

FINAL REPORT: STELLENBOSCH UNIVERSITY TASK TEAM FOR AN INSTITUTIONAL FRAMEWORK ON FOOD SECURITY



Compiled by: Dr Munita Dunn-Coetzee (convenor) and Khairoonisa Foflonker (co-convenor)

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*Please note that the visual illustration on the cover page is from Dold (2018).

LIST OF ABBREVIATIONS

CBL	Centre for Undergraduate Bursaries and Loans
CSCD	Centre for Student Counselling and Development
KOS	A food service provider called KOS who provides food parcels
NSFAS	National Student Financial Aid Scheme
PGO	Postgraduate Office
PSO(s)	Private Student Organisation(s)
SU	Stellenbosch University
TPSC	Tygerberg Postgraduate Student Council
TSR	Tygerberg Student Representative Council
UCT	University of Cape Town
UFS	University of the Free State
UJ	University of Johannesburg
UKZN	University of KwaZulu-Natal
Wits	University of the Witwatersrand

1. INTRODUCTION

The changing climate in higher education and greater diversity in the student population have foregrounded food insecurity as one of the main issues for prioritisation. It was proposed that a regulatory framework be developed that would guide Stellenbosch University (SU) in dealing with the various facets of this phenomenon. A task team with members at both Stellenbosch Campus and Tygerberg Campus was compiled to this end. Dr Munita Dunn-Coetzee (Director: Centre for Student Counselling and Development – CSCD) acted as convenor at Stellenbosch, while Ms Khairoonisa Foflonker (Manager: Student Affairs, Tygerberg Campus) performed the duties at Tygerberg.

The task team's brief can be summarised as follows:

1. Conduct a thorough investigation – among other things, by considering similar higher education frameworks or policies, nationally and internationally – as groundwork for developing a regulatory framework for SU.
2. In the development process, attend to the following facets:
 - 2.1 Formulate a definition of “food insecurity” and its implications for students.
 - 2.2 Construct a practical framework that indicates where assistance can be offered, what types of assistance can be offered, for which parts of the year assistance can be made available, who qualifies for assistance, who are the designated role players, and what initiatives could be undertaken in collaboration with the community .
 - 2.3 Train and educate both staff and students regarding sensitivity towards the general stigma of poverty and towards differences in a multicultural context. Recommend ways of achieving this crucial mind shift.
 - 2.4 Obtain information from staff members and students regarding their lived experiences in class, in the residential context, et cetera.
 - 2.5 Indicate specifically how this framework will add value in support of existing regulations in SA regarding food insecurity.
 - 2.6 Make recommendations for implementing and enhancing psychoeducation regarding these processes, indicating also how communication in this regard should be shared (websites, social media, etc.).

3. Investigate other relevant and pressing issues that the team encounter in the course of their work, in order to deliver a feasible and substantive framework.

2. MEMBERS OF THE TASK TEAM

The list below comprise a task team that has been active since September 2018. Some members participated for some time, while others attended only one meeting; some left, and new ones joined. Please note that the roles indicated below reflect the members' functions at the time of their involvement with the task team; some changes have occurred since. All members contributed to the report and recommendations.

Several talks were held with student leadership as well as colleagues from national and international tertiary institutions. A survey to gather more information among SU students regarding food security was distributed during June 2019; the results are discussed later in this report. Information sheets and pamphlets were created as part of the task team's process to ensure that students and staff have knowledge of the procedural aspects of the process. Negotiations with food service providers at Stellenbosch Campus resulted in a number of sponsored meals per week being provided at certain residences, to which students could be referred. The task team process was dynamic, with several procedures being adjusted and implemented throughout.

Tygerberg Campus

Khairoonisa Foflonker	task team chair and Manager: Student Affairs
Ascentia Seboko	secretary; former TPSC vice-chair
Eben Mouton	Senior Director: Business Management
Stefan Engelbrecht	Deputy Director: Business Management
Darius Rhoda	Financial Officer: Business Management
Nqaba Mngomezulu	TSR Wellness Portfolio representative and MBChB IV student
Amokelani Mahungu	TPSC representative
Dr Craig Thompson	Director: Medical Services, Campus Health Services
Sr Rukshana Adams	Nurse, Campus Health Services
Christine Groenewald	DACES (Dean's Advisory Committee on Environmental Sustainability)
Nelene Koen	Senior Lecturer: Division of Human Nutrition

Noluvuyo Capsana	Bursary Co-ordinator: CBL
Breda Reed	Hippocampus Fund representative and MBChB IV student
Rooi Sello	Tygerberg Pantry Project chair and MBChB IV student
Dr Alwyn Louw	residence heads representative
Cebolenkosi Mbhele	Prim Committee chair and MBChB IV student

Stellenbosch Campus

Dr Munita Dunn-Coetzee	task team chair
Lizzie Witbooi	social Worker (CSCD)
Melanie Willems	social Worker (CSCD)
Arrie Hanekom	CBL
Tulia George	CBL
Thandile Lucas	SRC representative
Anele Mdepa	Manager: Student Governance
Riana Engelbrecht	Centre for Student Communities
Mathilda Adams	Commercial Services
Bennie Malan	Manager: Food Services and Compliance
Dr Anita Jonker	Faculty of Arts and Social Sciences
Chantal Swartz	Postgraduate Office
Nugent Lewis	Postgraduate Office
Candice Egan	Development and Alumni Relations Office
Zenobia Davids	Commercial Services
Viwe Smith	postgraduate student, involved with Move4Food campaign
Mariné Bothma	SRC
Mthunzi Matshabane	SRC

3. CONTEXTUALISATION

“I did not have money to buy food so I had to buy less books to ensure I can buy food”

“There are times, especially during exam times that my money is up before the end of the month. I spend R50.00 per day on transport”.

“I did not buy the textbook, but loaned it from the University, to add that money to grocery money”.

SU has a comprehensive and integrated transformation agenda, committed to the diversification of its student and staff corps to better reflect the composition of South African society. SU’s commitment to transformation also means that the student profile is changing, largely because more poor students are gaining entry to the University than ever before. As a result, the need for food security support at the University has also expanded (Move4Food Campaign, 2019).

Despite perceptions that SU students are not greatly affected by such issues, approximately 6 in every 100 new students (first-year undergraduate and first-year postgraduate students) are at risk of going hungry while studying. This translates into 465 newcomers of the recent intake alone, not counting students in other year groups (Cape Argus, 2018).

Food insecurity has emerged as a global crisis, with more than 814 million people in developing countries lacking the means to meet all their household needs. Among the 814 million, 204 million live in sub-Saharan Africa – also in South Africa (Food and Agriculture Organisation) (FAO, 2004). The SA university student population has changed over the past 20 years to reflect the wider society more closely than before; therefore, it is no surprise that more students need support. The homes these students come from are struggling, too (Sabi, 2019). A multiplicity of factors can influence student wellness, including financial circumstances, limited or expensive food choices, time constraints, psychological issues, substance abuse and a sedentary lifestyle (Akerstedt, 2006; Nelson *et al*, 2009).

According to the United States Department of Agriculture (USDA; 2014) food insecurity is defined as restricted or uncertain obtainability of nutritionally adequate and safe foods, or uncertain ability to acquire acceptable foods in socially acceptable ways. Food insecurity has been characterised by reduced caloric intake, not having access to healthy food, a diet that lacks variety, hunger without eating, and reduced weight as a result of consuming insufficient calories. Food insecurity also implies worrying about obtaining food or being dependent on food assistance (USDA, 2014)

Whilst South Africa is considered to be food secure, taken as a country (able to produce, import, retain and sustain sufficient food to support its population), this is not the case at household level. A study by Van Zyl and Kirsten (1992) revealed that 21% of the urban population and 63% of the rural population in South Africa live below the minimum subsistence level. This necessitates policies and programmes that help to resolve food insecurity. A review of food insecurity in South Africa by Labadarious et al. (2011) drew the same conclusions. They found that the proportion of people at risk of experiencing food insecurity had remained practically unchanged even though food insecurity in South Africa seemed to have been reduced by more than half.

Several studies have assessed the factors that affect food insecurity in SA, and many risk factors have been identified, including the following:

- poverty,
- lower levels of education,
- unemployment and
- larger household size.

As a result, most people cope with food insecurity by decreasing the variety in their diet, restricting portion sizes and eating cheaper foods – all of which are detrimental to people’s health (Health 24 South Africa, 2015). Maslow’s hierarchy of needs shows how food security impacts on students (Figure 1).

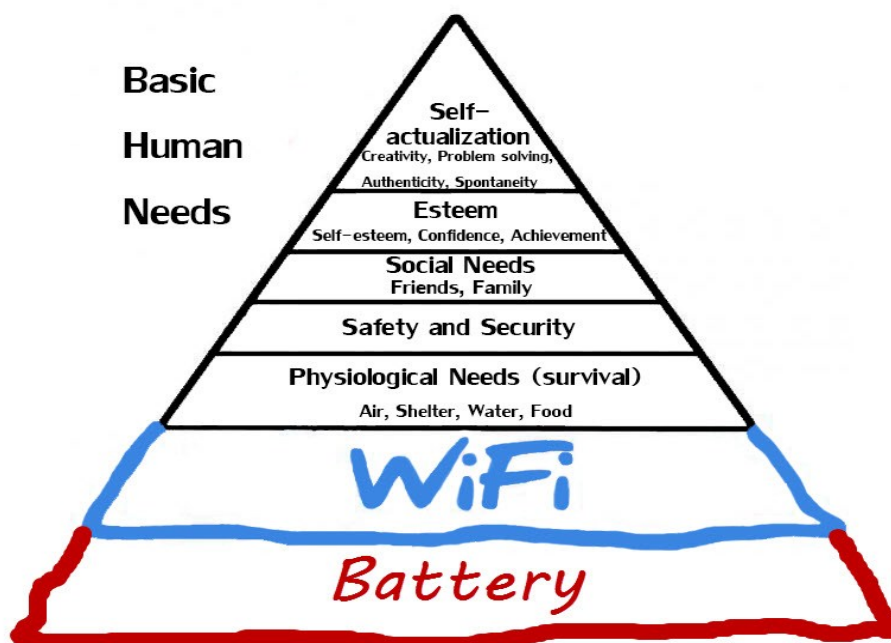


Figure 1: Maslow’s Hierarchy of Needs Reloaded

It does seem sometimes that WiFi and battery are the ultimate needs; however, meeting physiological needs is the *true* foundation of success. Without that, students have a hard time focusing in class because they are distracted by hunger and worrying about their next meal. Physically, the body simply needs nutrients for optimal cognitive function (Tatter, 2018).

4. FOOD SECURITY IN HIGHER EDUCATION: AN OVERVIEW

4.1 South African higher education institutions

Student vulnerability to hunger has emerged as an alarming problem at South African higher education institutions (HEIs). The National Student Financial Aid Scheme (NSFAS) covers tuition, accommodation and a stipend, but it leaves a large gap – food (Sabi, 2019). According to a report published by the International Food Policy Research Institute (IFPRI; 2017), 72% of food insecure people live on the African continent. As a result, many students at universities throughout Africa are going without food regularly. Therefore, interventions to combat hunger among university students should be considered seriously and urgently implemented on SA university campuses.

Food insecurity has been reported as increasing steadily among students and at universities in South Africa. In their 2015 study, Van Den Berg and Raubenheimer identified food insecurity as a contributing factor to poor student success rates at HEIs in South Africa. Among the 23 universities in South Africa at the time (currently, there are 26), the graduation rate was 15%, and the dropout rate an estimated 50% (Van Den Berg and Raubenheimer, 2015). In 2018 Devereux reported that, on average, nearly a third of SA university students lived with food insecurity – and that the actual numbers probably were higher, since some students might have been too embarrassed to admit that they were going hungry.

Similar findings were produced by a study conducted at the University of the Free State (UFS), which described 60% of UFS students as suffering food insecurity with hunger, while 26% experienced food insecurity without hunger (Van den Berg and Raubenheimer, 2015). A 2013 investigation into food insecurity among students at the University of KwaZulu-Natal reported serious levels of vulnerability to food insecurity as an escalating problem (Sabi, Siwela, Kolanisi and Naidoo, 2018). A study into the food intervention programme at Durban University of Technology identified food insecurity as contributing to students being either overweight or underweight. Their weight or behaviours were influenced by the availability of food as regards quality, price and availability of money to purchase food (Ngcobo, 2018). Thus far, the University of KwaZulu-Natal (UKZN), the University of the Witwatersrand (Wits), the University of Johannesburg (UJ) and the UFS have been at the forefront advocating food insecurity programmes in SA. SU joined their ranks, aiming to establish an SU food

bank that will help to alleviate food insecurity and to support social cohesion and social justice on campus.

Devereux (2018) established that the reasons for students' being more vulnerable to food insecurity centre on their dependence on family support, bursaries or loans: seeing that they left home but have not yet been employed, they have no personal income. Food insecurity, in combination with various factors, made other students seek employment, join food clubs (eating with friends) or enter food-work programmes as coping strategies. Similar strategies were found among Wits students (Van Den Berg and Raubenheimer, 2015). However, students indicated that taking on a job was reducing the time and energy that they could focus on their studies.

A major challenge highlighted by Sabi (2019) is the negative perceptions among students about poverty and food insecurity. UKZN, where nearly half the students are from poor households, have been offering meal vouchers and food hampers since 2012. Sabi's research indicated that more than half (51%) of the participants lived with food insecurity, sacrificing a meal for lack of resources. About 10% of these participants were highly vulnerable to food insecurity, being able to afford one meal during the day, or starving throughout the day and eating only in the evenings.

