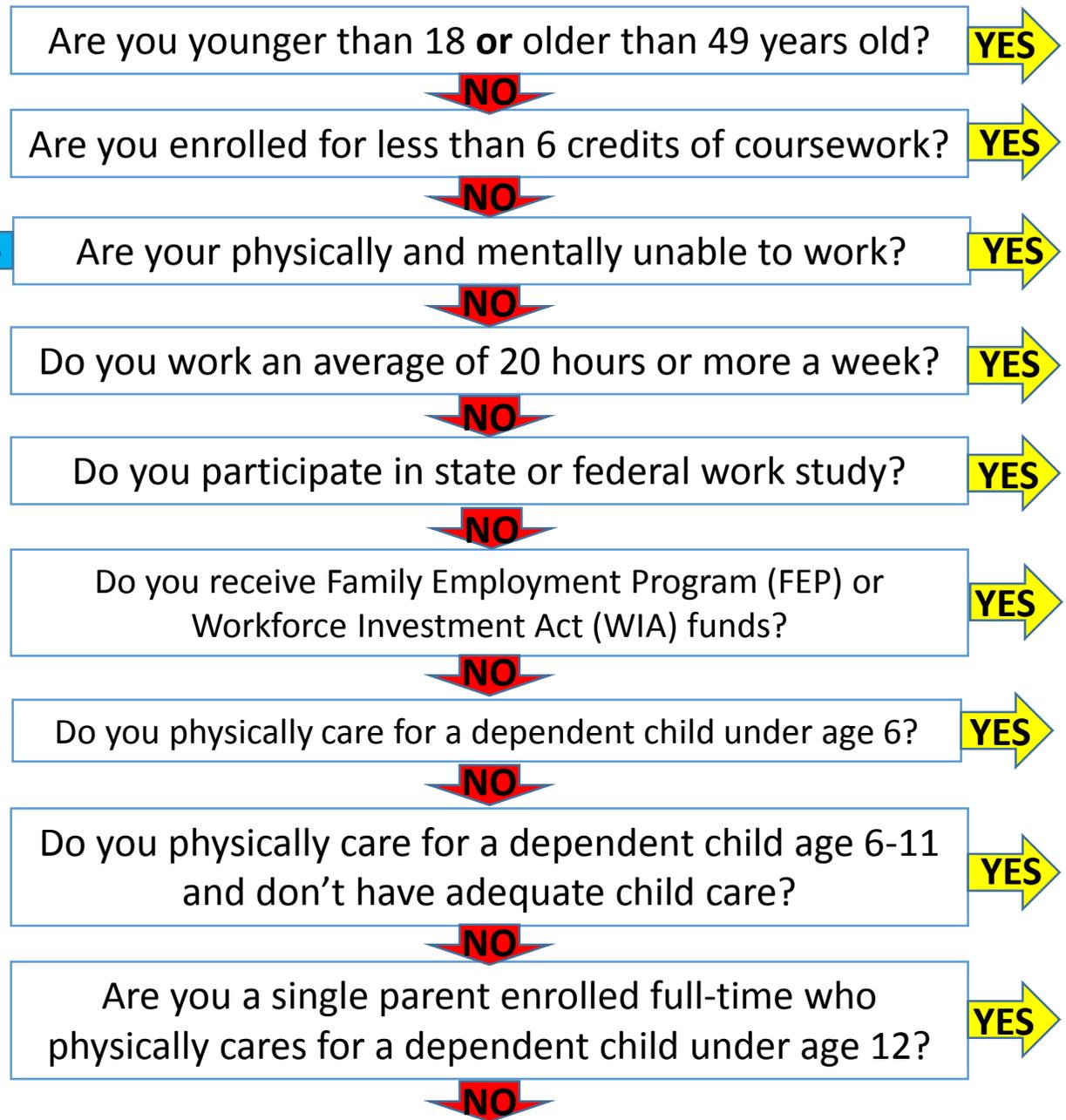
Universities and colleges are also large, complicated institutions. It is often difficult for faculty, staff, and even administrators to know about all the different efforts happening on campus. Before any extensive projects are undertaken, it's important to communicate with other departments and offices to make sure efforts are not being duplicated on the same campus.

