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.

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.

Long periods of food insecurity can lead to issues with sleep.

Let’s work together to end the stigma. Scan the QR code and share your stories.

The stigma around receiving food assistance, whether internal or external, can prevent people from receiving food assistance.

For students in need of assistance: CJ’s Cupboard is located in 2210 McGavran-Greenberg Hall.

For students looking for more information: https://tarheelslive/nutritioncoalition/cjs-cupboard/

Sources: bit.ly/4ZYGAQ