# Increasing access to healthy food: Resources and experts

How can colleges make their campuses healthier? The University of California and its Global Food Initiative offer examples and resources for increasing access to healthy food.

## INCREASING FOOD ACCESS AND SECURITY

Guided by the findings of an in-depth UC survey, President Janet Napolitano in July 2016 approved $3.3 million in new funding over the next two years to help students regularly access nutritious food on campus and off. The funding, which includes $151,000 for each of UC's 10 campuses, is in addition to the $75,000 per campus that Napolitano allocated in 2015 to address the immediate challenges of ensuring that students have ready access to nutritious food, and reflects the GFI goal of promoting a nutritious, sustainable food supply. Based on the results of UC's Student Food Access and Security Study and in conjunction with student representatives systemwide, UC developed an action plan tailored to the needs of individual campuses while maximizing coordination among them.

**More information**:
www.ucop.edu/global-food-initiative/best-practices/food-access-security

**Contacts**:
Ruben Canedo, co-chair, GFI Food Access and Security Subcommittee, UC Berkeley, elias_canedo@berkeley.edu; Tim Galarneau, co-chair, GFI Food Access and Security Subcommittee, UC Santa Cruz, tgalarne@ucsc.edu; Lorrene Ritchie, director, Nutrition Policy Institute, UC ANR, lritchie@ucanr.edu

## BUILDING A HEALTHY CAMPUS NETWORK

Inspired by UCLA's Healthy Campus Initiative, a campus-wide wellness movement with the goal of making UCLA the healthiest university campus in America, and UC San Francisco's Healthy Beverage Initiative, which has phased out the sale of sugar-sweetened beverages at UCSF, UC is exploring efforts to develop a Healthy Campus Network to provide a hub at each UC campus for food, health and wellness-related activities.

**More information**:
http://healthy.ucla.edu, http://healthybeverages.ucsf.edu

**Contacts**:
Wendy Slusser, associate vice provost, UCLA Healthy Campus Initiative, wslusser@conet.ucla.edu; Laura Schmidt, professor of health policy, UCSF, laura.schmidt@ucsf.edu; Trish Ratto, wellness program manager, UC Berkeley, tratto@berkeley.edu; Julie Chobdee, wellness program coordinator, UC Riverside, julie.chobdee@ucr.edu

## ESTABLISHING FARMERS MARKETS

A GFI subcommittee has collected best practices from each of the participating UC campuses and is preparing a best practices guide for how to start and run a successful farmers market.

**More information**:
www.news.ucsb.edu/2013/013662/eat-fresh-buy-loco

**Contacts**:
Samantha Lubow, Cal Dining environmental initiatives coordinator, UC Berkeley, smlubow@berkeley.edu; Roane Akchurin, manager, community housing, UC Santa Barbara, rakchurin@housing.ucsb.edu

## SWIPING OUT HUNGER

The Swipe Out Hunger campus sustainable meal sharing and recovery program, which allows students to donate excess dollars on their meal plan to others who are in need, began at UCLA and has expanded nationwide. Swipes has programs on four UC campuses with plans to expand to all nine UC undergraduate campuses. A GFI subcommittee has created a guide that details how to start a campus Swipes program.

**More information**:
www.swipehunger.org

**Contacts**:
Rachel Sumekh, executive director, Swipe Out Hunger, rachel@swipehunger.org; Emily Vargas and Aaron Masjedi, co-presidents, UCLA Swipes chapter, swipes@ucla.edu; Tuyen Nguyen, food bank coordinator, UC Santa Barbara, tuyen@as.ucsb.edu

## RECOVERING FOOD

As part of the Fruit and Veggie Up program, Nugget Markets donates slightly blemished but still tasty produce to UC Davis, which picks up the produce three times a week, reducing food waste, and makes it available for free to students. UCLA has partnered with Food Forward to glean produce from farmers markets for students. Several UC campuses participate in the Food Recovery Network to combat food waste and hunger. UC Berkeley alum Komal Ahmad founded Copia, which uses its website and mobile app to connect businesses and events with excess food inventory to communities in need, reducing waste and decreasing hunger. Also, efforts by K-12 schools such as Los Angeles Unified and Anaheim City school districts have helped lay the groundwork for the expansion of excess food donation at universities and beyond.

**More information:**
www.nuggetmarket.com/articles/1500/fruit-and-veggie-up-program-with-uc-davis, www.universityofcalifornia.edu/news/ucla-students-lead-projects-feed-hungry-campus, www.foodrecoverynetwork.org, www.gocopia.com, www.wastenotoc.org/#!for-schools/cevv

**Contacts:**
Aria Wexler, GFI fellow, UC Davis, awexler@ucdavis.edu; Tyler Watson, GFI fellow, UCLA, tdwatson@ucla.edu; Savannah Gardner, GFI fellow, UCLA, scfgardner@gmail.com; Komal Ahmad, founder and CEO, Copia, komal@gocopia.com

## CREATING AN EDIBLE CAMPUS

Every UC undergraduate campus has a student-run farm or garden. UC Santa Barbara's Edible Campus Project is taking another step to address local food security by repurposing underutilized spaces for food production, turning waste into food, and engaging students as growers and producers. The program, supported by GFI, in partnership with UC Santa Barbara, seeks to produce 25,000 pounds per year of sustainable food through different models of urban farming. This food will then be donated to UC Santa Barbara students. At UC Riverside, Tracy Kahn, curator of the UC Riverside Citrus Variety Collection, leads walking tours of edible trees on campus.

**More information**:
www.sustainability.ucsb.edu/ediblecampus, www.citrusvariety.ucr.edu

**Contacts**:
Katie Maynard, sustainability coordinator, UC Santa Barbara, kmaynard@geog.ucsb.edu, and Tuyen Nguyen, food bank coordinator, UC Santa Barbara, tuyen@as.ucsb.edu; Tracy Kahn, curator, Citrus Variety Collection, UC Riverside, tracy.kahn@ucr.edu

## RELATED REPORTS

Read more about best practices, case studies and lessons learned in GFI working group reports on food access and security, K-12 schools, and leveraging research for food and agriculture policy.

www.ucop.edu/global-food-initiative/best-practices/index.html