

Nourish to Flourish: Fighting Food Insecurity
Chapter Resource Hub

Campus Resources

Our Campus Pantry Directory connects students to the support available on campus and in the surrounding community. Once you locate your campus pantry or local Feeding America affiliate food bank, check their respective website for guidance on how to access emergency food resources, understand eligibility, and locate nearby food banks. Chapters can also use this directory to help students quickly find the help they need without stigma or confusion.

[Link to Campus Pantry Directory](#)

*Note: Chapters whose schools have no campus pantry have their closest Feeding America affiliate listed.

*Note: International Chapters have the food bank closest to their campus listed.

Communication Guidelines

Chapters need communication guidelines that they can use to promote food access ethically and effectively. This section includes stigma-free messaging and an ethics guide to ensure all communication protects student dignity and privacy. Chapters can rely on these guidelines for polished, professional communication support.

Messaging Guidelines:

Stigma-free messaging about hunger uses people-first language, shifts the focus from individual failure to systemic issues, and highlights dignity, rights, and shared community duty rather than charity or shame.

Shift from Charity to Justice

- Reframe the narrative: Describe food access as a basic human right and not a community investment or a handout.
- Emphasize systemic causes: Acknowledge that low wages, high living costs, and policy gaps drive hunger—not personal choices.
- Normalize utilization: Communicate that support programs exist for everyone who needs them, removing the idea of "deserving vs. undeserving" groups.

Use People-First and Respectful Language

- Avoid labels: Do not call people "the hungry," "the poor," or "needy."
- Use descriptive phrasing: Say "people experiencing food insecurity" or "individuals navigating hunger."
- Rebrand spaces: Refer to distribution sites as "community markets" or "pantries" rather than loaded terms like "soup kitchens."

Focus on Dignity and Agency

- Highlight choice: Emphasize client choice, respect, and autonomy in how people select and receive food.
- Amplify voices: Center stories told by people with lived experience rather than speaking *for* them.
- Drop burdensome requirements: Promote low-barrier access and clear, transparent rules so people feel respected when asking for help.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12671575/>

Local Activation Ideas

Learn practical, scalable ways for your Chapter to take action in your community. Each idea is designed to be flexible so chapters of any size can participate meaningfully. For more information on the best way to activate locally, contact your local campus pantry or food bank using the information in our directory.

Local Activation Ideas

- Participate in [Hunger Action Month](#)
- Volunteer at your local food bank
- Offer to help your campus pantry or local food bank with promotional materials
- Initiate a fundraising campaign
- Hold a donation drive

Outreach guide

Do you want to start a partnership with your local campus pantry or food bank? Click [here](#) to access a downloadable email template to begin your partnership!

Education & Awareness Materials

Chapters need reliable information to educate their campus about food insecurity. Feeding America's national statistics and resources can help students understand the scope of hunger and

the importance of community support. Chapters can use these materials for presentations, tabling, social media, or classroom engagement.

Quick facts:

- 1 in 5 children face hunger
- 100% of counties have needed food banks in America
- 50 million people have looked to local food banks and pantries for help

<https://www.feedingamerica.org/hunger-in-america>

To understand more about what causes hunger, the impact made by Feeding America affiliate food banks, and how to join the fight against hunger, click [here](#).