

Food Insecurity

On this page you can learn what food insecurity is and the effects it has on the families in our community who suffer from it. We have also included information on how you can help fight food insecurity in the St. George area, as well as a downloadable word search!

What is food insecurity?

In short, food insecurity is a lack of access to affordable and nutritious food. There are many components that contribute to food insecurity. Some of these include affordability, availability, and having reliable access to grocery stores that sell nutritious food.

Here's a short video explaining a little more about what food insecurity is!

<https://youtu.be/m7DylyQ8lf4>

QUICK FACTS ABOUT FOOD INSECURITY

[Facts About Utah Food Insecurity](#)

It is important for the body to have nutritious food throughout life, especially during childhood. Food insecurity can negatively affect the physical, mental, and emotional development of children. Families with children aren't the only ones affected by food insecurity; college students and even senior citizens are members of our community who also suffer from food insecurity. In adults, food insecurity has been associated with problems like diabetes, heart attack, asthma and even depression.

Unfortunately for many Utahns, food insecurity has gotten worse during the COVID-19 pandemic. Many members of our community have lost their job, which has increased the financial stress placed on individuals and families.

Did you know about 1 in 8 Utah households are affected by food insecurity?

Check out this video about a family in Utah who has been affected by food insecurity.

<https://www.youtube.com/watch?v=rURn3si3utQ>

Ready to help? Here are some things you can do to combat food insecurity locally.

From October 12, 2020 through October 31, 2020 donation boxes will be set up at the following locations for you to drop off non-perishable food items. All of the items collected will be donated to Switchpoint Food Pantry.

Santa Clara Library- 1099 Lava Flow Dr, St. George, UT 84770

Rocky Vista University in the main lobby- 255 E Center St, Ivins, UT 84738

Additionally, you can drop off your donations directly to Switchpoint Food Pantry located at 948 N 1300 W St George, UT 84770

Drop off location in rear of building Monday-Friday 11:00am-5:00pm

Here are some items that Switchpoint Food Pantry has told us they are most in need of:

Size 4, 5, and 6 diapers

Peanut Butter

“Chunky” Soups

Cereal

Pasta sauces

Instant Mashed Potatoes

Canned Beans

Meal Kit Boxes such as

Hamburger Helper

Don't feel like leaving the house? We have also set up an online donation drive through the Utah Food Bank. You can access the online donation here:

http://fighthunger.utahfoodbank.org/site/TR?pg=team&team_id=3432&fr_id=1160

The good news is that we can each do our part to make sure that no one goes hungry in Utah. Because of people like you, the Utah Food Bank distributed 45.7 million pounds of food last year. That's about 38 million meals!

Thank you for taking the time to learn about food insecurity! Together we can make sure that no one goes hungry in Utah. We invite you to have meaningful discussions about what you have learned with your friends and family, and invite them to donate if they are able!

Here is a word search you can download and print!

[Word Search Puzzle](#)

Post a picture of your donation to Instagram or Facebook with #RVUSUFallHealthFair or email the picture or your word search to marketing@rvu.edu to be entered to win a prize!

Sources:

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