To 43% of the students in the study, being food insecure was embarrassing. It was perceived as a shameful secret among students, and being a dependant on food handouts was closely associated with being "very poor". Consequently, nearly 40% of food insecure students were reluctant to use or recommend the university's much-needed food security interventions (Sabi, 2019).

Having recognised the growing problem of student debt and inadequate access to higher education faced by disadvantaged people, the SA government created the NSFAS to assist tertiary students in the late 1990s. The Fund is to be used for loans and bursaries to eligible students at public HEIs, the main focus being to promote equal access to education. Since its establishment the scheme has grown significantly. According to Borat and Pillay (in NSFAS Annual Report, 2016), NSFAS funding grew from R441 million to R8,5 billion between 1999 and 2013. The NSFAS's most recent annual report confirms this trend: funding for 2016/17 overtook the 2015/16 amount by 34%. This increase is reflected in the number of students who have benefited from the NSFAS: 451 507 students in 2016/17, which is 9% more than the 414 949 in 2015/16 (NSFAS Annual Report, 2016).

The NSFAS takes responsibility in distributing allowances for food, books, transport and private accommodation to its beneficiaries. For the 2019 academic year, NSFAS allowances were distributed in this manner to all newcomer first-year students. The allocations per year were: R5 000 for books, R13 500 for meals, R9 300 for transport (for qualifying students). Senior returning students received

the same allocations as for the 2018 academic year, plus R83 600 per year for student fees. Sabi's study among 500 UKZN students (2019) emphasised that students' food insecurity was related to their source of funding and lack of resources. More specifically, the most food insecure students were NSFAS beneficiaries and came from impoverished families. Their food insecurity had a serious negative impact not only on their health, but also on their socio-psychological state and potentially their self-esteem; all of which would affect their academic performance.

4.2 Strategies at SU

As more students are gaining access to the higher education system than ever before, the percentage of students from low-income communities are also growing; this implies that SU needs to refocus its strategies.

4.2.1 Move4Food

The Development and Alumni Relations Office launched the SU #Move4Food campaign on 20 August 2018 with the aim to raise R10 million in 100 days in an attempt to ease the burden of student hunger on campus (Matie Media 2018). The campaign is about creating a caring community that is cognisant of the needs of its student population and that proactively initiates sustainable solutions to the food security challenges at SU (Move4Food 2018). Eventually, the campaign was extended and will be continuing.

4.2.2 Institutional initiatives

Food insecure students on Stellenbosch campus can contact the CBL, the Unit for Postgraduate Student Funding, or consult the social worker at the CSCD for assistance. Close collaboration between staff ensures that they provide the most efficient service possible to students in need. Both the CBL and the CSCD adhere to the criteria for the appropriation of emergency funding in deciding which students qualify for assistance. At the Tygerberg Campus food insecure students can contact the CBL or the Tygerberg Pantry Project – a group of student and staff volunteers who raise funds and collect non-perishable food items as well as toiletries to combat food insecurity on campus. There is no social worker at the Tygerberg Campus which creates a huge amount of pressure on staff and volunteers who cannot perform this role.

The following initiatives are available for SU students:

- food allocations from emergency funds via bursary offices;
- food vouchers for meals at residences, food items and toiletries packs – via the social worker at the CSCD (currently not available at Tygerberg campus);

- the Vouch4US Project, launched in 2013 to collect R50 donations from staff and students for Pick 'n Pay vouchers to assist students in meeting their basic necessities (currently not available at Tygerberg campus);
- the Maties4Maties Food Drive project, launched in 2012 to enlist the help of residences and private student organisations (PSOs) to collect non-perishable food items in their clusters for needy students on campus (The Tygerberg Pantry Project performs this role currently on Tygerberg campus);
- food vouchers for walk-ins – students waiting for financial aid or registration; funded mainly by the SRC and Centre for Student Communities but dispersed from the CSCD (currently not available at Tygerberg campus);
- Mandela Day drive among staff and students to donate non-perishable food items to supplement the University's food drive;
- Tygerberg campus has a Vegetable Garden Club where students volunteer to plant vegetables and produce is given to students in need via the Tygerberg Pantry Project;
- food vouchers during exam times for students who are in dire need during those periods, when bursary funding often has run out; and
- the Work-Study Programme, which offers students financial reimbursement for work on University projects that are based at departments and faculties. This is an opportunity to earn money in a dignified manner and to gain valuable work experience in the process. Students work a maximum of 20 hours per month to ensure their focus remains on their studies. This programme is funded by SU and external funders.

4.3 Strategies in other South African HEIs

In view of several studies that have outlined the potential impact of food insecurity on university students regarding educational outcomes as well as social and psychological well-being, urgent interventions are required to ensure that SA students have access to adequate nutritious food. Devereux (2018) describes hunger as an invisible crisis on SA campuses that should be prioritised by providing essential support for hungry students on universities. To this end, best practices are to be adopted along with a new vision of funding students, as some loans and bursaries are insufficient to ensure students' having sustained access to healthy, nutritious and affordable food.

Durojaye and Chilemba (2018), too, identifies food insecurity among SA students as a pervasive issue and conclude that research is to be done into its effect on attrition rates among university students, so as to find sustainable solutions. The research conducted at UFS, Wits and UKZN gave

rise to the following recommendations to universities in the fight against food insecurity on their campuses:

- Introduce university food banks that are linked to sponsors for a supply of nutritional food. Food banks at universities across SA have proven to be crucial to student support systems. Wits and the University of the Western Cape (UWC) have already established food security programmes on their campuses as a resource available to students in fighting hunger on campus, along with other support services to students.
- Introduce catering services that offer affordable, nutritious meals on the go to both campus residents and commuter students.
- Empower students with knowledge of nutrition and with the basic skills to procure and prepare nutritious meals using the facilities at their disposal.
- Introduce web-based demonstrations on how to plan a healthy diet.
- Equip students with good shopping skills and financial management skills.
- Introduce food gardens for growing fresh produce to provide nutritionally balanced, affordable meals to students.
- Engage stakeholders to donate food items, food vouchers or food services that will be more accessible to and affordable for students.
- Engage various food vendors to donate food vouchers as a way of catering for hungry students.
- Food bursaries and awards to be instituted to improve access to food for students at tertiary institutions (suggested by some universities).
- Engage in food projects for students (collect a large amount to buy foodstuffs in bulk at a cheaper price and distribute) (Durojaye & Chilemba, 2018).

Stakeholders must be provided with more information about interventions, to combat the negative perceptions of food aid among university students and the lack of programme awareness. Also, interventions will be more sustainable if a well-established monitoring and evaluation system is in place (Sabi, 2019).

4.4 Strategies in global HEIs

Up to half of the United States of America's students at HEIs may suffer food insecurity because of limited or no access to healthy foods. The problem vastly exceeds the small percentage who seek assistance, which complicates measuring the full consequences of such rampant food insecurity in

higher tertiary education across the globe. Tatter's study at Harvard University (2018) concludes that most of the nation's college and university students forego meals. Lack of awareness about the challenges that lower-income students face once they arrive on campus limits students' functioning as full members of the community. As a result, Tatter (2018) suggested some solutions to food insecurity among students at residential colleges and universities:

- Keep dining halls open and accessible to food insecure students during breaks.
- Make it easy for students to share their meal points.
- Increase scholarships and grants to cover unlimited meal plans.
- Expand affordable central food programmes for students.

In 2006, an Australian national survey among students piloted a study, and the key issues that the research raised were associated with food insecurity. The same observations were reported at the University of Alberta, in Canada, resulting in the university opening a campus food bank in response to the growing problem of student hunger on campus. Food insecurity has been reported to be a significant problem also among a sample of college students (n=441) at the University of Hawaii at Manoa, using the US Food Security Survey Model (FSSM), with 21% reported as suffering from food insecurity and 24% at risk of food insecurity. The most vulnerable were those living on-campus and off-campus in shared rooms rather than with their families (Chaparro et al., 2009).

In response to food insecurity, Wilkes University (in Pennsylvania, USA) came up with an online option where students may seek assistance via a semi-anonymous form. The form enables students to simply complete it after having confirmed their student status and to shop food items from the university pantry with the set limitations (e.g. having to select up to two different cans of fruit). Once their box is filled, it is delivered and the student is notified via email that the package is ready for collection.

Addressing food insecurity on campuses requires mobilising all sectors involved in higher education. In 2006, a study at the University of California (UC) found that 23% of students experienced low food security and nearly 1 in 5 students (19%) experienced very low food security. In response, the University established some initiatives to reduce the impact on students:

- **Sharing meal plan swipes:** Some students develop websites or mobile applications to donate or share meals.
- **Campus food resources:** such as establishing or engaging with community food banks, pantries and food recovery programmes, and building community gardens.

- **Creating campus working groups to address students' basic needs:** such as identifying the prevalence of food insecurity and homelessness, and finding solutions. Some institutions have hired a case manager or assigned existing staff members to serve as contact persons for food insecure students to find assistance.

Gardening interventions is a sustainable solution to food insecurity. In the USA, some HEIs have established a free community market that helps to relieve food insecurity and lessen the stigma of taking advantage of offerings of free food (Sabi, 2019).

5. FOOD SECURITY AT SU: DATA

5.1 Centre for Student Counselling and Development (CSCD)

The CSCD has offices at two campuses (Stellenbosch and Tygerberg), with the main goal of service delivery to students. The CSCD comprises five units and delivers an autonomous, professional and client-centred service. Our Division of Student Affairs focuses on wellness and development. The five units are:

- Unit for Academic Counselling and Development (UACD),
- Unit for Psychotherapeutic and Support Services (UPSS),
- Unit for Graduand Career Services (UGCS),
- Disability Unit (DU), and
- Equality Unit (EqU).

The UPSS at Stellenbosch campus has clinical psychologists, a counselling psychologist and one social worker. At Tygerberg campus the UPSS includes two clinical psychologists and consultants. All registered students have equal access to our social work services. Along with the significant landscape change in higher education in the past few years, more students from poverty-stricken backgrounds have come to study at SU. Accordingly, the demand for social work assistance has increased vastly in the past three years. One social worker was unable to meet all these functions, so the CSCD co-opted a consultant social worker for 20 hours per month to lend assistance. Unfortunately this, too, is insufficient; the waiting lists for students needing social assistance remain long. Tygerberg campus is in urgent need of a social worker to assist with food security and related social issues faced by students.

Tables 1 to 3 below indicate the rise in numbers, comprising only requests regarding food insecurity from 2016 to 2018 at Stellenbosch Campus.

Table 5.1: Students receiving food assistance in 2016

Food parcels	35
Crisis food vouchers during exams	265
Vouch4US	56
TOTAL	356

Table 5.2: Students receiving food assistance in 2017

Food parcels	70
Crisis food vouchers during exams	281
Walk-ins (student meals)	28
Emergency food allowance (from emergency funds)	31
Vouch4US	32
TOTAL	442

Table 5.3: Students receiving food assistance in 2018

Food parcels	239
Crisis food vouchers during exams	350
Walk-ins (student meals)	70
Emergency food allowance (from emergency funds)	40
TOTAL	699

At Tygerberg Campus, 304 students were assisted in 2016, 98 in 2017 and 2 in 2018. This was mainly once-off cash amounts.

The following portrays the different support initiatives implemented for 2019 to assist students who are struggling with food insecurity. This was mainly on Stellenbosch Campus, but will be expanded to Tygerberg Campus for 2020.

a) STUDENTS ASSISTED WITH MEALS

Since February 2019 until November 2019, 498 students were assisted with various forms of meals at our donors, which were Katjeepering restaurant at the Botanical Gardens, C3 Food Service Providers, Bidvest Food Service Providers and CSG Food Service Providers. We have also distributed 42 food parcels to 42 students which was purchased from KOS Food Company. During the October

and November 2019 exams period the CSCD arranged with Bidvest Catering Services to provide students with meals at CSCD's cost.

Table 5.4: Number of students assisted with meals/kos packs

Months 2019	Katjeepering restaurant	Residence meals	Kos packs	Grand Total
February	26			
March	26	60		
April	6	6		
May	30	8		
June	24	15	20	
August	14	9		
September	20	89	20	
October	17	46	2	
November	1	59		
	164	292	42	498

b) REFERRALS

Table 5.5: Food referrals to other departments to be assisted from emergency funds 2019

Postgraduate Funding Office	International Office	CBL	Grand Total
50	27	12	89

These students were assessed by the social workers and referred to respective support services to be assisted from the Emergency funds.

c) MEALS DISTRIBUTED FOR 2019

- How many meals has residences/restaurant distributed to students?

Table 5.6: Number of meals

	Katjeepering restaurant	Eendrag	Irene Residence	CSCD Meals paid	Harmonie Residence	Kos Packs	Grand Total
		C3	Bidvest Catering services		CSG Food Solution		
Total	217	243	1189	1117	419	42	3227

3185 Meals allocated to 456 Students (Katjeepering restaurant, Eendrag, Irene Residence, Harmonie Residence, CSCD Meals paid). 42 Students received food parcels from KOS – this amounted to R4430.

- **Food allowances allocated to students in cash**

These food allowances were paid in cash to students from the Move4Food cost centre.

