



# Team 12

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## **CJ's Cupboard Infographic**

This infographic highlights the statistics surrounding mental health and food insecurity, specifically at UNC. The intention is to inform students about CJ's Cupboard, an incredible resource on campus for those experiencing food insecurity. The emphasis is also on highlighting how stigma can prevent people from using this resource and others like it. An interactive component is included where people can share their own experience with food insecurity to help reduce this stigma

## MENTAL HEALTH & FOOD INSECURITY AT UNC

**APPROXIMATELY 1 IN 5  
STUDENTS AT UNC  
EXPERIENCE FOOD  
INSECURITY**

**LONG PERIODS OF FOOD  
INSECURITY CAN LEAD TO  
ISSUES WITH SLEEP**

**THE STIGMA AROUND  
RECEIVING FOOD ASSISTANCE,  
WHETHER INTERNAL OR  
EXTERNAL, CAN PREVENT  
PEOPLE FROM RECEIVING  
FOOD ASSISTANCE**

**A STUDY FROM 2021  
FOUND THAT FOOD  
INSECURITY INCREASED  
THE RISK OF ANXIETY  
BY 257% AND RISK OF  
DEPRESSION BY 253%  
DURING THE COVID-19  
PANDEMIC**

**LET'S WORK  
TOGETHER TO  
END THE  
STIGMA. SCAN  
THE QR CODE  
AND SHARE  
YOUR STORIES:**



**FOR STUDENTS IN-NEED OF ASSISTANCE:  
CJ'S CUPBOARD IS LOCATED IN 2210 MCGAVRAN-GREENBERG HALL**

**FOR STUDENTS LOOKING FOR MORE INFORMATION:  
[HTTPS://TARHEELS.LIVE/NUTRITIONCOALITION/CJS-CUPBOARD/](https://tarheels.live/nutritioncoalition/cjs-cupboard/)**

**SOURCES: [BIT.LY/42ZYGAQ](https://bit.ly/42zygaq)**