

Meal Kit Intervention for Students with Food Insecurity:

Exploring Students Experiences and Program Impacts

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INTRODUCTION

- Food insecurity affects 20–50% of college students, significantly higher than the national average of 12%¹.
- At CSULB, efforts like the Beach Pantry, CalFresh application assistance, and Beach Bites address this issue. However, many students continue to be food insecure.
- The CalFresh Healthy Living team launched a meal kit initiative in Fall 2024 pairing pantry staples with recipe cards, social media demos, and hands-on cooking support.
- This study evaluated the impact of these kits on students' cooking confidence, recipes satisfaction, meal kit distribution satisfaction, and overall program impacts.
- Over **200 meal kits** were distributed in the Fall 2024 semester.

METHODOLOGY

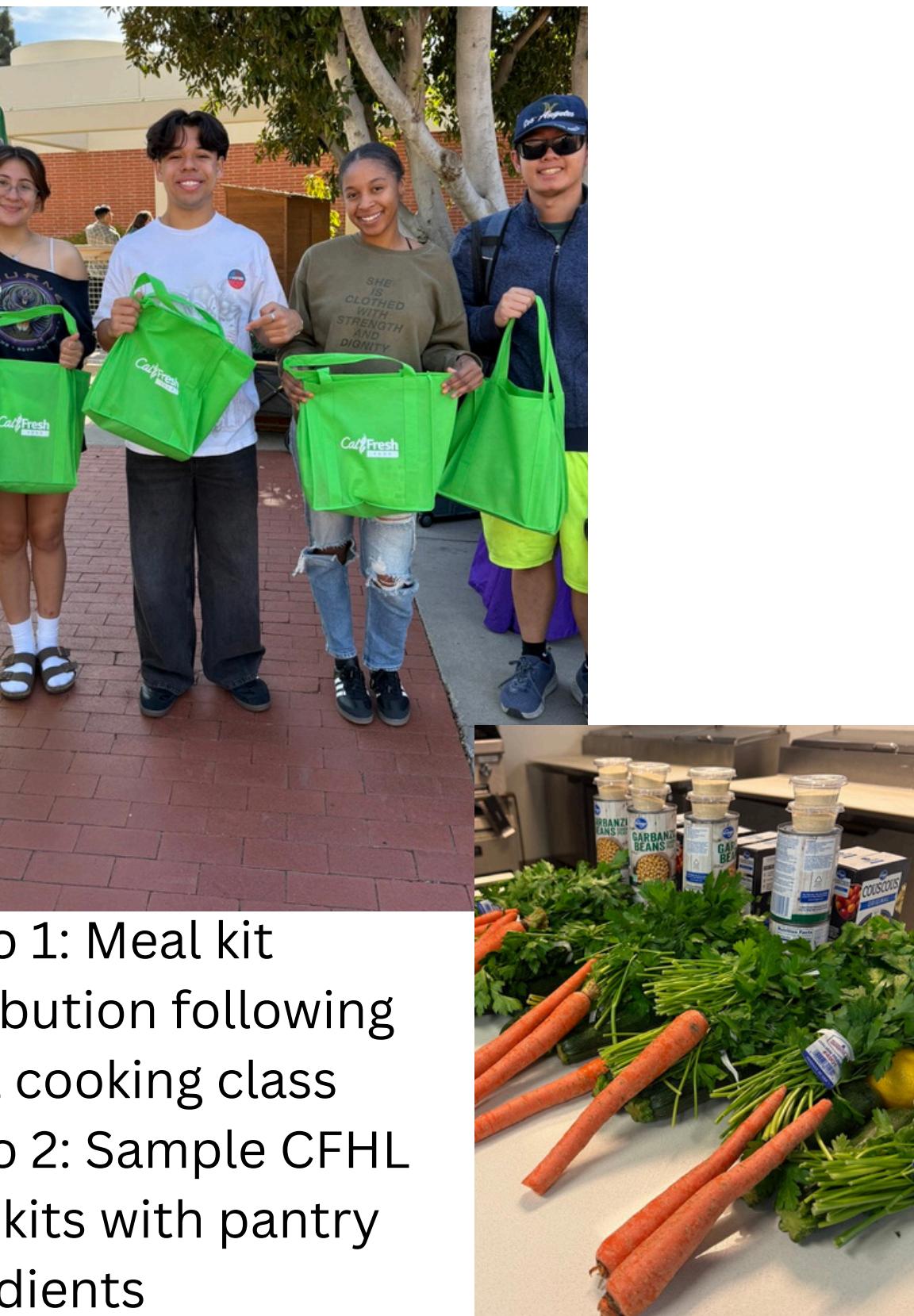
- Design: Cross-sectional descriptive survey via Qualtrics
- Participants: CSULB students (n=13) who received meal kits
- Recruitment: ASI Pantry email list following distribution in December 2024
- Data Collection:
 - 5-point Likert scale questions on skills, perception, accessibility, and impact
 - 2 open-ended questions for feedback
- Analysis: Descriptive statistics and thematic analysis for qualitative responses