Table 5.7: Food allowances allocated to students (February 2019 until 27 November 2019)

Amount	Total number of students	Total
R400	208	R83 200,00
R500	7	R3 500,00
R750	11	R8 250,00
R800	2	R1 600,00
R1 000	77	R77 000,00
R1 400	7	R9 800,00
R1 500	1	R1 500,00
R1 750	1	R1 750,00
R1 900	1	R1 900,00
R2 000	25	R50 000,00
R2 400	4	R9 600,00
R2 500	1	R2 500,00
R3 000	2	R6 000,00
	347	R256 600,00

Since February 2019 until 27 November 2019, various amounts of food allowance (cash) were allocated to students, as indicated in the table. Not all students could be accommodated via the residential meal-system we have in place, as some of these students were waiting for NSFAS appeals and have not received any food allowance (cash) and other students stay off campus.

Due to the high demand for food request during the October and November 2019, we had to make informed decision to allocate various amounts to students. Students who received R750 were assessed based on their circumstances. However, the students who received the R400 their food allowances and or meal quotas were depleted. These students have spent their meal quotas of R22 345, as well those who received their final food allowance via Intellimali between R1000 and R1 440 on 25 October 2019, which was meant to last for the duration of November 2019.

The **R 28 714,72** which the Centre for Student Counselling paid for the meals via the Move4food funds and the **R4430.00** for the KOS packs are not included in the total cash amount of **R256 600,00**. Therefore, total amounted to **289 744.72** that was spent was during the year of 2019.

d) EXAMINATION PERIODS

Please note that all these amounts mentioned below, have already been included in the total of R289 744.72 for 2019. This section merely highlights the situation during the October and November examination-period.

From the 28th of October until the 18th of November 2019, 35 students received various food allowances, which amounted to R23 400.

From the 18th November 2019 until the 27th November 2019, which was during the Oct and November 2019 exam period, 202 students received R400.00 each, which amounted to **R80 800**.

The Centre for Student Counselling and Development has an arranged with one of the Food Catering services that is situated at Irene Residence, which is called Bidvest Catering Services to provide students meals at a cost of **R28 714, 72**. These costs were covered by the Move4Food cost centre as well.

Since the 31st of October 2019 until the 21st of November 2019, 1117 meals were allocated to 55 students, of which each student received both lunch and dinner. In total **R132 914, 72** was spent on **292 students** during this exam period.

Table 5.8: Number of Students assisted during November-examination

Total number of students		Amount
202		R80 800
55		R28 714,72
35		R23 400
TOTAL	292	R132 914,72

12 students were referred daily to the WOW Café (Words Open Worlds) for lunch meals only as from 2 December until 6 December 2019 – unfortunately most of them did not show.

The statistics for Tygerberg Campus is significantly lower. This campus is in dire need of assistance, but the CSCD social worker’s being stationed at Stellenbosch Campus hampers service delivery severely. Consequently, most students there are assisted informally via the Tygerberg Pantry Project, which is not a sustainable solution because it is operated by a group of staff and student

volunteers. We therefore do not have a full grasp of the challenge we face at Tygerberg campus in terms of food insecure students – which is highly problematic.

Move4Food compiled the following key statistics in 2018:

- In 2018, 6 in every 100 newcomers (both undergraduate and postgraduate) had a severe socio-economic disadvantage and thus are vulnerable to going hungry. This translates into 465 newcomers out of a total of 7 744.
- In 2017 and 2016, 5 in every 100 newcomers had a severe socio-economic disadvantage. This indicates that the number of newcomer students at SU who are vulnerable to going hungry has grown since then.
- In 2018, just over half of SU newcomers – 52% – had no socio-economic disadvantage and thus were highly unlikely to go hungry; instead, they could have disposable income to assist others.

Move4Food interviewed students and internal service providers supporting them in 2018, establishing the following:

- Less than 1% of the SA population holds a degree, therefore attending a HEI is perceived as being privileged.
- Although students may be needy, they are held back by the shame and stigmatisation associated with asking for food.
- Food insecure students often have to choose between coming to class and being hungry all day, and missing classes but having something to eat at home.
- Students with NSFAS bursaries can load meal quotas of only R10 000 to last them the entire academic year. Note that Tygerberg campus students are on camps for an extra month so this allocation has a negative impact on them.
- The office of the CSCD social worker assists all students that are in dire need of food, irrespective of their nationality, gender, creed or race.
- In 2017, 40% more food parcels were distributed to students compared to the number for 2016.
- In 2017, 84,5% of food allowances were allocated during the November and December examination period, when bursaries had become depleted.
- To cope with financial pressures, students take on part time jobs. However, jobs interfere with their academic programmes, increasing their risk of dropping out before they have finished their degrees.

A social worker providing counselling services at a university should be able to offer psychosocial services such as assistance, guidance and counselling to students individually, or in group context, regarding social issues. Interdisciplinary and inter-organisational collaboration with key stakeholders within the university should form part of the intervention. However, the social worker at CSCD is able to function only in crisis management mode, restricted mainly to Stellenbosch Campus. This raises concern about their responsibility to render ethically sound services to SU students.

Most poverty stricken students at SU are placed in residences, because they receive bursaries, but they need holistic support - financial guidance, social guidance, emotional support and a true understanding of their cultural background.

Ideally, an institutional model for dealing with food security should rely on staff members who have this as their primary responsibility. A social worker position at Tygerberg Campus as well as at Stellenbosch Campus is needed. That would enable the CSCD to take a more proactive approach to student wellness, informed by an institutional food security model.

5.2 Undergraduate bursaries and loans 2016 – 2019

5.2.1 Sources of undergraduate bursaries and loans

Table 5.9: Comparison of the three main streams of funding – mainstream budget, bequests and donations, and external funds

Year	Mainstream budget (institutional) (mil.)	Bequests & donations	External funds	Total
2016	R125,4m	R9,1m	R289,4m	R423,9m
	30%	2%	68%	100%
2017	R129,3m	R7,7m	R315,3m	R452,3m
	28,6%	1,7%	6,7%	100%
2018	R111,2m	R7,8m	R461,2m	R580,2m
	19,2%	1,3%	79,5%	100%

The following comments can be made:

- Bequests and donations to SU to be utilised as bursary funds are invested and managed in SU's central investment pool, and 20% of all interest is capitalised in order to grow the various bequests effectively, thus keeping pace with increased study costs.

- Every year SU receives funds from donors (philanthropists) and trusts on a year-to-year basis, which are classified as external funds.

5.2.2 Expenditure from the institutional budget for undergraduate bursaries and loans: 2016, 2017 and 2018

Table 5.9 provides a breakdown of total spending from the institutional budget for undergraduate bursaries and loans for 2016, 2017 and 2018. The recruitment budget is a strategic priority that is employed to improve SU's BCI profile. The institutional budget for undergraduate bursaries and loans has been cut by 10% annually since 2018, but allows for an increase in tuition fees and a 1% increase in the number of undergraduate recipients. The 10% cut is executed provided that sufficient external funds have been raised to compensate for it.

Table 5.10: Breakdown of funding categories in the institutional budget for undergraduate bursaries and loans

	Institutional funds	2016	2017	2018
1.	Merit	R25 577 370	R27 348 642	R31 858 286
2	Recruitment	R63 410 936	R67 435 653	R61 082 964
3	Support funds	R29 410 912	R27 129 590	*R12 262 289
4	Sport	R6 585 899	R6 900 350	R5 958 550
5	Leadership	R463 400	R544 300	R20 000
	Total	R125 448 517	R129 358 535	R111 182 089

Comments:

- Recruitment bursaries are used to recruit top BCIA (black, coloured, Indian and Asian) students and cover their full tuition fees. Each year, approximately 750 new bursaries are awarded to newcomer first-years.
- Support funds (bursaries and bursary loans) are granted to needy students who do not qualify for NSFAS bursaries. SU also introduced a loan scheme, allocating loans equivalent to the tuition fees of students from the so-called missing middle – a category of students whose parents' gross annual income ranges from R350 000 to R600 000 (between R600 000 and R1 million for parents who have two or more children studying at a tertiary institution).
- *Since full-cost NSFAS bursaries have been introduced, support funds are under significantly less pressure.

5.2.3 Impact of the new NSFAS bursaries

Table 5.10 reflects the significant increase in the number of students receiving NSFAS bursaries over the past two years – since the introduction of new NSFAS guidelines, which provides for full funding to all students from families with a gross income between R0 and R350 000.

Table 5.11: Number of NSFAS bursaries granted

Year	Number of students	Amount (mil.)
2018	3 807	R363
2019	2 395	R224

The funding model for NSFAS bursaries include the following and is followed for all needy students:

- tuition,
- accommodation,
- meal allowance of at least R14 400 and
- book allowance of at least R5 000.

Senior students who still receive NSFAS scholarships according to the model before 2018 receive supplementing financial support from institutional and other sources to conform to the guidelines above.

5.3 Postgraduate funding

Table 5.11 indicates funding for postgraduate students.

Table 5.12: Postgraduate data

Year	NNS / NRF-Bursaries		Statutory Council*		Private Bursaries*		Harry Crossley*		Penury Bursaries*		Total	
	Number	Amount	Number	Amount	Number	Amount	Number	Amount	Number	Amount	Number	Amount
2016	937	66,154,626	71	10,193,310	191	12,229,748	53	4,170,000	185	7,707,560	1437	100,455,244
2017	844	64,302,218	44	5,477,040	167	13,993,805	53	4,485,000	186	10,430,552	1294	98,688,615
2018	725	58,306,658	87	11,522,475	171	14,614,214	45	4,470,000	171	9,961,760	1199	98,875,107

5.4 Wellness Study conducted at Tygerberg Campus

Koen *et al.* (2017) conducted a study of staff and student health and wellness at the Faculty of Medicine and Health Sciences at SU which included a sample of 2267 undergraduate students at Tygerberg Campus in 2015. In the first phase of the study, a basic health profile a conducted with 536 students, in the second phase of the study 330 students participated in an online survey. Findings from the survey revealed that the majority of students did not purchase meals on campus ($n = 223$, 67.6%), due to high prices ($n = 228$; 69.1%), lack of variety ($n = 192$; 58.2%) and unhealthy

food options ($n = 207$; 62.7%). Furthermore, 42% of students ($n = 138$) reported constantly being under pressure, and 38.5% ($n = 126$) struggled to relax. The majority ($n = 310$; 94%) of students agreed that targeted wellness activities are necessary on campus.

Overall findings suggested that the nutritional intake of many was poor and was a significant predictor of ill health. In addition, fruit and vegetable intake was very low. This is of concern given their importance in a balanced diet and contribution to the prevention of a variety of diseases and cancers. The World Health Organisation (2014) has linked almost 2.7 million deaths per year to low fruit and vegetable consumption.

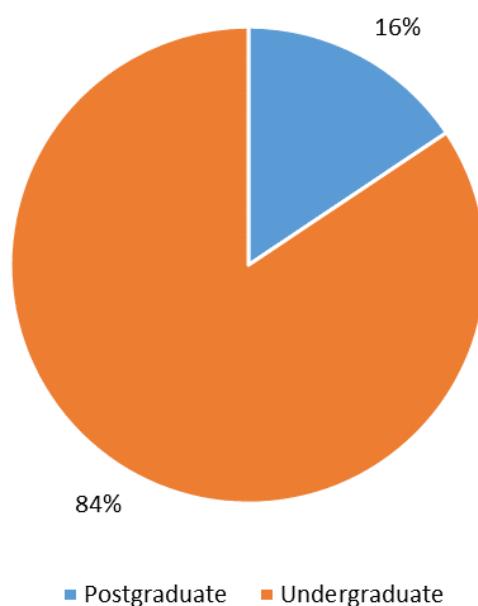
The study also found that Healthier meal options are often limited on campus and/or not actively promoted, which results in a large proportion students never purchasing food on campus. Reasons for lack of consumption of food on campus include the high cost of food, as well as lack of variety and healthy options.

5.5 SU Food Security Poll

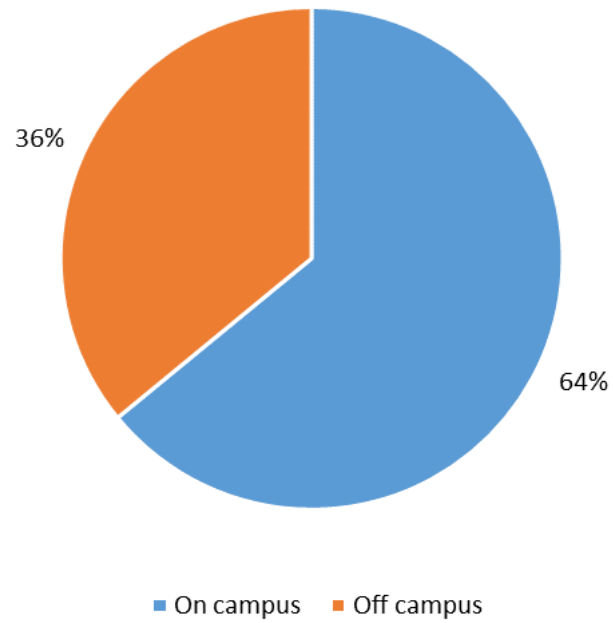
The Tygerberg Task Team developed a Food Security Poll that was sent out to students on both campuses in June 2019. The purpose of the poll was to gauge the levels of student hunger as well as the levels of awareness regarding student support.

