

# FOOD INSECURITY

## What it means & who it affects

Food insecurity refers to the lack of access to enough food or limited and uncertain availability of nutritionally adequate food.

1 in 3 College students report experiencing food insecurity



15% of Oklahomans are food insecure

### Consequences of food insecurity on education:

55%

Reported housing & hunger problems caused them not to buy a required textbook

53%

Reported housing & hunger problems caused them to miss a class

25%

Reported housing & hunger problems caused them to drop a class

Southwestern Oklahoma State University's Food & Resource Center is a student-run facility that is dedicated to creating a culture of health and wellness within the SWOSU Community.



The Bulldog Food & Resource Center is in the Wellness Center.

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