

# STUDENTS LIVING **CARDINAL, GOLD & GREEN**

Nourishment is defined as the substances needed for growth, health, and good condition. A large part of our nourishment comes from our food, but taking care of ourselves goes beyond what we eat. Mental and emotional health is just as important to our well-being as the food we eat - and luckily, there are several clubs and organizations on campus supporting our campus and community nourishment! From fighting food insecurity by providing nutritious food to those in need, to providing resources to connect with others and take care of ourselves - a few organizations committed to our campus and community flourishing are highlighted!

## **SUSTAINABLE AGRICULTURE STUDENT ASSOCIATION**

*What is the Sustainable Agriculture Student Association?*

The Sustainable Agriculture Student Association (SASA) is a student-led organization that promotes sustainable agriculture, consumer outreach and education, and strives to improve current agricultural practices. While the group is composed of graduate students, it is open and welcoming to all ISU students regardless of major or classification. SASA weaves together the academic interests of agricultural sustainability with rural sociology, community and regional planning, writing and the environment and other disciplines to create an organization of sustainably-oriented individuals.

*How does SASA provide nourishment to the campus and city community?*

In consideration of nutritional nourishment, SASA connects directly through commitment to initiatives addressing food security. Notably, SASA manages the Food at First Garden in partnership with the Trinity Christian Reformed Church to provide

fresh produce to community members. The garden was initiated to extend the growing season and supply fresh produce to the Food at First free meal and the perishable free market. As well as engaging through volunteerism, SASA members engage in ensuring a more just and equitable food system where all have local access to nutritious and delicious food.

Students from the Graduate Program of Sustainable Agriculture (GPSA) and across the university volunteer their time at the garden to grow fresh, local, top-quality vegetables and fruits to fight food insecurity in low-income individuals and families. The garden is organically managed, and volunteers have the opportunity to practice many of the sustainable production methods they learn about in the classroom, such as cover cropping, mulching, crop rotation, and no-till methods.

In conjunction with the garden, SASA also plans and serves a meal at Food at first on the third Friday of every month. Members of the club volunteer to be head chefs for the evening, with other members providing the needed

assistance to cook and serve the meal. SASA always welcomes new volunteers to join them!

*How do members of SASA support a sustainable future?*

According to the SASA Outreach Officer Emma Herrighty, SASA members are the future of sustainability. "Our research interests, both individually as graduate students and collectively as a community, aim to create a world in which agriculture and food systems are sustainable and equitable for all." Through their involvement and experience with SASA, students are given opportunities to further consider and strategize opportunities related to better agricultural tomorrow. As a club, they are committed to aiding the Ames community to create a more sustainable world for future generations to come.

*How can students learn more and become involved with SASA?*

SASA meets as a club once a month to discuss a variety of sustainability-related issues and encourages anyone



Photos courtesy of Sustainable Agriculture Student Association



Photos Courtesy of ISU National Alliance on Mental Illness



interested in the club to reach out for more information. You can contact them through the club presidents, Derek Franklin ([derekf1@iastate.edu](mailto:derekf1@iastate.edu)) and Chris Morris ([cmorris@iastate.edu](mailto:cmorris@iastate.edu)), as well as through outreach officer Emma Herrighty ([emherri@iastate.edu](mailto:emherri@iastate.edu)). You can also connect with SASA via [Facebook](#). Additionally, the GPSA hosts a colloquium every other Wednesday during the semester for presentations and discussions on current issues.

## ISU NATIONAL ALLIANCE ON MENTAL ILLNESS

*What is the National Alliance on Mental Illness (NAMI)?*

The National Alliance on Mental Illness (NAMI) is a nationwide organization with local affiliates and clubs at many college campuses. According to the National Institute of Mental Health, about one in five individuals in the US struggle with a mental health condition. The goal of NAMI is to increase prevalence of mental health awareness and support support to those struggling.

ISU NAMI shares similar goals with NAMI as a whole, but specifically focuses on Iowa State students in fighting the stigma surrounding mental health. NAMI president Marisa Bergstrom further noted, "College is a time when many individuals struggle with their mental health, and we want to come alongside students and provide them with resources and let them know they are not alone."