STELLENBOSCH STUDENT FOOD SECURITY POLL COLLATED DATA: JULY 2019

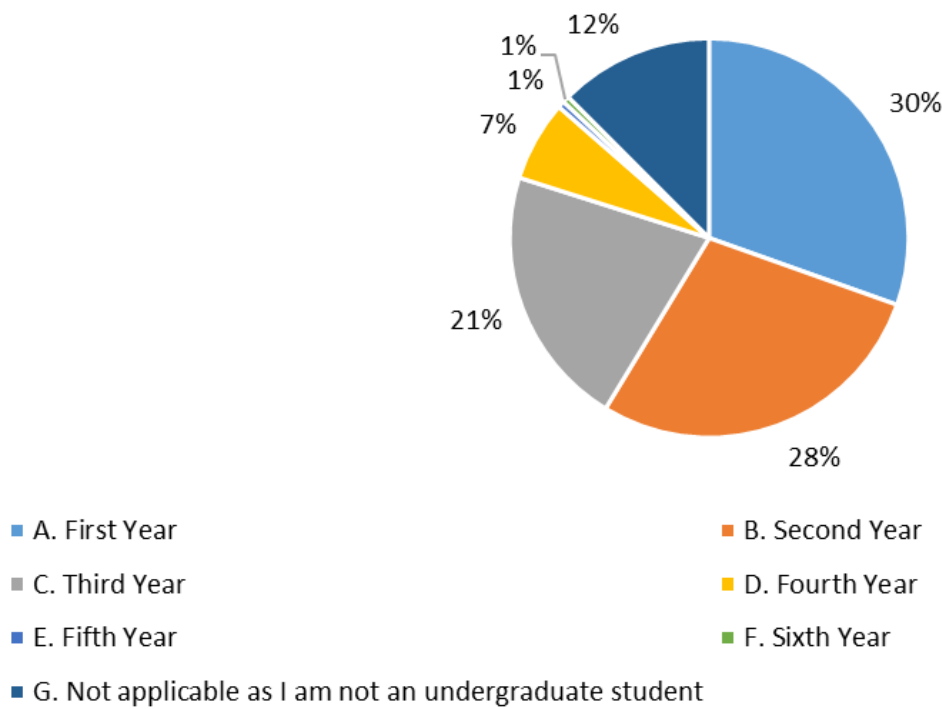
1.1. Are you registered as an undergraduate or postgraduate student at SU?



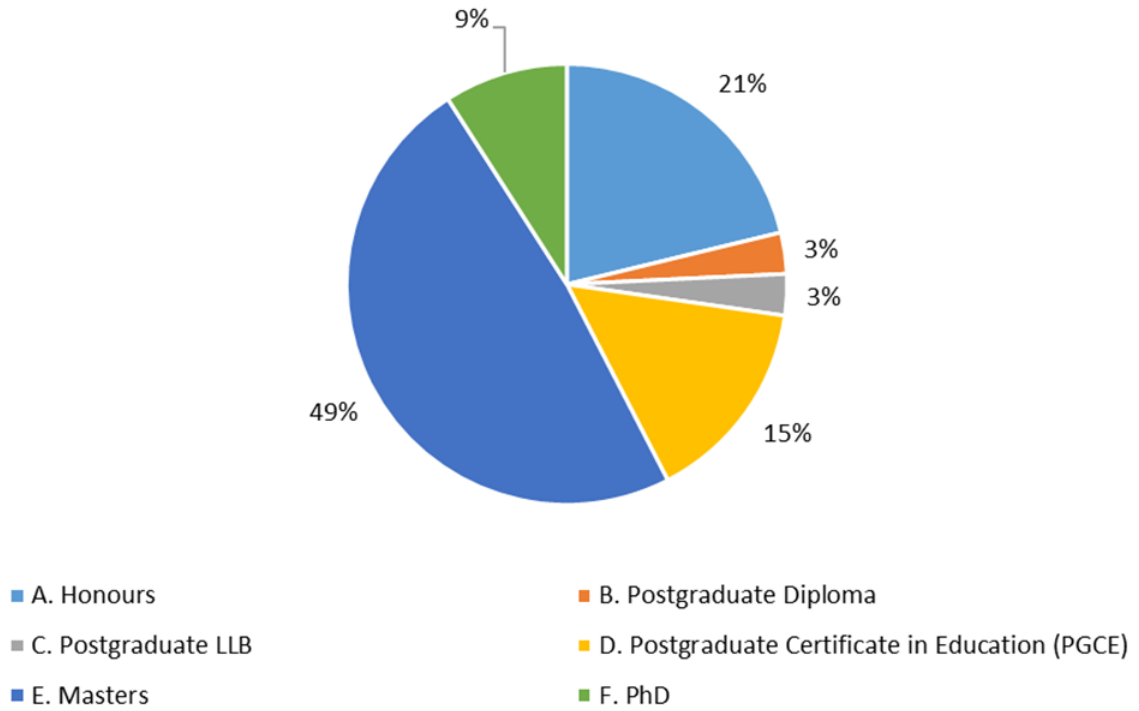
1.2. What is your current accommodation:



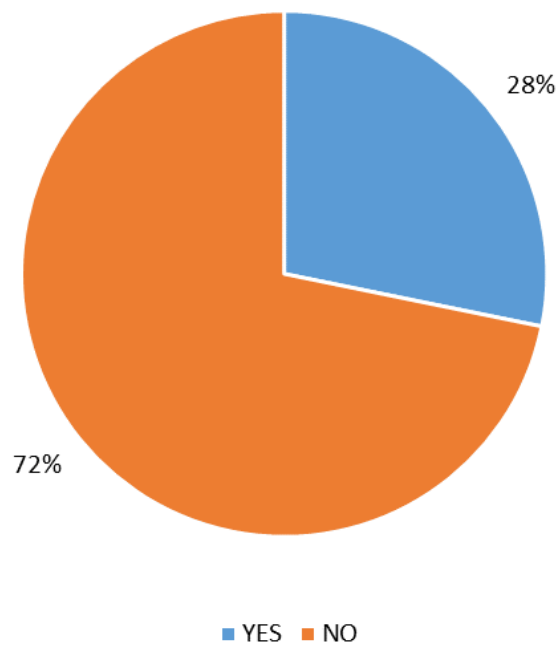
1.3. If you are an undergraduate student indicate your level of study



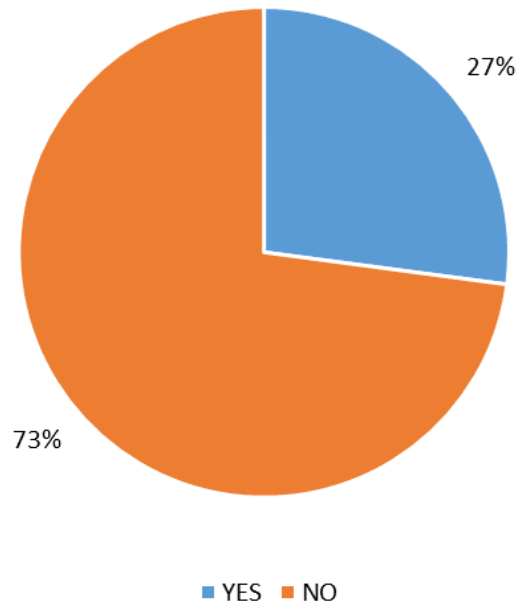
1.4. If you are a postgraduate student indicate your level of study:



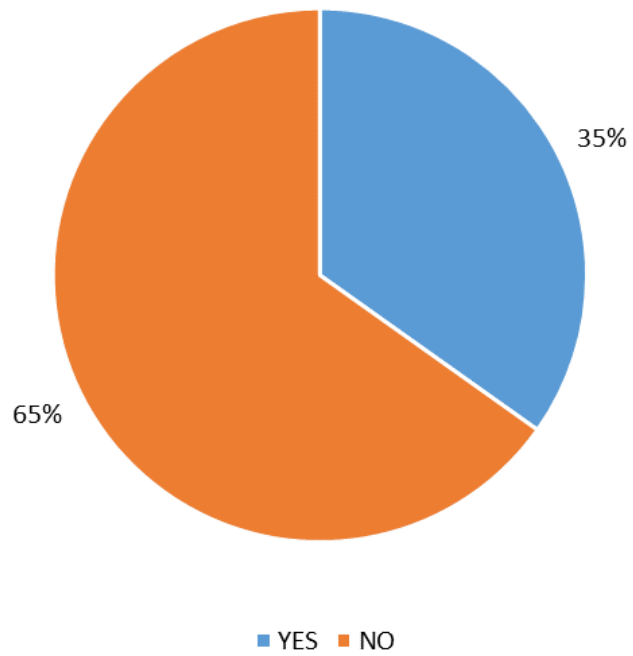
2.1 Are you currently experiencing food insecurity?



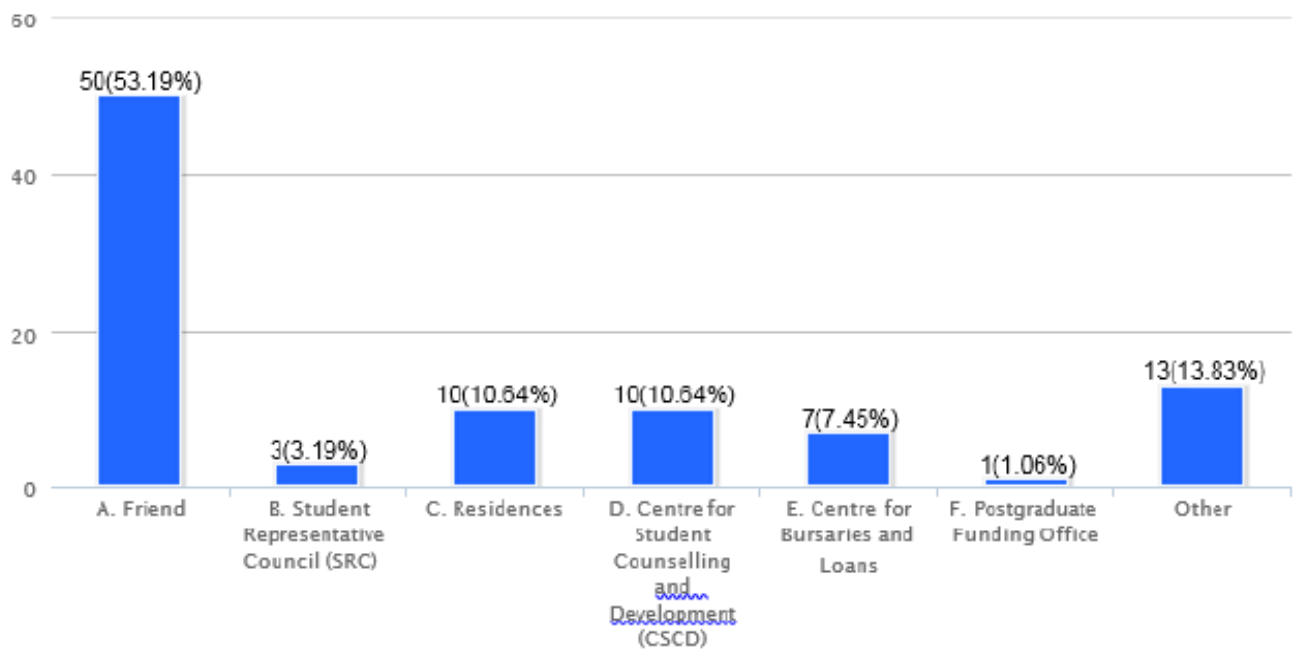
2.2 Have you experienced food insecurity between January – March?



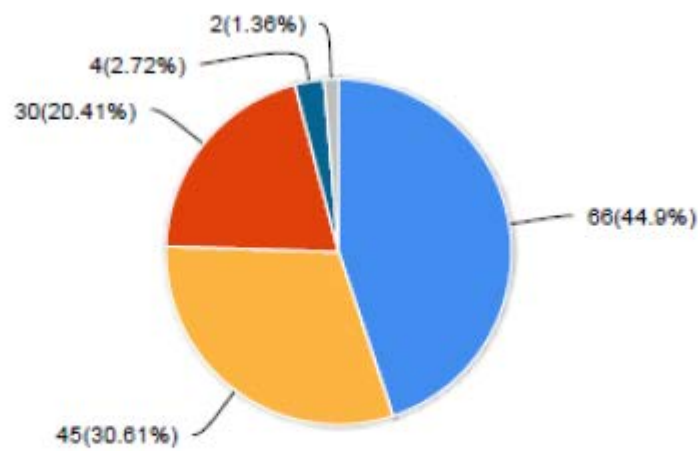
2.3 Have you experienced food insecurity in the past year?



