



Students shop for groceries, toiletries and non-perishable food items (above and right) at newly opened food pantry and nutrition lounge. Photos courtesy Bowie State University

Food Pantry Eases Hunger Pangs

BSU-Food Lion Partnership Offers Nourishment for the Body and Mind

BY BRIANNA MILES

Bowie State University recently partnered with Food Lion to provide a nutrition lounge for students in need of toiletries, non-perishable items, or just a place to study, the nutrition lounge is the perfect place. The lounge provides free, healthy foods and personal care items for students. Students are able to use this relaxing space Monday-Friday, 10 a.m.- 2 p.m., in the Thurgood Marshall Library, ground floor near the front entrance elevator.

The university is committed to combating hunger on campus. There are many cases on college campuses where students are experiencing hunger and there is a need for food for homeless students in particular. Bowie State's director of the Henry Wise Student Health & Wellness Center Dr. Rita Wutoh applied for the Food Lion grant to receive funding for Bowie's nutrition lounge. Bowie State University received a \$10,000 grant last summer to support the project.

Food insecurity is a touchy subject for college students, organizers said, due to the fear of being judged. Resident assistants at Bowie State were made aware of this and suggested that the new nutrition

lounge would be centered in the middle of campus so that students can pick up their items without having to be questioned or stopped by a receptionist in the wellness center. The lounge would be more of a space for students to feel comfortable.

The nutrition lounge comes with a seating area to study and to microwave food, which is a good place for commuters. Bowie State has extended its efforts to improve students' food security with its new food pantry. Since its grand opening, there has been a flood of students who have taken advantage of this generous act. There has been a total of 80 to 90 students a day who have visited the food lounge, which has caused a high demand for products.

Food Lion has reached out its hand once again and given Bowie State a \$500 gift card, which will provide more non-perishable items and toiletries for students. In the future, Bowie State University is considering a partnership with the Capital Area Food Bank, which is based in Washington. Capital Area Food Bank will access free fresh produce, baked goods and meatless items, which will provide versatility for vegan students.

The nutrition lounge will potentially host workshops, which will involve meal prep, food tastings and demonstrations so that students are aware of healthier food options and how to prepare them. For more information on how to donate food visit:

<https://bowiestate.edu/campus-life/health-and-wellness/henry-wise-wellness-center/food-pantry.php>



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HUNGER CAN BE HARD TO RECOGNIZE. BECAUSE THE
1 IN 8 AMERICANS FACING IT CAN LOOK LIKE
ANYONE. ESPECIALLY ME. I AM THE 15-YEAR-OLD
GIRL WHO GOES FOR WALKS OVER LUNCH SO MY
FRIENDS WON'T KNOW I DON'T HAVE ANYTHING TO
EAT. I AM THE MOTHER WHO'S IN BETWEEN JOBS
AND SOMETIMES GOES TO BED HUNGRY SO MY KIDS
CAN HAVE DINNER. I AM THE 16-YEAR-OLD BOY
WHO GOT MY FIRST JOB NOT FOR EXTRA SPENDING
MONEY, BUT TO HELP FEED MY LITTLE SISTERS.
I AM THE RETIREEE WHO FELL ILL AND HAD TO
CHOOSE BETWEEN GETTING MEDICINE OR GROCERIES.
I WAS CREATED BY ARTIFICIAL INTELLIGENCE FROM
PHOTOS OF THE 40 MILLION AMERICANS STRUGGLING
WITH HUNGER IN THIS COUNTRY. A FACE THAT
CHALLENGES YOU TO SEE HUNGER IN A DIFFERENT
LIGHT. I AM WHAT HUNGER LOOKS LIKE IN AMERICA.
LEARN MORE AT IAMHUNGERINAMERICA.ORG

Based on USDA food security data released in 2018





1 in 7 children faces hunger.

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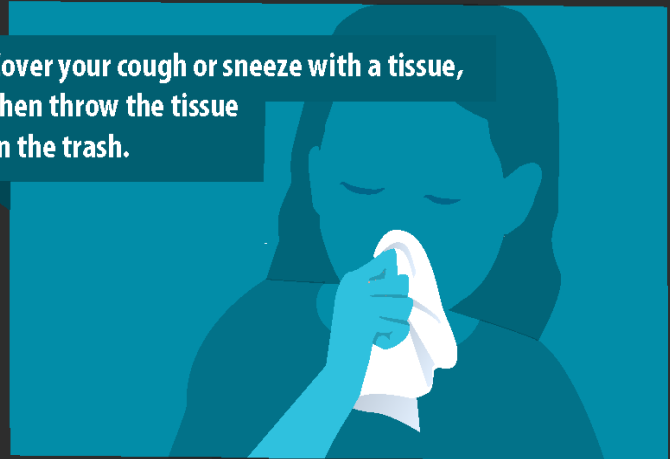
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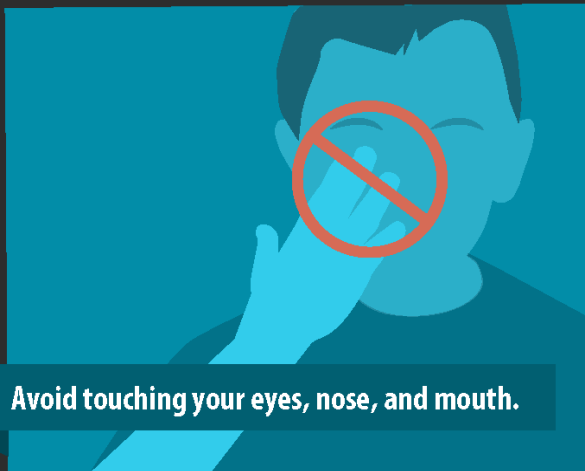
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19



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SAVES LIVES.**

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