*What events and opportunities does NAMI offer students?*

ISU NAMI meets about every other Tuesday at 7 p.m. in 2441 Lagomarcino Hall. The group invites guest speakers to present topics related to mental health and share resources available to the Iowa State community. ISU NAMI also hosts social gatherings to hang out, do fun activities, watch movies and enjoy snacks.

Next semester, ISU NAMI will participate in the Bandana Project, a national campaign to spread awareness on suicide prevention. Club members are given a green bandana to put on their backpacks, representing solidarity with those struggling with suicidal thoughts or other mental health issues. The bandana symbolizes that you stand with those who are struggling, are aware of resources and can share them with others in the community. Keep a lookout on their social media pages to stay updated on this project!

*How does NAMI provide nourishment to the campus community?*

Many people think proper nourishment and living a healthy life come from taking care of ourselves physically - eating well, getting regular movement in and sleeping enough. But an essential part of being well-being comes from taking care of mental and emotional health. Self-care is key to nourishing yourself and your well-being. College

is a time when many individuals experience a lot of stress and anxiety and there are helpful coping strategies one can put in place to manage these difficult emotions. NAMI Central Iowa offers many support groups for those looking to connect with others who may be struggling and connects individuals with local providers for one-on-one support or counseling.

*How do members of NAMI support a sustainable future?*

Taking care of your mental and emotional health benefits not only yourself but those around you, leading to healthier relationships. A key part of managing one's mental health is a support system, a community one can talk to about their struggles. No one should struggle alone.

"I believe that as a community, we are meant to come alongside each other in each other's struggles, whatever they may be, and encourage one another," said Bergstrom. As a club, NAMI educates individuals on resources they can share with others and signs to look for when someone may be in a crisis.

*How can students learn more and become involved with NAMI?*

Those interested in joining ISU NAMI can email [isunamioncampus@gmail.com](mailto:isunamioncampus@gmail.com), or follow the club on [Instagram](#). To learn more about getting involved with a support group or getting plugged in with local resources visit the [NAMI](#)

of [Central Iowa website](#). Additional information and resources can be found on the national [NAMI website](#).

## STUDENTS HELPING OUR PEERS

### *What is the SHOP?*

The SHOP was implemented in 2011 when students in the Food Science and Human Nutrition learning community saw a need for a community food pantry resource on campus and decided to be a part of the solution. Founded by students for students, SHOP has remained student-led since it opened on campus ten years ago. Initially housed in the Food Sciences Building, SHOP moved to 1306 Beyer Hall in the summer of 2020, due to increasing need.

The SHOP's mission is to engage with anti-hunger advocates and serve the student population by increasing hunger awareness and food security. From the support of local advocates, donations and a team of volunteers, SHOP has expanded its reach and currently supports the collective campus community (including students, faculty and staff). Through a team in excess of 100 volunteers, the organization serves over 200 individuals each month.

Campus community members are invited to stop in during SHOP hours of Tuesday 12 p.m. - 8 p.m., Wednesday 2 p.m. - 7 p.m., and Friday 11 a.m. - 4 p.m. to pick up food without needing to show any ID.

### *What events and opportunities does the SHOP offer students?*

As well as having an outlet for food support, students have the opportunity to volunteer with welcoming and assisting SHOP patrons. Volunteer shifts are one hour and flexible based on availability. Volunteers can sign up for as many or as few shifts that work best for them. Assistance is also needed with tabling at events to spread the word about SHOP's mission and services to serve the campus community. Another opportunity offered to SHOP club members is to learn more about food insecurity challenges and opportunities from different speakers during monthly organization meetings. As a club member, students can also apply to serve on the organization's leadership team and assist in planning, goal setting and project management.

