



UNIVERSITY OF
KWAZULU-NATAL™
INYUVESI
YAKWAZULU-NATALI

Student Support Services

Food Insecurity



INSPIRING GREATNESS

WHAT IS FOOD INSECURITY?

ABBREVIATIONS

- **CHC** - Campus Health Clinic
- **CHASU** - Campus HIV & AIDS Support Unit
- **CMS** - Campus Management Services
- **DSRA** - Department of Student Residence Affairs
- **DSU** - Disability Support Unit
- **FSP** - Food Security Programme
- **FSPV** - Food Security Programme Volunteers
- **FCFS** - First Come First Serve
- **IPG** - Institutional Planning and Governance
- **SRC** - Student Representative Council
- **SSS** - Student Support Services

Food insecurity refers to the limited or uncertain access to adequate food for an active, healthy lifestyle.

Food insecurity can also be described as not having enough food, experiencing hunger due to running out of food and being unable to afford more.

For some people, food insecurity can manifest as eating a poor quality diet due to limited food options and experiencing anxiety about acquiring food.

FOOD INSECURITY IN SOUTH AFRICA

- According to statistics, 6,8 million South Africans experienced hunger in 2017.
- Whilst South Africa is food secure at the national level; the country is still food insecure at the household level as not all households have access to adequate food.
- Almost 20% of South African households had inadequate or severely inadequate access to food in 2017.
- Food insecurity affects many people in South Africa, with research showing a growing concern for food insecurity among students in institutions of higher learning.



RECENT STATISTICS ON HUNGER AT UKZN

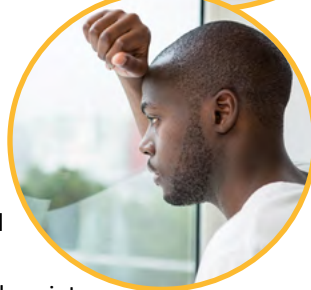
- More than 50% of UKZN students are from economically disadvantaged backgrounds.
- Studies suggest that 53.1 % of students are vulnerable to food insecurity, of which 44% face a moderate vulnerability and 9.2 % have a high vulnerability to food insecurity.
- Up to 75% of the total UKZN student complement of nearly 50 000 arrive on campuses hungry.

WHAT ARE THE EFFECTS OF FOOD INSECURITY?

Food insecurity can result in several psychological and emotional challenges which can negatively impact on students' health and academic potential.

Students who are food insecure can experience the following challenges due to hunger:

- Concentration difficulties
- Memory difficulties
- Fatigue
- Feelings of shame due to the social stigma and negative perceptions associated with poverty.
- Constant worry about where the next meal will come from.
- Mental health challenges such as depression and anxiety
- Sleeping difficulties



HOW TO ACCESS FOOD SECURITY SUPPORT?

Support includes the following:

1. Relief in the form of food parcels
2. Psychosocial support in the form of voluntary counselling.



HOW CAN WE HELP YOU?

WHAT IS THE ROLE OF STUDENT SUPPORT/ COUNSELLING SERVICES?

Having inadequate food and not knowing where your next meal will come from can be very stressful. Student Support/Counselling Services across the UKZN campuses offer confidential psychosocial support in the form of voluntary counselling to students facing challenges related to food insecurity.

*Please note: Student Support Services is **NOT** responsible for distributing food packages to students; however, psychosocial support is available.*

PROCESS FLOW FOR FOOD PARCELS

Management (Senior Student Development Specialist -SSDS or designate) to receive notification from sponsor for delivery

Communication to Food Security Programme Volunteers (FSPV)

FSPV liaise with the donor to confirm pickup or delivery date and time



WHAT IS THE PROTOCOL FOR DISTRIBUTION OF FOOD?

1. WHERE IS THE FOOD FROM?

Various forms of food donated by different organizations are distributed equally to all five UKZN campuses.



2. FOOD DISTRIBUTION

Food is distributed to the Campus HIV and AIDS Support Units (CHASU) on each campus.

3. REGISTRATION

As part of the streamlining process, students who need food can register their names with their respective College Student Support Services, the SRC or the Department of Student Residence Affairs.

4. AFTER REGISTRATION

By the last day of each month (at 4 pm), the College Student Support Services, SRC, DSU, CHC and DSRA will send through completed lists of students to the designated FSPV on each campus.

** Please note: any names received after this will be added to the next month's list, which will then be forwarded at the end of the month, as per (4) above.*

WHAT IS THE PROTOCOL FOR DISTRIBUTION OF FOOD?

5. DELIVERY

- On the day before: FSPV will email all students who have been captured for that month, as per (4) above.
- On the morning of the delivery, FSPV will email all students to remind them that a delivery is expected.
- Students will receive a final notification via email when the delivery has arrived.



6. DISTRIBUTION

Food will be distributed on a **First Come, First Served** (FCFS) basis:

- Students will be notified of designated queuing points close to the office (see Pick Up Points)
- If a student cannot attend in person due to examinations, ill health, etc., then they will be allowed to send through a representative to collect on their behalf, who is subjected to the same process of waiting in line (FCFS).
- The university is not in control of the number of hampers that are received each month.

- Once this allocation has been distributed, further students will not be able to receive hampers for that month.

- To be included on the following month's list (if needed), they would need to inform the relevant office that submitted their names initially.



WHAT IS THE PROTOCOL FOR DISTRIBUTION OF FOOD?

7. RECORD

FSPV will record the student numbers and college details of students who have received the parcels and submit this list monthly to the SSDS.



8. DRY MEAL PACKS

Students may collect dry meal packs (rice, soya, lentils and vitamin pack) at any time from either the clinic, HIV or DSU offices in any quantity.



WHAT HAPPENS IF BULK DELIVERY IS MADE TO ONE CAMPUS?

1. The CHASU driver will arrange to move 50 parcels at a time to each campus (due to vehicle capacity).
2. FSPV on each campus will be responsible for arranging for students/CMS to assist with the loading/off-loading of food packages.
3. UKZN FSP Executive to arrange with IPG Executive for staff to be available to assist on each campus.
4. FSPV will be responsible for notifying CMS staff (including the relevant campus manager) at least a day before the assistance is required.
5. Students will be notified that there will be a plan for distribution the next day.

No students should be denied food because of their NSFAS funding status.



PICK UP POINTS

Campus	Location	Contact person
Edgewood	CHASU (Support Unit) Dining hall under basement, Edgewood Campus	Kenneth Qalaza 031 260 8283/ 076 4986654 or Shirley Ext 3649/ 074 0753585
Howard College	Campus HIV/AIDS & Support Unit opposite Townley Williams Residence	Noxolo - Ext. 8661/ 084 6083449 or Thanda Ext 3563 or Musa Ext 1463
Medical School	Room 272, 2nd floor Main Building, 719 Umbilo Road	Silindile Shamase 031 260 1670/ 061 3513473 or Thilida Ext 4185/ 079 1182809
Pietermaritzburg	Support Unit (CHASU) Student Union Building, 1st floor, UKZN (PMB)	Snikeziwe Ndlovu Ext 5281/ 060 7043700 or Mlondi Ext 6110/ 072 5587911
Westville	Support Unit, MH Joosub Hall Room 01-007, 2nd floor C Block, Westville Campus	Hlengiwe Ngubane 031 260 2132/ 082 6169160



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CONTACT DETAILS


(During office hours, Monday-Friday, 08:00 am -16:30 am)


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