

Fueling Dragons & Food Pantry

FOOD ACCESS & INSECURITY



What is Fueling Dragons?

Fueling Dragons is a comprehensive wellness program with a simple approach to address food insecurity at HCC. We educate students about the importance of nutrition, provide access to healthy food in our campus pantry, and offer support to our students with their basic needs.

Students have access to a healthy recipe meal-kit plus an accompanying cooking video each week, fresh produce/meats as well as the opportunity to choose foods lower in saturated fat, sodium and sugar.

FY 2022 Meal Kits Distributed

Each complete meal kit includes an easy-to-follow recipe, all ingredients and any necessary basic tools to cook a meal.



784
Meal Kits



78.3%
of students said:

They are eating less fast food since using the food pantry.



89.1%

of students said:

"After using the campus food pantry, I feel better prepared to cook a healthy meal at home."

Most Needed Items:

- Cooking Oils
- No Sugar Added Applesauce
- Shelf-Stable Dairy Alternatives - Oat, Soy, Almond, etc.
- Sparkling Water - No Sugar Added
- Spices
- Cleaning Supplies
- Full-Size Shampoo
- Deodorant
- Toilet Paper/ Paper Towels



**St John Baptist Church
Donation Drive
Collecting
July 10 - August 5**