### *How does the SHOP provide nourishment to the campus community?*

Everyone needs to eat in order to survive. According to [Feeding America](#), over one in ten people in Story County are food insecure, and there has been a steady increase in demand for food pantry resources since 2019. People suffering from hunger and food insecurity are at an increased risk for chronic illness, experience a decrease in academic performance and have an increased chance of depression and anxiety. SHOP members are committed to ensuring that food is not a limiting factor to professional,

personal, or academic growth. With this in mind, a recent priority initiative of SHOP is expanding food options to offer both perishable and non-perishable food items. SHOP gives the campus community access to proper nourishment that allows them to live healthier lives.

### *How do members of the SHOP support a sustainable future?*

In addition to a mission founded in supporting and furthering social and economic sustainability through ensuring food security, within the past few years SHOP members have been expanding efforts to focus on environmental sustainability as well. For example, through local partnerships with the Food Bank of Iowa, excess food is effectively redistributed rather than wasted. Socially, economically and environmentally, the SHOP is supporting human rights and equitable living by improving food access and providing nourishment to the Iowa State University campus community.

### *How can students learn more and become involved with SHOP?*

There are many opportunities for student involvement with the SHOP to fight hunger on campus which can be found through the [student organization website](#). Those interested in applying for leadership positions with SHOP in 2022 should complete the [leadership application](#) by Nov. 5, 11:59 p.m.. Finally, all are welcome to attend monthly



Photos courtesy of Students Helping Our Peers



Photos courtesy of Cardinal Eats



meetings to learn about food insecurity on campus, the next - 6 p.m., Nov. 2, in 1308 Beyer Hall. Any questions can be directed to [shop\\_exec@iastate.edu](mailto:shop_exec@iastate.edu).

## CARDINAL EATS

### *What is Cardinal Eats?*

Cardinal Eats is a student-run newsletter started by a nontraditional student in the Greenlee College of Journalism five years ago. The purpose of this publication is to give students another outlet for media through cuisine. The publication is focused towards finding ways to build a community of food lovers and increase awareness about our food choice

Once a semester Cardinal Eats publishes a magazine centered around one theme. Past issues have included themes of holidays, flavors of the world and family recipes." This semester's theme, "Unearthed," hones in on all the different diet options students face, including grain-free, nut-free, keto, vegan and vegetarian.

### *What events and opportunities does Cardinal Eats offer students?*

This publication is run by students, and has a variety of involvement opportunities. Members of the Cardinal Eats team gain experience in journalism, online media, photography, marketing and events.

Students not involved in the creation of the publication, can [read the newsletter online](#), pick up a physical copy (when it is released) and connect on social media to discover new recipes, learn more about nutrition and be a part of special events and giveaways.

### *How does Cardinal Eats provide nourishment to the campus and the larger Ames community?*

Cardinal Eats is a publication that provides resources for all students to create their own nutritious, simple meals, regardless of diet choices and restrictions. By creating an inclusive environment for food lovers, Cardinal Eats not only helps readers nourish through food, but also by connecting with others.

### *How do members of Cardinal Eats support a sustainable future?*

Cardinal Eats empowers students with the information and resources they need to find suitable options for their budget, the planet and themselves. There is no one-size-fits-all for diet, and the hope is that the publication can give readers the tools needed to make choices they can feel good about. Cardinal Eats also has the opportunity to highlight some of the work other campus organizations are doing, like the SHOP and SASA, to support sustainable food systems on campus.

### *How can students learn more and become involved with Cardinal Eats?*

The publication's [Instagram page](#) is a great way to stay up-to-date on what the team is working on, and keep informed on all the many opportunities to learn more about nutrition and try delicious new recipes. Be sure to pick up this semester's issue "Unearthed", available in early December.

Students interested in helping create the next semester's publication are encouraged to apply to join the Cardinal Eats leadership team. Applications will be accepted starting in December. Email [cardinaleats@gmail.com](mailto:cardinaleats@gmail.com) for more information and to apply for a leadership position.

Through the committed and dedicated efforts of these impressive students, notable strides have been and continue to be achieved in supplying campus and community with the necessary resources to support total well-being and nourishment. By coming together to provide nutritious food to those in need and sharing resources for self-care, we are able to better support ourselves and create a flourishing community!