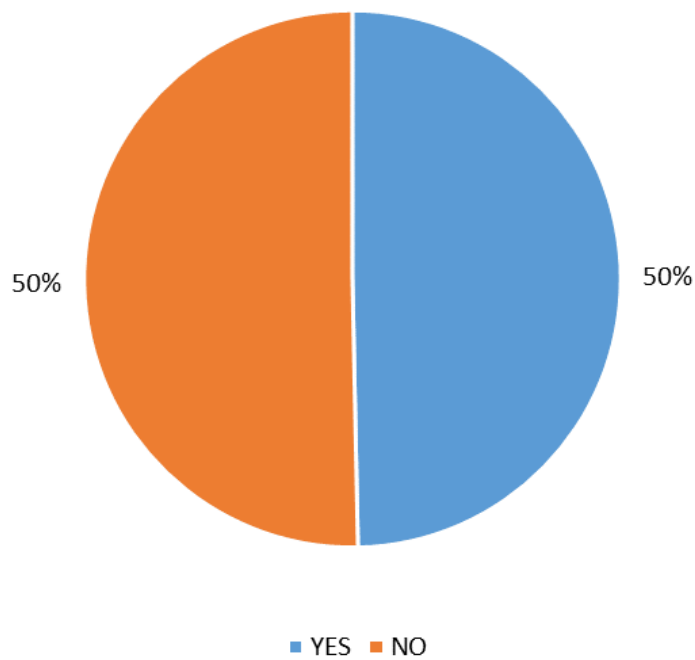
2.4. If you have experienced food insecurity this year, where have you accessed



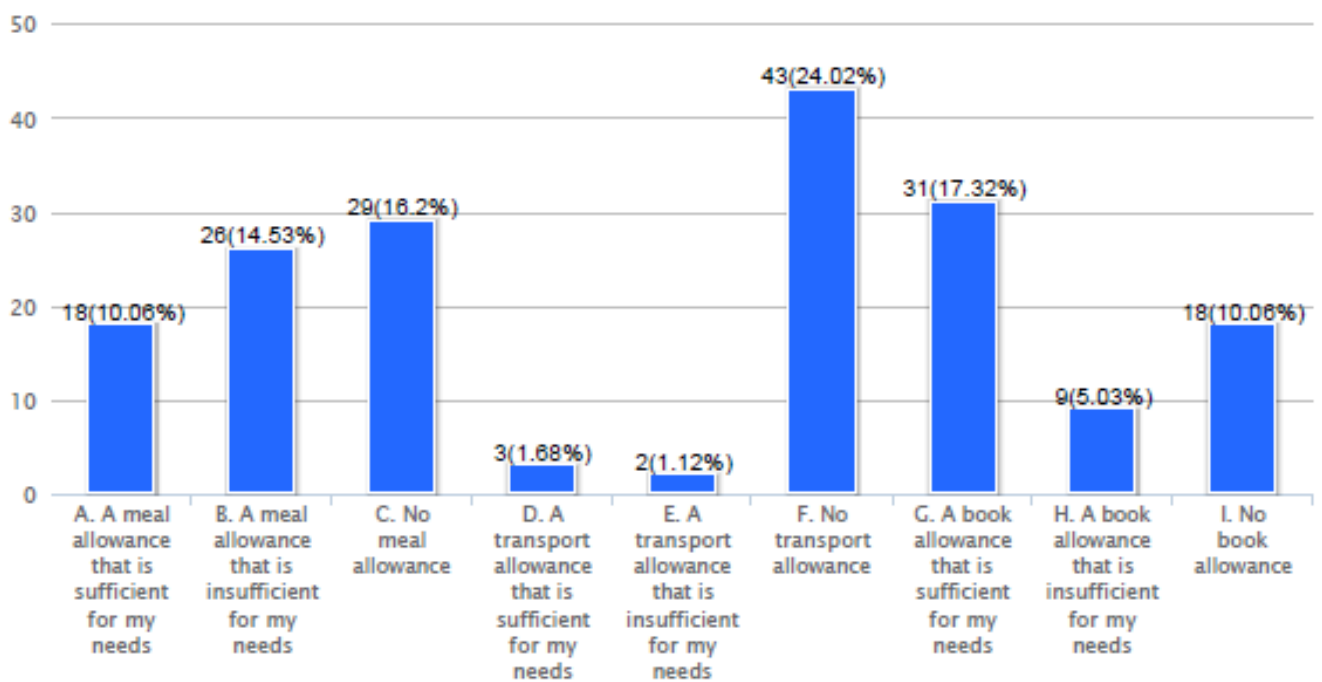
3. Are you currently able to afford a healthy/nutritious meal?



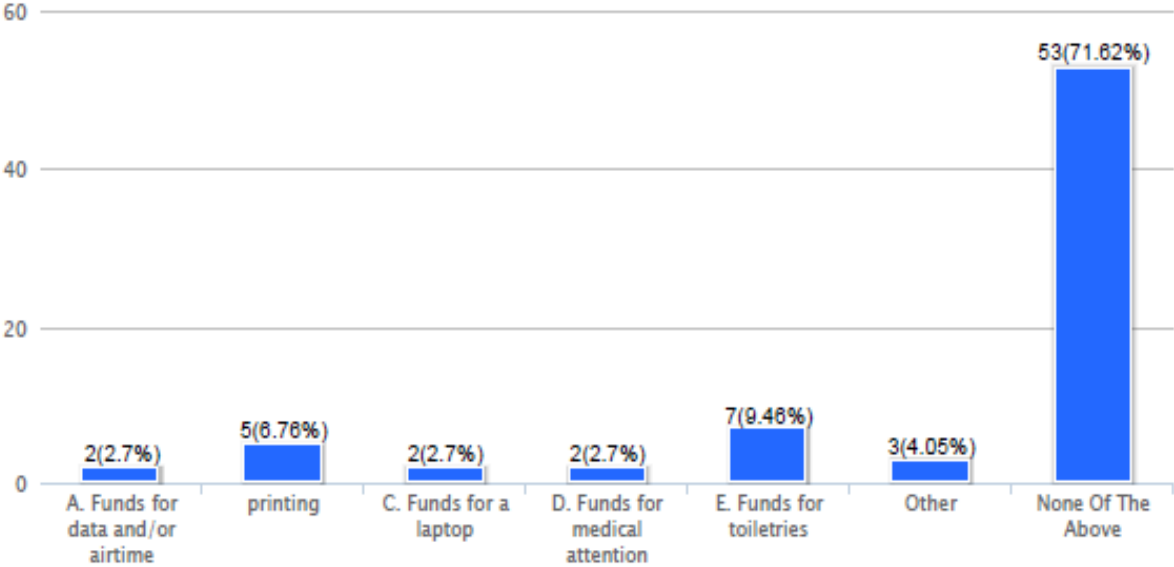
4.1. Are you currently receiving a bursary, loan or scholarship?



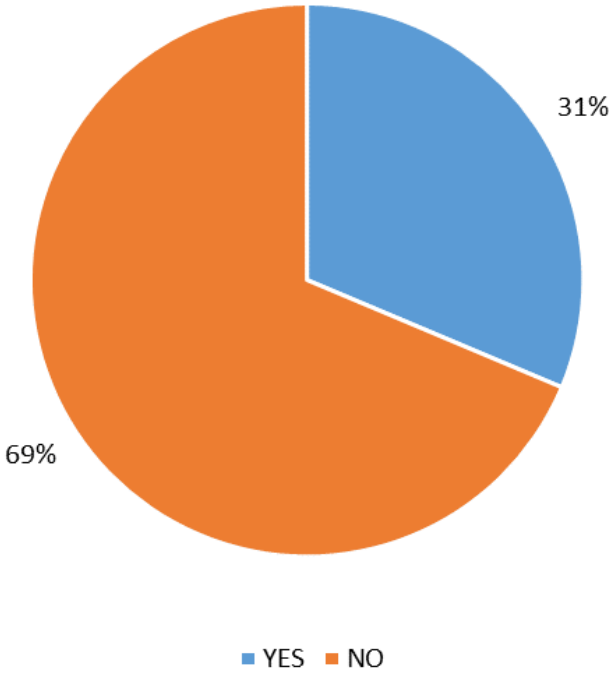
4.2.1. If yes, does the source of funding you are receiving include any of the following:



4.2.2. If you receive funding, do you also receive an additional allowance that includes any of the following?

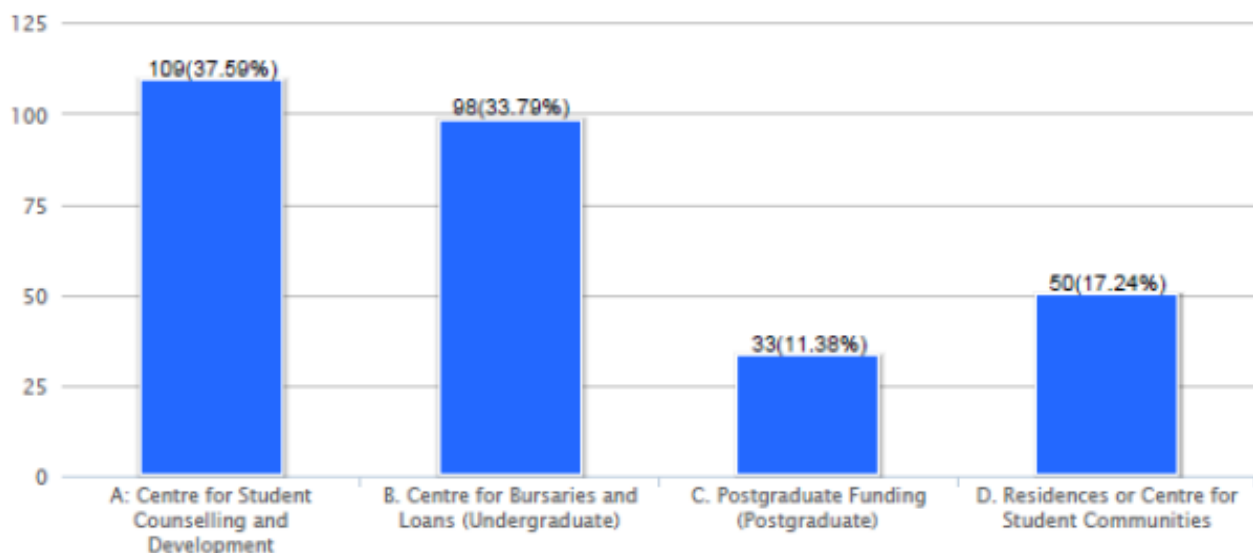


4.2.3 Have you ever used your transport allowance to buy food?



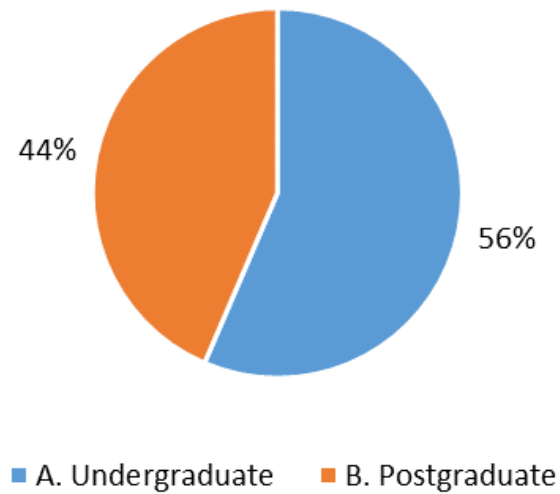
OTHER:
I get R1440 a month as food allowance, I chose this option in order to buy food for the month as the res I'm staying on is not halaal, I can opt to eat at a halaal res but because of classes starting early and ending late its difficult to get to the res on time for meal times, it is also difficult to cook due to studying, so im forced to get something, which I can also only buy at mariams because it's the only halaal place to buy at and they are quite expensive, there was times when I ran out of money from my allowance and I was forced to use of my book allowance
I did not have money to buy food so I had to buy less books to ensure I can buy food
I did not receive my food allowance on time so I had to use my book allowance to ear.
I've bought halaal food with book money.
There was a delay in processing allowances at the beginning of the year (NSFAS), so I had to use my textbook allowance preliminarily to buy food.
There are times especially during exam times that my money is up before the end of the month. I spend R50 per day on transport.
My meal allowance came in at a much later stage than my book allowance so I had to hold off on buying textbooks and stationery to buy food and groceries
I didn't buy the textbook, loaned it from the university, to add that money to grocery money.
NSFAS took to long in the beginning of the year to give us food allowance so I had to make use of my book money to survive.
Food allows isn't enough so I had to use book money to buy food. Food in Stellenbosch is extremely expensive.

5. Please indicate whether you are aware of the following types of student support at SU?

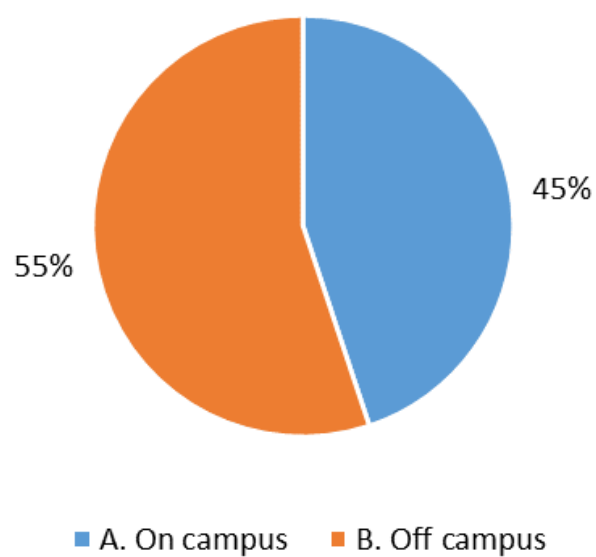


Additional comments:
We need more halaal food
Does not offer support for international students
I appreciate the funding, I just wish it was more especially for students traveling longer distances. I think it's good to take distance into consideration.
I would really appreciate it if help us.
Bursaries don't always consider the adapting student needs ie laptop broke and cant afford repair. My degree's modules also requires use of extra stationary items for projects i cant always afford, and book allowance allows me to, yet the book allowance isnt enough for the entire year as fees go up, food goes up, stationary needs change and the student support remains equal but no equity based on degree needs
Living outside of student residence has resulted in creating a mayor head ache with regard to getting at least 1 proper meal each day at an affordable rate. It would have been good if the Univ had a canteen where you could order a proper meal at the campus, much like the University res students can. When students are busy, meals are skipped because there is no time to buy and cook meals. Private accommodation is too expensive at Stellenbosch and places stress on food budgets. People are getting rich at the cost of students and their families having to sacrifice basic needs. Res students have a huge advantage over living out students as their accommodation and food is more affordable allowing them more time to focus on actual studies. The Univ should also negotiate with airlines to get students group discounts on flight tickets, again saving them money they can then spend on food, & giving students time with their families to support their mental health.
This is my first year at Stellenbosch University I don't know where to go and get help regarding my issues is there anyone I can contact or a place I can go to and be assisted? /> Thank you
A food bank needs to be set up where students can go fetch food or the uni needs to provide more money for food. Food in Stellenbosch is extremely expensive. The Nsfas allowance only lasts two weeks. I most live on porridge and rice with nothing else because I need to use my food money for toiletries and data.