However, hunger on college campuses, both among staff and students, is an answerable problem. While campus institutions such as food pantries play a role in this fight, they cannot solve the problem on their own. Access to federal nutrition programs, advocacy, higher wages, and other policy changes all play an important role in addressing these issues. There are also many other ideas not described in this toolkit. Administrations and campuses must work to remain open minded and flexible to exploring all options to help students and staff. These changes, while difficult, will not only create a better learning environment and increase student academic success, they will ensure that campuses remain a beacon of hope for the future; a place where all students can learn and succeed.

**Can you qualify for SNAP?**

If you have a physical or mental disability that prevents you from working, you may qualify for SNAP.

**Maybe**



Sorry, you probably don't qualify for SNAP. Ask about other resources available through SLCC!

You may qualify for SNAP! See the income limits on the next page or visit [www.jobs.utah.gov](http://www.jobs.utah.gov).

If you meet an exemption, you still have to income qualify for SNAP. The income eligibility standard from 10/1/2017-9/30/2018 are:

Household Size	Gross Monthly Income (130% of poverty)	Net Monthly Income (100% of poverty)	Maximum Benefit Allotment
1	\$1,307	\$1,005	\$192
2	\$1,760	\$1,354	\$352
3	\$2,213	\$1,702	\$504
4	\$2,665	\$2,050	\$640
5	\$3,118	\$2,399	\$760
6	\$3,571	\$2,747	\$913
Each additional member	+\$453	+\$349	+\$144

If you think that you may qualify for SNAP you can apply with the Department of Workforce Services at [www.jobs.utah.gov](http://www.jobs.utah.gov). You can also contact DWS at 1-866-435-7414.

# FOOD ACCESS WORKSHOP

LEARN  
HOW TO  
GET FOOD ON  
CAMPUS.

UTAHNS  
AGAINST  
HUNGER



## PAY RENT OR BUY FOOD?

Over half of college students have trouble affording food.  
It doesn't have to be this way.

WEST VALLEY  
ROOM 125

REDWOOD  
STUDENT CENTER  
DEN 2

SOUTH CITY  
ROOM 1-061H-A

MON, MARCH 5  
4PM-7PM

TUES, MARCH 13  
10AM-2PM & 4-6PM

WED, MARCH 14  
10AM-2PM & 4-6PM

The Supplemental Nutrition Assistance Program (SNAP) is a federally funded program that issues a debit card for groceries. Many college students who qualify do not apply. Start the application today at [jobs.utah.gov/mycase](http://jobs.utah.gov/mycase).

Discrimination based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity is prohibited.

# TUITION. BOOKS. FOOD?

OVER HALF OF COLLEGE STUDENTS HAVE TROUBLE AFFORDING FOOD. SNAP CAN HELP.

The Supplemental Nutrition Assistance Program or "SNAP" (formerly called Food Stamps) is a federally funded program that issues a debit card for groceries. Many college students who qualify do not apply.

\*Students eligible for SNAP can earn up to \$192 in benefits each month.\*

**SLCC students can attend FREE Enrollment Clinics to help determine if you qualify for SNAP and show you how to apply.**

Volunteers will be available to help you through the SNAP application.

**Visit a SLCC Student**

**Enrollment Clinic:**

West Valley Center

March 5: 4-6:30

Room 125

Redwood Campus

March 13: 10-2 & 4-6

Student Center Den 2

South City Campus

March 14: 10-2 & 4-6

Room 1-061H-A

**Presented by:**

**UTAHNS AGAINST HUNGER**



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OVER HALF OF COLLEGE STUDENTS HAVE TROUBLE AFFORDING FOOD. SNAP CAN HELP.

The Supplemental Nutrition Assistance Program or "SNAP" (formerly called Food Stamps) is a federally funded program that issues a debit card for groceries. Many college students who qualify do not apply.

\*Students eligible for SNAP can earn up to \$192 in benefits each month.\*

**SLCC students can attend FREE Enrollment Clinics to help determine if you qualify for SNAP and show you how to apply.**

Volunteers will be available to help you through the SNAP application.

**Visit a SLCC Student**

**Enrollment Clinic:**

West Valley Center

March 5: 4-6:30

Room 125

Redwood Campus

March 13: 10-2 & 4-6

Student Center Den 2

South City Campus

March 14: 10-2 & 4-6

Room 1-061H-A

**Presented by:**

**UTAHNS AGAINST HUNGER**



# APPLYING FOR SNAP

IT'S AS EASY AS 1, 2, 3!