RESULTS

Cooking Confidence 62% felt more confident	New Foods Tried 77% tried something new
Pantry Comfort 77% felt more comfortable using pantry items	Use of Herbs/Spices 38% increased their use of herbs/spices
Cooking at Home 85% are more interested in cooking at home	Would Recommend 85% would recommend meal kits to fellow students

“ The ease and convenience of the recipes ”

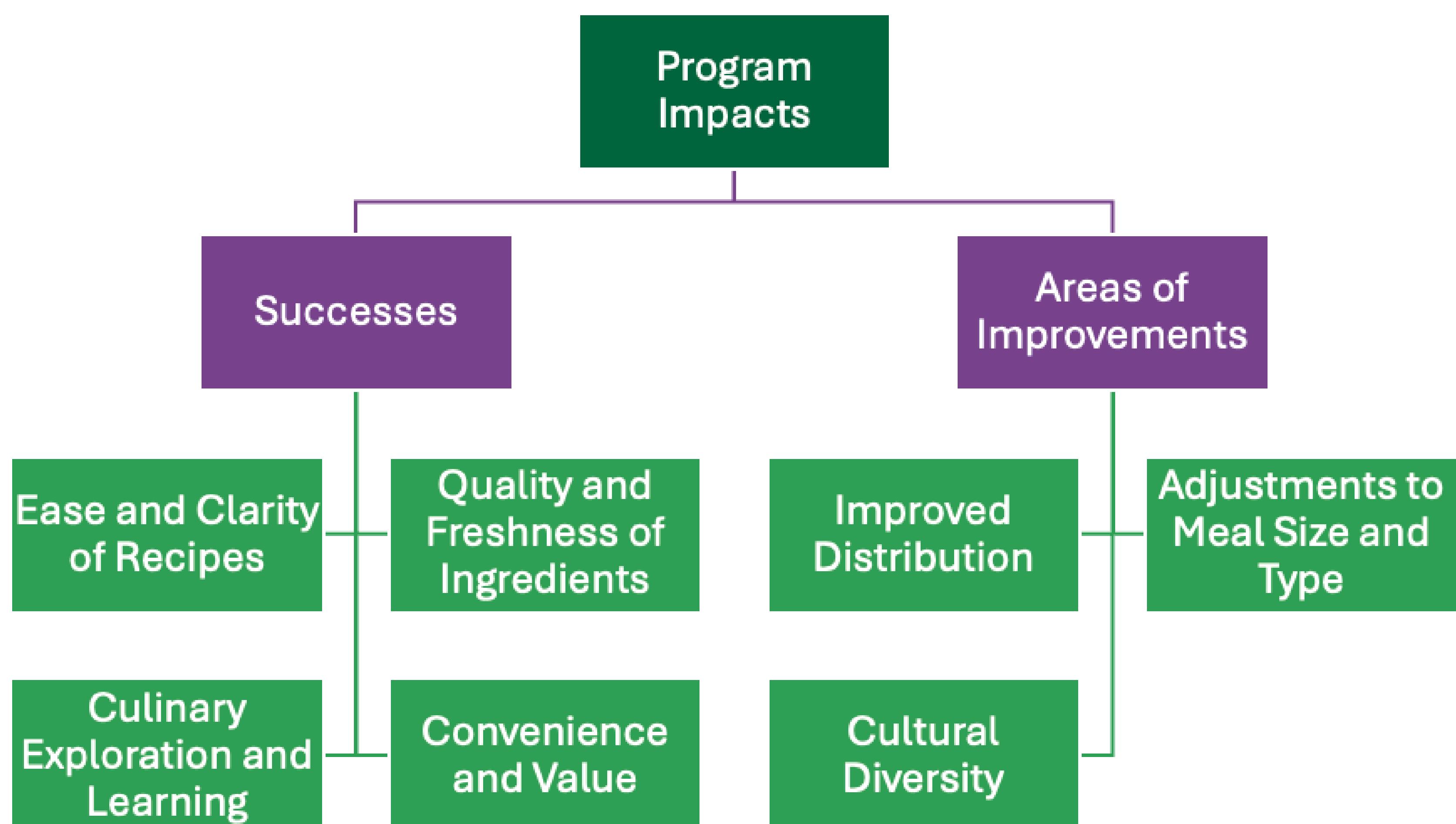
“ More cultural food
More recipes...that don't require actual cooking ”



“ The instructions very easy to follow and had the measurements handy ”

CONCLUSION

- CFHL meal kits **boosted** students' kitchen confidence and pantry use.
- Limitations due to small sample size and participants not answering all survey questions.
- The preliminary findings suggest that the meal kits may help with addressing barriers such as low cooking confidence, limited food resources, and time constraints.



REFERENCES



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