

CATS' CORNER FOOD DRIVE

Help us to provide nutritious food options to improve the food security, health, and well-being of our students!

PROTEINS

Look for “no salt added, low-sodium, and canned in water (instead of oil) varieties.

- Canned beans
- Canned chilis and stews
- Dried beans and peas
- Canned chicken, tuna, salmon
- Lentils
- Peanut butter or other nut butters

FRUITS AND VEGGIES

Look for fruit canned in its own juice with “no sugar added.” Look for canned vegetables that say “low sodium” or “no salt added”

- Canned Vegetables (green bean, corn, mixed variety, peas, mushrooms, spinach)
- Diced tomatoes
- Canned Fruit
- Shelf-stable fruit cups
- Tomato paste/sauce
- Dried fruit
- Vegetable Juice

GRAINS

Look for 100% whole grain on the package.

- Brown rice
- Oatmeal or Oats
- Quinoa
- Whole grain pasta
- Whole grain cereals

MISCELLANEOUS

- Olive Oil
- Vegetable Oil
- Chicken or Beef broth
- Pasta sauce
- Jelly
- Condiments
- Spices
- Salsa
- Microwave meals

Scan to check
out
our Amazon
Wishlist!



EVIDENCE OF NEED

According to a systematic review, an estimated 32.9% of all college students in the USA experience food insecurity (short and long term). The prevalence of food insecurity in college students is higher than the national average reported for all US households (with and without children).¹

Food insecure college students tend to report overall poorer dietary quality, including skipping meals, consuming more foods and beverages with added sugar, and consuming fewer fruits and vegetables. Notably, food insecurity is associated with five times greater odds of obesity in college students.¹

Poor diet quality has problematic consequences for students; an independent association between overall diet quality and academic performance has been demonstrated, especially in terms of diet adequacy and variety. More specifically, increased fruit and vegetable consumption have been significantly linked to higher academic performance.²

Micronutrients from proper nutrition synthesize brain chemicals called neurotransmitters. Neurotransmitters influence mood, sleep patterns, and thinking. Deficiencies or excesses of certain vitamins or minerals can damage nerves in the brain, causing changes in memory, limiting problem-solving ability, and impairing brain function.²

References:

1. Cedillo YE; Kelly T; Davis E; Durham L; Smith DL; Kennedy RE; Fernández JR; "Evaluation of Food Security Status, Psychological Well-Being, and Stress on BMI and Diet-Related Behaviors among a Sample of College Students." Public Health, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/37708714/. Accessed 7 Nov. 2023.

2. Woodhouse, Allison and Lamport, Ph.D., Mark A. (2012) "The Relationship of Food and Academic Performance: A Preliminary Examination of the Factors of Nutritional Neuroscience, Malnutrition, and Diet Adequacy," Christian Perspectives in Education, 5(1).