## 1. Fill out an application

- Online: <https://jobs.utah.gov/mycase/>
- Paper application: available at DWS offices or call DWS at 1-866-435-7414 to receive an application in the mail
- At a DWS office: for a nearby location, call 801.526.WORK (9675) or visit [jobs.utah.gov](https://jobs.utah.gov)

## 2. Do a phone interview

- Call 801-526-0950 or 866-435-7414
- Interview must be completed within 30 days of submitting application, but it's best to complete it within 7 days
- Don't want to do it on the phone? You can also request an in-person interview

Note: A Horizon card will be mailed to all SNAP applicants within 7 business days. This does not mean someone has been approved.

**UTAHNS AGAINST HUNGER**

## 3. Verify!

### Turn in all verifications requested by DWS

- Identity
- Social Security Number
- Income
- Disability
- Expenses
- Alien status
- Residency

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# Know Your Rights



## SNAP Food Assistance For College Students

The Supplemental Nutrition Assistance Program or “SNAP” (formerly called Food Stamps) helps eligible low income households buy food. Many low income college students also qualify but do not apply.

### Can I get SNAP if I am in college?

There are special rules about SNAP for low income college students. You may qualify for SNAP if you meet federal income limits and **any** of the following:

- Enrolled less than half-time;
- Are younger than 18 or older than 49;
- Work an average of 20 hours per week;
- Have a physical or mental disability;
- Participate in State or Federal Work Study;
- Receive Family Employment Program (FEP) or Workforce Investment Act (WIA) funds;
- Physically care for a dependent child under age 6;
- Physically care for a dependent child age 6-11 if adequate child care is not available; or
- Are a single parent enrolled full-time who physically cares for a dependent child under age 12.

### How do I apply for SNAP benefits?

To see if you may qualify, visit <https://www.uah.org/get-help/calculator>. To apply, you can file an application for SNAP through the Department of Workforce Services (DWS):

- Apply online: [jobs.utah.gov/mycase](http://jobs.utah.gov/mycase)
- Fill out a paper application: available at a DWS offices or call DWS at 1-866-435-7414 to receive an application in the mail
- Go in person to a local DWS Office: for a nearby location, call 801-526-WORK (9675) or visit [jobs.utah.gov](http://jobs.utah.gov)
- With an approved outreach partner: call 1-800-453-FOOD (3663) to find one near you

After you apply, call DWS for an interview at 1-866-435-7414. Then send DWS any verifications they ask for, such as your identity, address, income, and possibly other items. DWS has 30 days to approve or deny your application.

### How much SNAP will I get?

It depends! The monthly SNAP benefit amount is calculated based on your countable income and your expenses, such as rent or child care. The *maximum* for one person is currently \$192/month. If you are approved, SNAP benefits are put on an EBT card (like a debit card). Everyone who applies will receive an EBT card, this does NOT mean you were approved.

### What if I’m an immigrant?

Normally, you must be a U.S. citizen to qualify for SNAP. There are exceptions if you are a(n):

- Permanent Legal Resident (green card);
- Asylees (granted asylum);
- Refugee;

- Individual granted withholding of deportation or removal;
- Cuban entrant;
- Individual paroled into the U.S. for a least one year by immigration authorities;
- Conditional entrant (temporary green card); OR
- Certain victim of domestic violence or human trafficking.

Some members of your household may meet these exceptions and other may not. Simply having an illegible or undocumented member in the household will not stop others for qualifying. DWS protects the identity of all applicants, and will not disclose anyone to ICE or other services. For more information call Utahns Against Hunger at 1-800-453-FOOD (3663) or Comunidades Unidas (Español) at 801-487-4143.

### What income does DWS count?

- Earned income from a job or self-employment,
- Unearned income such as Social Security, child support or unemployment insurance.

Work Study and other federal educational aid does not count as income. State and private educational loans and grants also do not count unless the money is earmarked for living expenses (room and board).

### What if I live with other people?

#### Roommates:

If you buy and prepare more than half of your food *separately from your roommates*, you can apply for SNAP for just *yourself*. If you buy and prepare most of you food *together* (you share the food purchased), you must apply for SNAP with your roommates—and they must report their income and meet other rules.

#### Parents:

*If you are age 22 or older and live with your parents*— but you buy and prepare more than half your food separate from your parents – you can apply for SNAP for just yourself to buy your own food.

*If you are under age 22*, you cannot get SNAP separately from your parents if you live with them. If your parents currently get SNAP, they should ask DWS to add you. If your family is low income and does not get SNAP, your parents can apply for SNAP as a household.