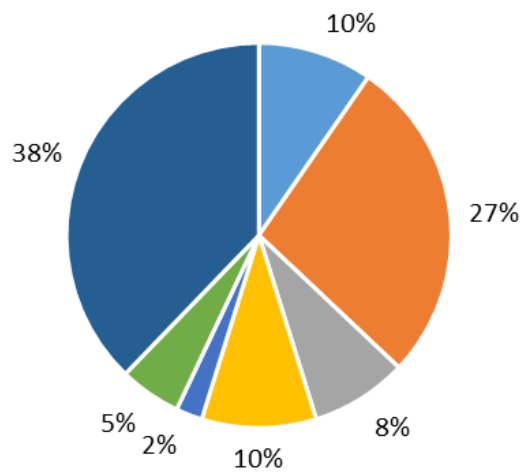
1.1. Are you registered as an undergraduate or postgraduate student at SU?



1.2. What is your current accommodation:

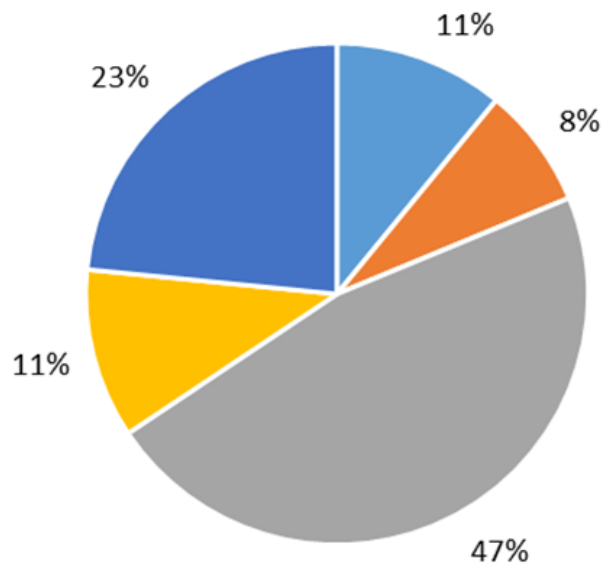


1.3. If you are an undergraduate student indicate your level of study:



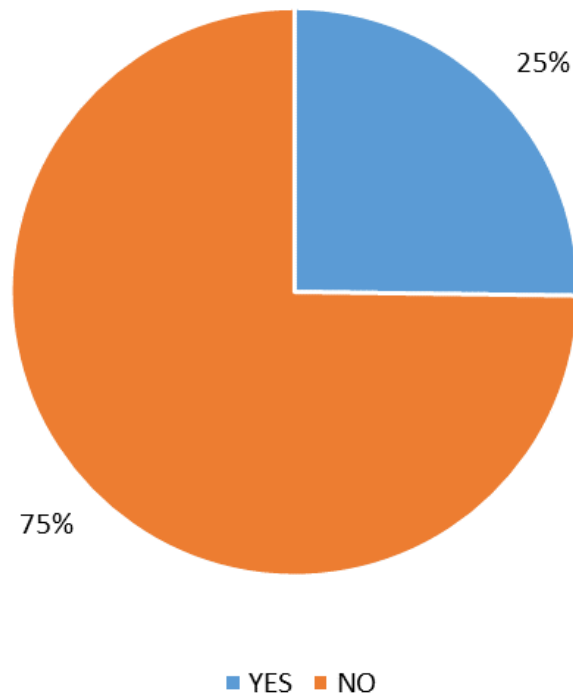
- A. First Year
- B. Second Year
- C. Third Year
- D. Fourth Year
- E. Fifth Year
- F. Sixth Year
- G. Not applicable as I am not an undergraduate student

1.4. If you are a postgraduate student indicate your level of study:

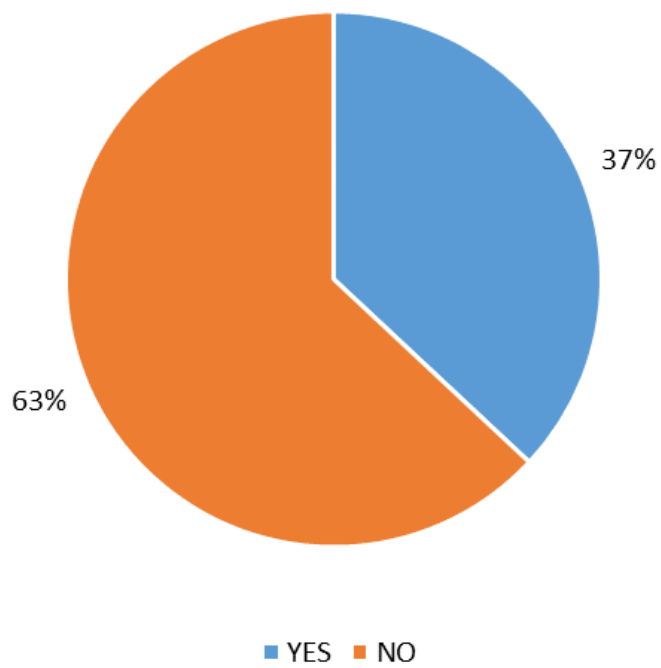


- A. Honours
- B. Postgraduate Diploma
- C. Masters
- D. MMed (Registrar)
- E. PhD

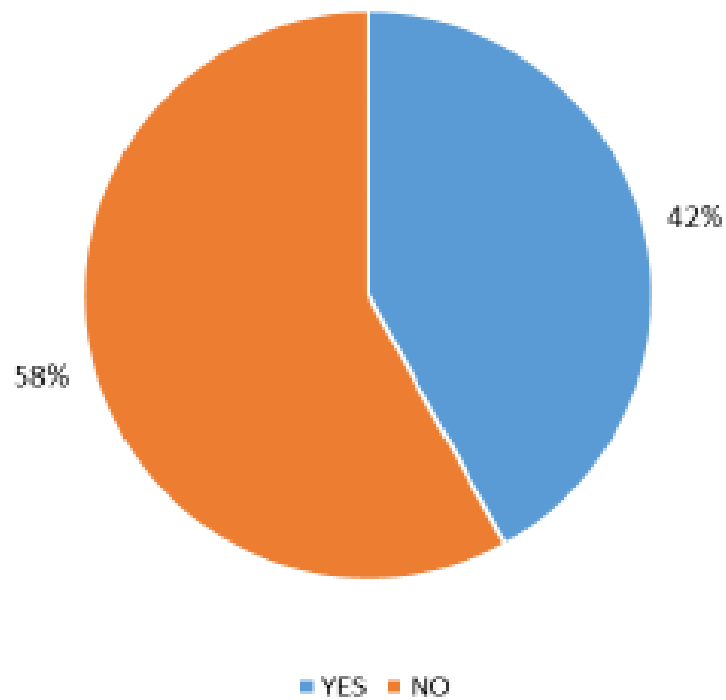
2.1 Are you currently experiencing food insecurity?



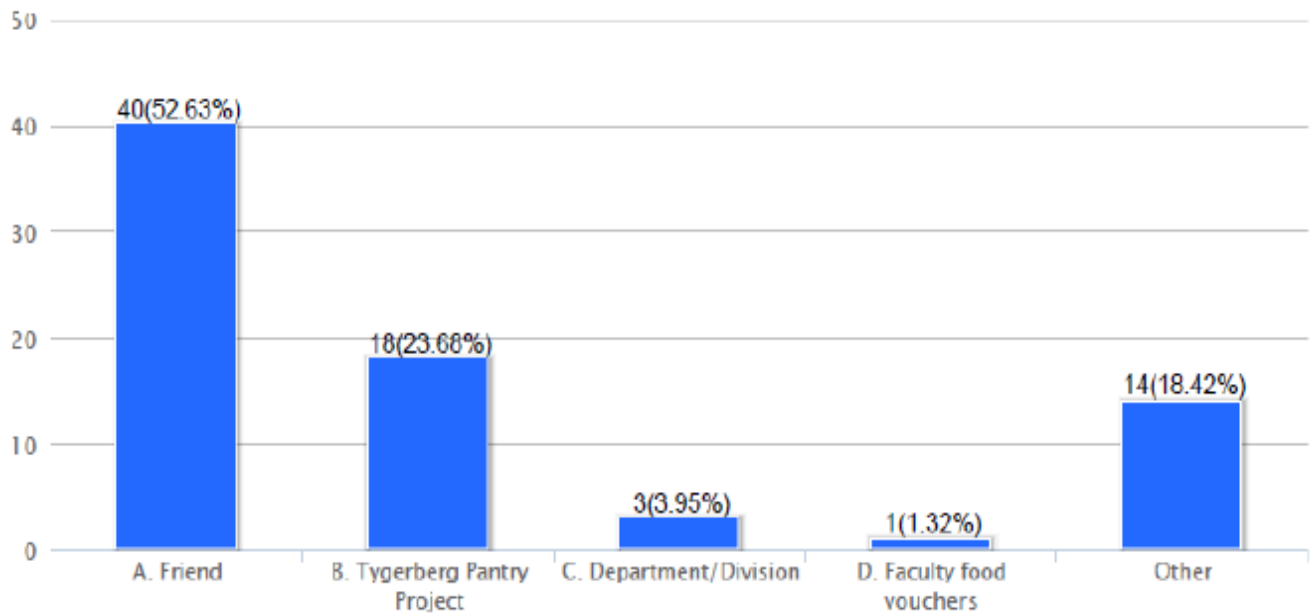
2.2 Have you experienced food insecurity between January - March?



2.3 Have you experienced food insecurity in the past year?

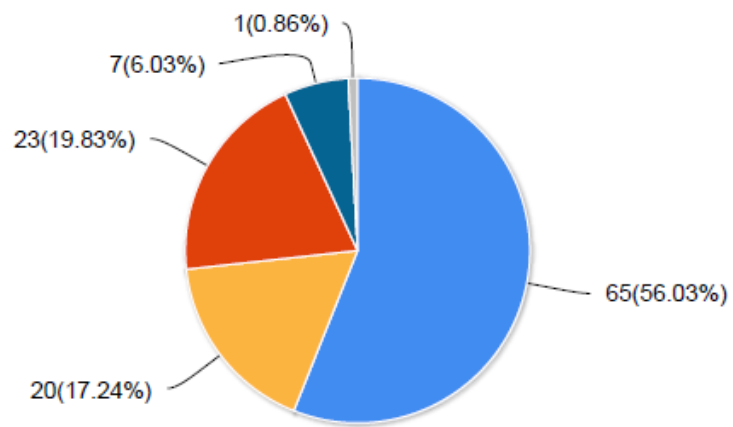


2.4 If you have experienced food insecurity this year, where have you accessed support?

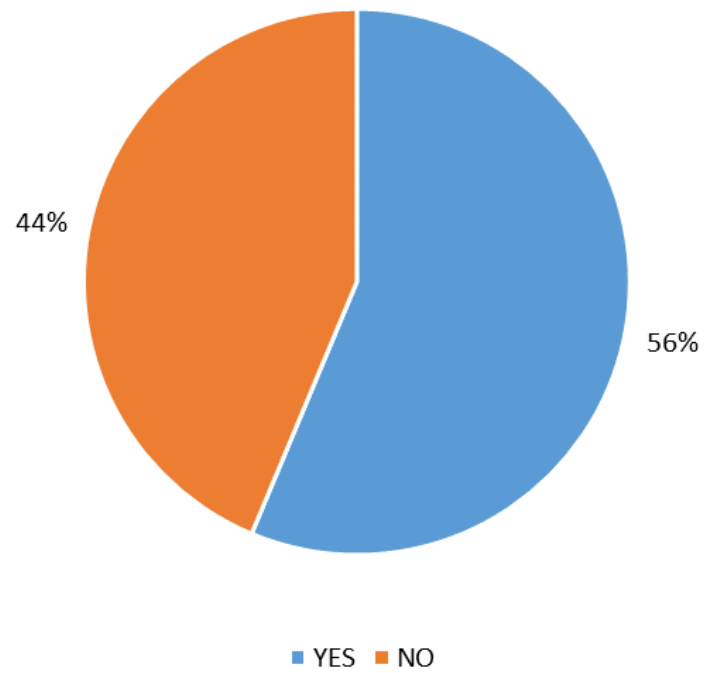


OTHER:
Just went hungry
Having to make/bring my own food.
Relatives
Can afford food
family
Parents
Extended Family
I have never experienced food insecurity
I used COB
Cob

