

What is food insecurity?

According to the Office of Disease Prevention and Health Promotion, "Food insecurity is defined as the disruption of food intake or eating patterns because of lack of money and other resources."

It may be influenced by a number of factors including income, employment, race, ethnicity, and disability.

A student's ability to focus in class, stay in school, and feel part of the campus community are threatened by food insecurity.

Public health researchers at Johns Hopkins University found that students who lacked consistent access to enough food were 43 percent less likely to graduate than their food-secure peers.

By acknowledging food insecurity and actively combating the issue, colleges can create a more equitable and equal space for students.

Oswego Students

In Spring 2021, the SUNY Student Satisfaction Survey was conducted with 1,040 undergraduate respondents.

84% of students surveyed indicated that *access to food and hunger issues* were prevalent and impacted their educational experience

Oswego Community Resources

Central New York Food Finder

Enter your address to find information for emergency food programs and resources serving your area.

Oswego Mobile Food Pantry

The Oswego County Health Department partners with the Food Bank of Central New York to bring Mobile Food Pantries to our county.

Anyone in need of food assistance is encouraged to attend and receive a free box of food. Boxes will be limited to one per household and will be distributed while supplies last.

There are no income requirements for families and individuals wishing to receive food.

Oz Concern Navigator

An application designed to help SUNY Oswego students find resources on campus based on various concerns. Select a category, search, or check our listing to find resources related to your concern.

Student Emergency Fund

Funds designated to help students hardship or emergency situations. This can cover food, utility bills, part of rent expenses, travel, school supplies, child care, and medical not covered by insurance. Students can email deanofstudents@oswego.edu for more information.



S H O P

Students Helping Oz Peers

SUNY Oswego's Student-Run On-Campus
Food & Clothing Pantry

Students Helping Oz Peers



On-campus food and clothing pantry for students, faculty, and staff of SUNY Oswego.

We offer FREE:
Non-perishable Food
Toiletries
Winter Clothing
Professional Clothing
Sexual & Reproductive Health Products

Hours:
Monday–Thursday: 4pm–7pm
Friday: 1pm–4pm
Saturday: 11am–2pm
Sunday: By appointment

Want to volunteer, donate, or utilize SHOP?
Email us at shop@oswego.edu
Located in the basement of Penfield Library

How Does SHOP work?

Online:
Our website and Instagram have an online order form where users can order items, have it packaged by volunteers and labeled with their User ID within 24 hours, and then can be picked up during SHOP open hours.

User IDs:
Every “user” of SHOP gets a User ID number their first time using SHOP. They are only referred to by this number online and in-person to keep confidentiality.

Donations:
SHOP accepts item donations during the open hours or by appointment. To make an appointment, email shop@oswego.edu.

Cash donations can be brought to Auxiliary Services in 506 Culkin.

For other monetary donations, go to the SUNY Oswego Alumni page- Click the “Other” Box and select “The SUNY Oswego Food Pantry/Students Helping Oz Peers (SHOP).” These donations help us replenish stock of items that do not get donated.

Work Opportunities with SHOP:
SHOP Coordinator
Volunteer Management Intern
Graphic Designer
Project Leads

Featured SHOP Events:

Warm-up Week/SHOP & SWAP:
SHOP hosts large-scale clothing giveaway events once a semester that make winter- and professional- wear available to students for free.

Pop-up SHOP:
Volunteers table in Marano Campus Center a few times a week to destigmatize the use of food pantries and give students access who may not have the ability to access SHOP otherwise.

CELT Workshops:
Our project Leads host workshops to educate faculty and staff about Food Insecurity, how it impacts Oswego students, and what they can do to support students in and out of the classroom.

Holiday Break Baskets:
Being student-run, SHOP is not open during Holiday breaks. Therefore, food baskets are prepared with enough supplies to last through those periods. Baskets are available for pick up in the days leading up to close.

“Cram the Van” Food Drive:
Resident Halls across campus competed to collect the most items and fill two Oswego vans with their donations.