*If you are a parent*, you may qualify for SNAP if you physically care for a dependent child under age 6; physically care for a dependent child age 6-11 if adequate child care is not available; or are a single parent enrolled full-time who physically cares for a dependent child under age 12.

#### On-campus:

If you live on-campus and get more than half your meals from a school meal plan, you don't qualify for SNAP benefits. If you have a limited meal plan - for example, 1 meal a day - then you may be SNAP eligible.

### What are my rights if I am denied SNAP?

If think that you were mistakenly denied SNAP:

- Contact DWS Eligibility and ask to speak to a supervisor: 866-435-7414.
- Contact Nikki Stark in Constituent Services: 1-800-331-4341.
- You have the right to a Fair Hearing before an impartial administrative law judge (ALJ). The ALJ cannot change eligibility rules or policy, but decides if eligibility was correctly determined. To request a Fair Hearing:
  - Call 1-877-837-3247
  - Fill out a Request Form: available at <https://jobs.utah.gov/appeals/490.pdf>



## Story Banking Toolkit

What kind of stories are you looking for? Congress is currently considering budgets and restructuring for a number of critical federal nutrition programs. This means that the media will be increasing their coverage of the impact of these programs and policymakers will be discussing the issue much more in the coming months. You can help us educate Congress, the media, and the public about what these programs mean to you by sharing recipients' personal experiences. We are looking for personal experiences about the following programs:

- SNAP, formerly known as Food Stamps
- WIC
- Summer meals
- School breakfast, lunch, and after school meals
- Child care feeding programs

To give policymakers and the public an understanding of the wide range of ways these programs are important, we are looking for:

- **How nutrition assistance programs impact families.** We are looking for stories that show how nutrition assistance programs help families. We are also looking for stories about how potential cuts to benefits might harm families (or how past cuts have already harmed families) and the challenges related to putting nutritious meals on the table.
- **How programs have helped improve economic security.** Not only do these programs help families gain access to nutritious food but they also help families get through tough economic situations and become more economically secure.
- **The challenges faced when participating in these programs.** Individuals who are being supported by nutrition assistance programs often face many difficult challenges including work and income, healthcare issues, family issues, transportation, and other costs of living.
- **The diversity of those who participate in these programs.** These critical programs serve a wide variety of people from a lot of different communities and backgrounds. The public needs to hear about experiences from different parts of the country, communities of color, faith and non-faith communities, LGBT people and others. The more diverse voices we can share, the more people can relate to the importance of these programs.
- **How hunger is connected to many other issues of poverty.** We know that hunger affects so housing, education, job attainment and retention, domestic and community violence. We want people to share their experiences with nutrition assistance programs and feel encouraged to talk about how those programs had an effect on other aspects of their experience on a limited income.

# Interviewers Guide

Thank you for joining our campaign!

We appreciate your time and the effort you are making to help us collect stories from people who are participating in federal nutrition programs. These are the stories that can inspire and move others to take action to end hunger, and providing a platform that is safe and supportive for the interviewee is an important task that we thank you for taking on!

The following provides some instruction and a list of questions to help stimulate a conversation.

## Instructions:

At the beginning of the recording session, ask the story teller/interviewee to state their name, city and state where they live, and the name and relationship of the person with whom you are speaking.

## Introduction

“We’re talking with community members to better understand the food needs of families in Utah. We want to hear and record your story to help inform future programs and improve access to healthy food. We need your help to identify barriers faced by people in this community to purchase and eat healthy food. Your story along with others will be shared with other community members, media, and policymakers across the country to raise awareness about hunger in America.”

Provide the Interviewee with a printed copy of the Information for Interviewees (Including Consent Form).

Participant needs to sign a consent and photo release form to take part in this campaign. Obtain consent before moving forward. The Interviewee may want to keep a copy of the Information for Interviewees (Including Consent Form). Be sure to have a few extra copies printed out.

“This interview should only last about 10-15 minutes. We can stop at any time. Please feel free to speak openly. There are no correct or wrong answers to these questions. We would like to get as many different points of view as we can.

Do you have any questions before we start?”

# Interview Information

Put your phone in airplane mode before you begin the interview.

Start recording.

Icebreaker Question:

1. What's your name and where do you live?
2. Why did you agree to tell your story?

Introduce yourselves. Share why you are doing these interviews. Sharing some information about yourselves will make interviewees more likely to share their stories with you.