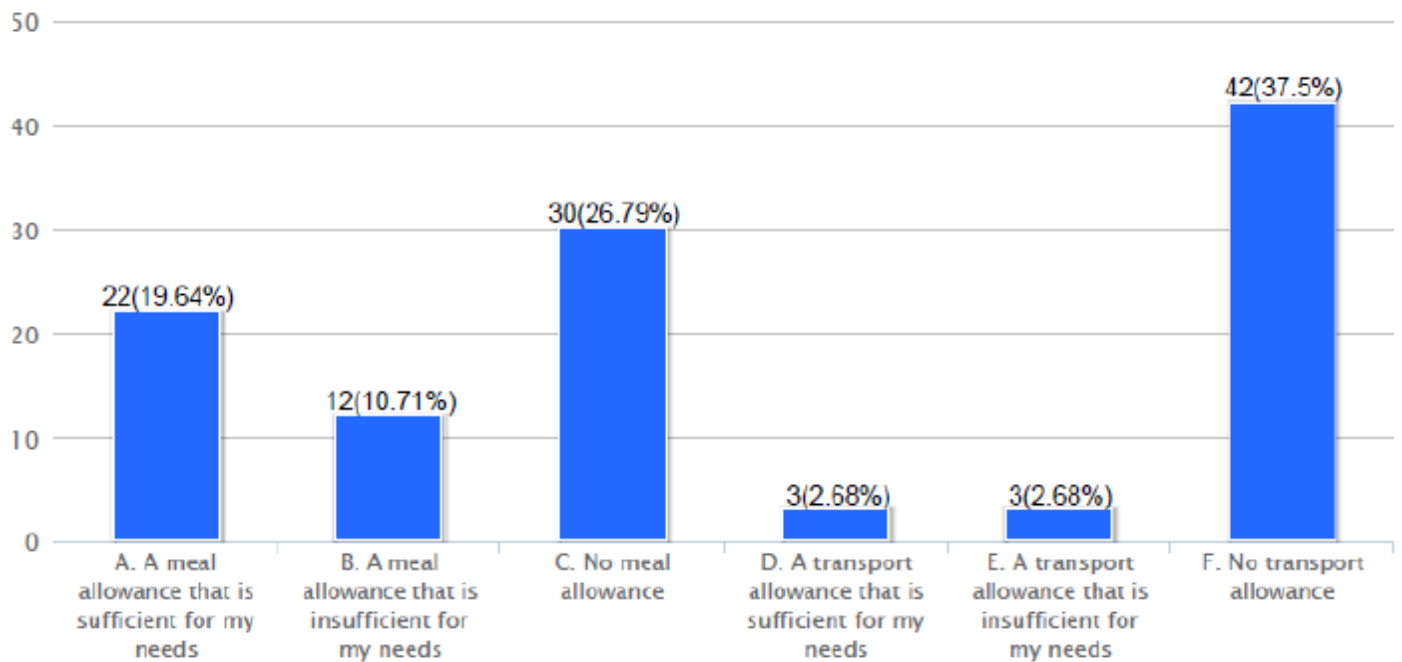
3. Are you currently able to afford a healthy/nutritious meal?



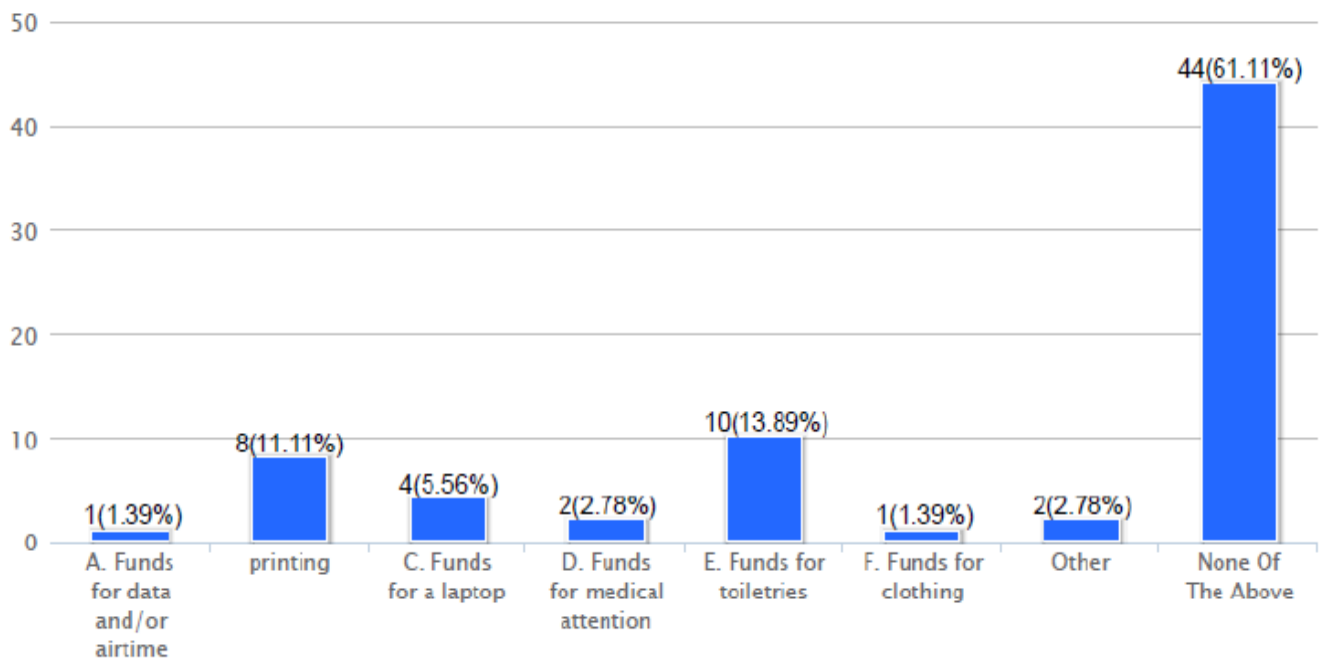
4.1 Are you currently receiving a bursary, loan or scholarship?



4.2.1. If yes, does the source of funding you are receiving include any of the following:

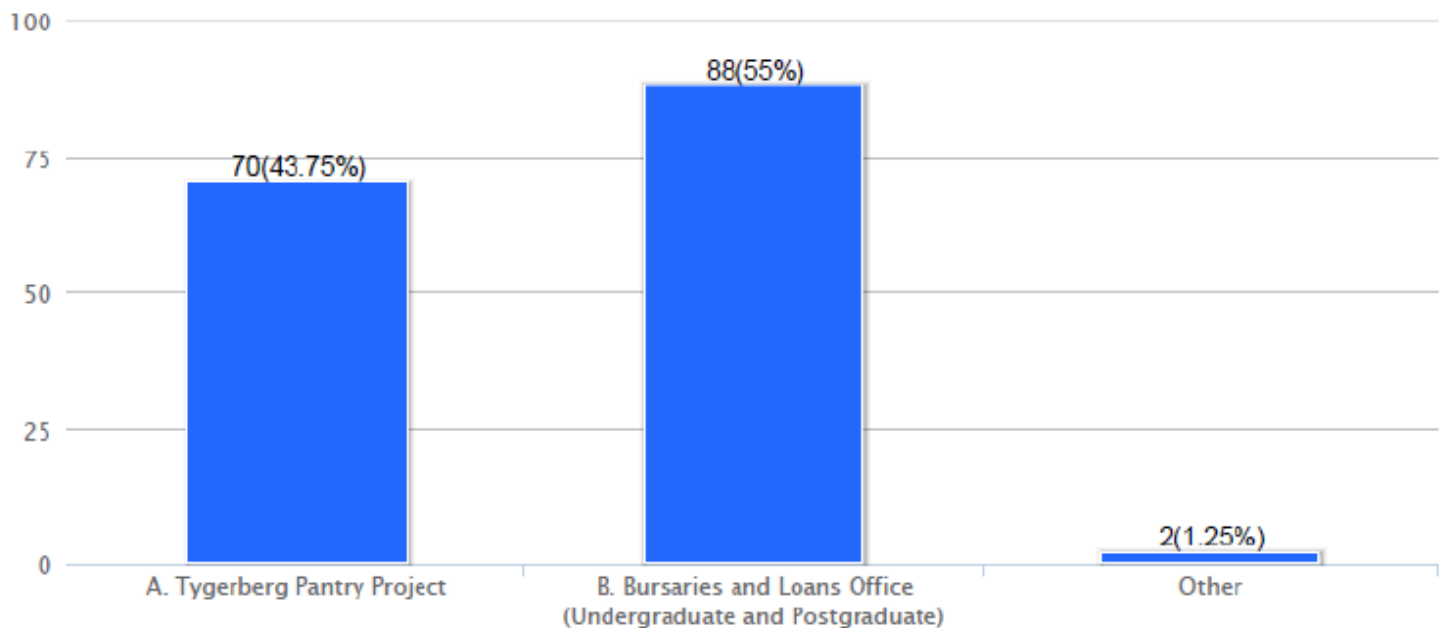


4.2.2. If you receive funding, do you also receive additional allowance that includes any of the following:



OTHER:
printing
printing

5. Please indicate whether you are aware of the following types of student support at SU?



6. ADDITIONAL COMMENTS:
The lack of vegan/vegetarian products in proportion to meat products is worrying from an ethical and environmental standpoint.
Many students are starving especially those from poor families. We are struggling.
January is a very difficult for most people I think, but especially for students relying on a bursary for financial support. Most bursaries do not pay out in the month of January and sometimes can take as long as March. This is especially difficult when students are expected to be coming to campus as of January, paying rent, food costs, transportation costs, etc. I feel a notice should be provided to student's who have been granted a bursary that they will have to wait a certain amount of time for it to pay out, so that they can make provisions for that period of time and take it into account.
I'm a international student and don't qualify for most funding
It is hard to get funding for MPhil (structured) degree since most scholarships require research proposal to be submitted.
I'm studying MP[h]il Cancer Science. Currently owing the school fees due to lack of funding. I also do not have enough for feeding.
Its my first time hearing about them
I think the pantry project is great initiative. It really helped when I also experienced food insecurity out of the blue, as then I was able to get food instead of starving or struggling during that period of time.
TSS is selling expensive food.
I have been to the bursaries and loans office, but I'm not applicable for bursaries as my father earn enough. They don't take into account the number of people that are dependent on him
Stellenbosch University Tygerberg Campus also needs a Neelsie.

6. RECOMMENDED INSTITUTIONAL MODEL

The task team recommends the following to ensure a humane, dignified, sustainable and multi-layered institutional model for managing food security at SU's Stellenbosch and Tygerberg campuses specifically. Requests from the other three campuses will be handled as requests are received.

6.1 Staff structure

Currently all requests regarding food security are handled by staff as an add-on to their job descriptions. A dedicated staff member for Stellenbosch and another for Tygerberg Campus is crucial in establishing a sustainable approach for each campus.

6.1.1 Assistance during office hours

A fulltime social worker (post level 9) is required at Stellenbosch Campus and another, identical post at Tygerberg. Strategic fund applications have been submitted for these two posts. Ideally, their

reporting lines should lie within the CSCD. The relevant aspect of the CSCD's structure should be revisited to obtain clarity as regards the social worker currently employed at the Centre. A service level agreement must be concluded with the CBL to ensure full collaboration, and monthly meetings are to be encouraged between these two parties as well as the Postgraduate Office (PGO).

Unfortunately funding was not possible via the Strategic Fund for 2020 and requests will be submitted again during the 2020-cycle. An interim fixed-term contract of one year for a social worker at CSCD could be funded for 2020. The social worker will be having a rotating role between Stellenbosch and Tygerberg campuses.

The social workers' role should not be limited to responding to matters of food security, but include also proactive work by building networks, dealing with NGOs, establishing proper referral strategies, ensuring campaigns are run on campuses, et cetera.

6.1.2 Assistance after hours

A Residence Education coordinator is to be tasked, one at Stellenbosch and one at Tygerberg Campus, respectively, to assist with after-hours emergencies where needed. Currently, Riana Engelbrecht is fulfilling this role on Stellenbosch Campus and it is envisaged that Njabulo Maphumulo will fulfil this role at Tygerberg Campus.

6.2 Clusters as organisational unit

The clusters remain the organisational unit for all food security interventions. As a pilot project for 2019 food service providers at Stellenbosch Campus were requested to, donate daily meals (lunch and dinner) for which the CSCD may issue needy students with vouchers. This has been working excellently, and negotiations are under way to introduce the same model at Tygerberg. Continued discussions regarding the current food service provider at Tygerberg Campus are important, too, as this provider, Fedics, has a monopoly at the moment. The possibility of allowing a competitor must be explored, as well as other options to assist students in obtaining nutritional food of high quality.

Several discussions with food service providers took place during November and December, and it seems that there will be a multi-faceted offering on Stellenbosch campus for 2020. Feedback is still awaited from the service provider on Tygerberg campus for 2020.

6.3 Multi-layered support

6.3.1 Once-off funding: Move4Food

An additional layer of support takes the form of once-off allocations to students from the Move4Food funds. Students are assessed by the social workers at CSCD before a request is sent to

the CBL to transfer money from the Move4Food funds. However, this campaign will be limited to two events per year to raise funds and therefore is an unsustainable source of support. The task team supports blocking this once-off funding provided to students from the comprehensive operating budget (COB).

6.3.2 Food parcels

KOS hampers for students is another layer of support that the task team piloted during 2019 on Stellenbosch Campus. It is not possible for all students, especially commuters, to eat in residences – thereby adhering to the cluster principle – as their lifts leave too early for them to attend dinner and they cannot access meals over weekends. Another option must be available that provide students with food parcels containing ingredients to cook for themselves.