When you are feeling more comfortable, you can start in with more specific questions. Make sure to let interviewees know that they can stop at any time.

Questions to Ask:

- Tell us a little bit about you and your family?
- Has there ever been a time where you had to sacrifice anything to feed your family? What have been some of your challenges when you didn't have adequate income?
- Was there a particular instance/circumstance that happened in your life that led you to seek food assistance? Did you seek other help first before seeking SNAP or other assistance?
- How have nutrition assistance programs (SNAP, WIC, summer meal programs, school breakfast and lunch) helped you? Do you have any specific stories of how any of these programs helped you and/or your family?
- If cuts were made to the nutrition program(s) you use, how would it affect you or your family?
- If you had a chance to speak to your policy makers about nutrition assistance programs, what would you tell them?
- What struggles have you faced finding affordable healthy food?
- What have your experiences been like with food programs such as [SNAP, WIC, the National School Lunch Program, Meals on Wheels, or congregate meals]?
- What do you think would surprise people about your experiences with hunger/poverty?

# Information for the Interviewees

## What is the purpose of this interview?

Members of Congress make decisions every day that impact families throughout this country. When members consider ways to address hunger in this country it is crucial they hear from the true experts on hunger- people who have experienced it. Help us educate Congress, the press, and the public on the importance of nutrition assistance programs. Your stories may also be used in fundraising for Utahns Against Hunger. Only your first name will be used.

## What will happen if you take part in the interview?

Your expertise will be shared. Your story may be used as a media resource where there are opportunities to advocate for nutrition programs. For example, it could be used in a news article, blog, a letter to elected officials, etc. The stories can also be shared on the internet via Twitter, Facebook, and email.

You will be asked questions covering your experience with nutrition assistance programs, how they've helped you with economic challenges, and what it's like to provide nutritious meals for yourself and your family. You may choose to respond or not respond at any point during the interview. Your interview will be recorded.

## How long will your interview last?

Your interview will last for up to an hour.

## What are some general things you should know about your interview?

This interview is *voluntary*. You may refuse to participate, or you may participate and then drop out of the interview at any time and for any reason. Details about your interview are discussed below to help you understand its purpose.

## Will it cost you anything to participate in the interview?

No. There are no costs for being in the interview other than your time.

## What if you have questions about the interview?

You have the right to ask, and receive answers to, any questions you may have about the interview. If you have questions, or concerns, you can contact, anonymously if you wish, Melissa Jensen at (801) 214-3227 or by email at [jensen@uah.org](mailto:jensen@uah.org).

# Nutrition Program Story Release Form

Thank you for participating in this interview!

Your signature below indicates that of your own free will, you agree that you represent and warrant that you have full power and authority to enter into this agreement and to perform its obligations hereunder and that you will receive no monetary payments for the license or grant described herein. Furthermore, you represent and warrant that you are not knowingly hiding or falsifying your proper legal identity, submitting untrue, false, or otherwise misleading materials, or otherwise engaging in deceptive or misleading actions with regards to this release.

Additionally, you agree that you are granting Utahns Against Hunger, its agents, employees, and assigns a worldwide, royalty-free, non-exclusive, fully paid-up license to:

- Use of your personal image and remarks, in whole or in part, for any purposes, including but not limited to, simultaneous and archival webcasting.

You have the right to ask, and received answers to, any questions you may have about the interview. If you have questions, or concerns, you can contact, anonymously if you wish, Melissa Jensen at (801) 214-3227 or by email at [jensen@uah.org](mailto:jensen@uah.org).

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Signature

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Date

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Please Print Name

# Nutrition Program Story Release Form

Thank you for participating in this interview!

Your signature below indicates that of your own free will, you agree that you represent and warrant that you have full power and authority to enter into this agreement and to perform its obligations hereunder and that you will receive no monetary payments for the license or grant described herein. Furthermore, you represent and warrant that you are not knowingly hiding or falsifying your proper legal identity, submitting untrue, false, or otherwise misleading materials, or otherwise engaging in deceptive or misleading actions with regards to this release.

Additionally, you agree that you are granting Utahns Against Hunger, its agents, employees, and assigns a worldwide, royalty-free, non-exclusive, fully paid-up license to:

- Use of your personal image and remarks, in whole or in part, for any purposes, including but not limited to, simultaneous and archival webcasting.

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Signature

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Date

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