The hampers provided by the KOS company contain about a week's food. This has been piloted on Stellenbosch Campus and drew positive feedback, but several issues arose later on. KOS hampers are R120.00 each, and in non-peak periods approximately 40 were distributed per month. The initiative had to be terminated, but the need for food parcels remains.

Dr Munita Dunn-Coetzee and Mr Bennie Malan are in discussion with the food service providers at Stellenbosch residences to assist with food parcels as well. A typical list of non-perishable items will be:

- | | |
|-----------------|---------------------------|
| ✓ baked beans | ✓ tinned mixed vegetables |
| ✓ peas | ✓ tinned fish |
| ✓ sweetcorn | ✓ rice |
| ✓ oats/Weet-Bix | ✓ two minute noodles |
| ✓ tea | ✓ instant soup |
| ✓ sugar | ✓ tinned spaghetti |
| ✓ pasta | ✓ long-life milk |
| ✓ Pap | |

These parcels have been estimated at R160.00 each. Students are to be assessed by the social worker at CSCD, and the necessary support will be provided in the form of a food parcel. The packs can be ordered from the food service providers in advance to ensure that quality products be available for distribution. Rolling this out on both the Stellenbosch and the Tygerberg Campus as from 2020 requires sustainable funding. Providing 40 food parcels per month per campus for 12 months, at an estimated cost of R160.00 per parcel, would require R153 600.00 for 2020.

6.3.3 Informal support structures

Various informal support structures exist in residences and PSOs, for instance, shared shelves. The task team recommends that these practices be expanded among communities, and that accessibility to residence meals for commuter students be communicated more extensively. Take-away meals are also a possibility should students' lift clubs leave before dinner time. Marketing strategies will be discussed with the Centre for Student Communities.

6.3.4 Green therapy

Green therapy promotes students' cultivating vegetable gardens and eating or donating their produce. The Vegetable Garden Club at Tygerberg campus worked very well, and negotiations are under way to secure spaces for this purpose at Stellenbosch Campus. The community engagement morning during the orientation period for newcomers is a great occasion for introducing students to Green therapy. Also, a Green Committee is envisaged for Stellenbosch Campus.

6.4 Role of student leadership

All student leaders, specifically the SRC at both campuses concerned, should not have operational functions regarding food security. Student leaders should merely be agents of referral to existing resources. All incoming student leaders must be trained adequately to deal with these matters.

The student leadership can, however, play a very important role by liaising with students and maintaining a strong connection with the CSCD social worker at their campus.

6.5 Financial literacy workshops

As from 2020, financial literacy workshops will be conducted with all newcomer bursary holders (± 100 NSFAS students). Other students are welcome to attend, too. One of the task team's recommendations was that food allowances be capped (either monthly or quarterly), and the training must cover this.

Currently, Dr Munita Dunn-Coetzee manages the process along with the CBL, but that function is to resort under the proposed social worker posts.

6.6 Readmission

The task team recommends strongly that all financially needy students who are readmitted should qualify for financial assistance. Annually, approximately 100 students from the financially needy cohort receive readmission. However, being readmitted on academic merit creates a variety of

challenges for these students, because that leaves them with very little funds to live adequately for the year.

6.7 Food allowance capped

The task team recommends that the food allowances for all students on financial aid be capped per month, or at least quarterly, to facilitate responsible spending. Dr Munita Dunn-Coetzee composed a request to the Student Fees Committee to implement this as from January 2020 and it was approved. Communication will be circulated to all involved students. It is recommended that the quarterly capping be reviewed at the end of 2020 to decide whether monthly capping is needed.

6.8 NSFAS applications

The task team is concerned about the lack of urgency with which the NSFAS deals with student applications, and recommends that the University in the person of Prof De Villiers takes this up with the NSFAS via USAF. Timelines need to be communicated to students who have applied for assistance.

6.9 NSFAS students in residences

The task team recommends that NSFAS students be placed in residences as far as possible in light of the complex factors to be taken account under the Residence Placement Policy.

6.10 Food allowance for first two months

The task team recommends that all registered financially needy students be allowed to upload a food quota for the first two months of each academic year (February and March for Stellenbosch campus; January and February for Tygerberg campus) to ensure them having access to food while they wait for feedback from the NSFAS and for financial aid from SU.

6.11 Communication

The task team recommends that communication about food security processes and campaigns be distributed regularly to staff and students. Various pamphlets and information sheets have been developed to ensure staff and students' being informed. (See Addenda A to C)

6.12 Research

Effective solutions to food insecurity on campus requires that those involved comprehend the phenomenon fully. Research projects focusing on food security, as well as a nationwide survey on food security at HEIs are on the agenda.

6.13 Staff involvement

SU staff are encouraged to show kindness to needy students by participating in the following initiatives:

- Place prescribed books in a library's short loans section or in reading areas in your department.
- Make learning material available by scanning it for SUNLearn or copying it.
- Print module outlines for students.
- Allow online submission of assignments and do not insist on hard copies of assessments.
- Be sensitive towards students who arrive late at class. Many commuter students who use public transport struggle to pay the fares.
- Make sure that you are informed about the appropriate sources available and refer students for assistance.
- Contribute towards the Vouch4US project, which is operated from the social worker's office at the CSCD. Donations can be paid directly into the University's bank account:

Institution: Standard Bank

Account no.: 073006955

Branch no.: 051001

Reference: R5855

Please e-mail proof of payment to Lorenza George (lcg29@sun.ac.za).

7. CONCLUSION

Given that food insecurity is a growing and regular problem for SU students, interventions focused on ending hunger and offering holistic support for our students should be seriously considered and urgently implemented. Students who are food insecure not only suffer hunger, they also experience related difficulties such as impaired ability to focus on their studies and the ability to engage in extra-curricular and social activities that enable students to have a dignified experience whilst studying at SU.

It is evident that there is a growing need for a cohesive strategy and systems of support to ensure that food security is managed in a coherent and culturally sensitive manner across campuses. The Task Teams at the Stellenbosch and Tygerberg campuses have included both students and staff who

have assisted in providing recommendations for the institutional framework. The framework that is aimed at solidifying an inclusive strategy that will best support SU students and provide guidance to staff who are providing the support.

The framework therefore takes into account the needs of both undergraduate and postgraduate students who are food insecure, and the stigma that is attached to hunger and poverty. Our strategy must therefore be culturally sensitive, and revised regularly to ensure that we are supporting those in need in the most dignified manner possible. We will therefore continue to work with student leadership and staff to offer solutions that enable to students to ask for help.

The internal partnership between the CSCD, CBL officer, and the Postgraduate Support Office will be strengthened these divisions continuous collaborate to implement this strategy. Furthermore, role of the campus social worker is critical to the success of the strategy as they are in the best position to conduct a means test and refer students to related services when necessary (e.g. Clinical or educational psychologist, CBL, the Work Study Programme, etc.).

The external partnerships with food service providers is growing, as we have already approached those on both campuses to offer a limited number of meals and food parcels to indigent students who are assessed by the social worker. In order to maintain the highest possible ethical standards as well as donor confidence, we must also continue to ensure that those who are receiving food security support, are indeed those who are most vulnerable.

We trust that our proposal will be looked upon favourably in the interests of the well-being of all students.

8. ADDENDA

ADDENDUM A

Food security programmes and emergency relief

At SU we believe that no student should be burdened with the stress of food insecurity. For this reason, the University has implemented long-term and sustainable food security programmes that can be accessed by all students. Students who are facing food insecurity can apply to be assessed for eligibility for food assistance via the appropriate University channels. To streamline the application process, we have set our guidelines according to the following categories:

- students who have a bursary or receive financial assistance;
- students who do not receive financial support; and
- food emergencies for students who need immediate relief.

Food security is a dynamic process; therefore, services may change. This page contains the latest information.

STUDENTS WHO HAVE A BURSARY OR RECEIVE FINANCIAL ASSISTANCE

National Student Financial Aid Scheme (NSFAS)

Students who receive NSFAS funding have food allowances. The allowance is converted into a meal quota, allowing for three meals per day for the full academic year. This process is regulated by the NSFAS.

Bursaries and sponsorships

In emergency situations, students who hold private bursaries or sponsorships can apply for food support from SU. Food assistance may take the form of a meal quota or funds paid into a student's bank account, usually as a once-off allocation.

Application process: Requests for an emergency food allowance can be directed to the CBL, who will undertake a holistic assessment of the student's financial needs. For more information, contact ahmeda@sun.ac.za.

Missing middle students with SU loans

Students who hold loans or bursaries from SU and who do not receive a food allowance as part of their financial aid package can apply for emergency support from SU.

Application process: Requests for an emergency food allowance can be directed to supportUS@sun.ac.za. A holistic assessment of the student's financial needs will be undertaken.

STUDENTS WHO DO NOT RECEIVE FINANCIAL SUPPORT

Students who do not receive formal financial support and are funded by themselves, their parents or guardians, et cetera, or who have an application for funds pending, can request emergency support from SU. Requests for an assessment for eligibility for a food allowance can be directed to supportUS@sun.ac.za. A holistic assessment of the student's financial situation will be undertaken.

International students

Requests for an assessment for eligibility for a food allowance in emergencies can be directed to cns@sun.ac.za.

Postgraduate students

Requests for an assessment for eligibility for a food allowance in emergencies can be directed to nugent@sun.ac.za.

PLEASE NOTE: Postgraduate students who receive funding from the National Research Foundation (NRF), departmental bursaries and or donor funding can also direct requests to be assessed for eligibility for food allowances to the above-mentioned e-mail address.

Undergraduate students in the Faculty of Medicine and Health Sciences

Eligibility for allocations are recommended by the CBL. For more information, contact ahmeda@sun.ac.za.

EMERGENCY SUPPORT

In emergencies that do not fit into one of the categories above, please send an e-mail to rianae@sun.ac.za or call **084 030 0120**.

FOOD SECURITY PROGRAMMES AND EMERGENCY RELIEF:

WHERE TO GET HELP

*Please come for assistance
– sooner rather than later*



At Stellenbosch University (SU) we believe that no student should be burdened with the stress of food insecurity. There are long-term and sustainable food security programmes that have been streamlined by an application process and guidelines.

Remember that there are guidelines for students who already receive financial support (or a bursary), as well as emergency relief for students who do not receive any financial support. A holistic assessment of the student's financial circumstances will also be conducted to ensure that students' needs are fully met.




Please take note of the following important information:

STELLENBOSCH CAMPUS

UNDERGRADUATE STUDENTS

CENTRE FOR STUDENT COUNSELLING AND DEVELOPMENT




During office hours:

-  Victoriastraat 49
-  021 808 4994
-  supportus@sun.ac.za
(also for after hour emergencies which can be dealt with the next working day)

CENTRE FOR UNDERGRADUATE BURSARIES AND LOANS

During office hours:

Students who are partially funded may contact the Centre for Undergraduate Bursaries and Loans, situated in Administration A. The centre performs an assessment of the student's financial needs using the NSFAS means test. Should the student qualify in terms of the means test, the centre determines the amount for food allowance as determined by the NSFAS means test.


-  Tracy-Lee Titus en Abdullah Ahmed
-  021 808 9111
-  titust@sun.ac.za / ahmeda@sun.ac.za

POSTGRADUATE AND INTERNATIONAL STUDENTS


POSTGRADUATE AND INTERNATIONAL OFFICE

During office hours:

International students

-  Carmien Snyman
021 808 3078 / cns@sun.ac.za

Postgraduate students (Tygerberg & Stellenbosch):



-  Nugent Lewis
021 808 2957 / nugent@sun.ac.za

AFTER HOURS EMERGENCIES

Which cannot wait until the next working day

CENTRE FOR STUDENT COMMUNITIES (AFTER HOURS)

Only emergencies which cannot wait until the next working day, e.g. somebody who couldn't access help as indicated above.

-  Riana Engelbrecht
-  084 030 0120

FOOD SECURITY PROGRAMMES AND EMERGENCY RELIEF:

WHERE TO GET HELP

*Please come for assistance
– sooner rather than later*



At Stellenbosch University (SU) we believe that no student should be burdened with the stress of food insecurity. There are long-term and sustainable food security programmes that have been streamlined by an application process and guidelines.



Remember that there are guidelines for students who already receive financial support (or a bursary), as well as emergency relief for students who do not receive any financial support. A holistic assessment of the student's financial circumstances will also be conducted to ensure that students' needs are fully met.

Please take note of the following important information:

TYGERBERG CAMPUS


Centre for Student Counselling and Development

During office hours:

-  Room 3035, Second Floor, TSS
-  021 938 9590

Tygerberg Pantry Project (TPP)


The TPP are a group of students and staff who volunteer to raise donations in the form of non-perishable food and toiletries to assist Tygerberg students with food and toiletry insecurity.


 tygerbergpantryproject@gmail.com

Office for Undergraduate Bursaries and Loans

During office hours:

Students who are partially funded may contact the Undergraduate Bursaries and Loans Office, situated in Room 1043, Clinical building. The office performs an assessment of the student's financial needs considering the NSFAS means test, financial information provided by the student on the SU system or elsewhere and the student's funding profile. This office will make a recommendation to the relevant support structure at Tygerberg Campus who in turn will determine the amount / allocation of food allowance that can be provided to the student.

 **Noluvuyo Capsana**
021 938 9458 / tygbursaries@sun.ac.za

 **Rochelle Sylvester**
021 938 9129 / tygbursaries@sun.ac.za

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