Food insecurity is a growing concern among dental students. Basic nutrition is often overlooked due to long hours in class or the clinic, limited work options and the high cost of living. ASDA encourages you to help your fellow dental students by creating and maintaining a food pantry at your school.

Establishing A

FOOD PANTRY

At Your Dental School

ASDA
American Student Dental Association

For more information and updates

on ASDA's response to food insecurity, visit asdanet.org.

FIVE STEPS TO ESTABLISHING A FOOD PANTRY:

1. Contact your local dental organizations

Ask your state or local dental organizations to partner with your school on this initiative. Organizations can donate funds, time or other resources to help. Ask them to donate a certain amount of money or food to help get the pantry started.

2. Find a faculty member to assist with the pantry

Ask a member of the faculty or administration to be the staff contact for the food pantry. This person could help monitor the pantry's funds and inventory.

3. Find a location on your dental school campus

Whether your food pantry is in the library, a separate room or a staff office, you'll want to choose a location that is easily accessible for all dental students.

4. Ask for volunteers

You'll need volunteers to help keep the pantry shelves stocked with nutritious food. Send an email to your ASDA chapter members and set up times for them to volunteer at the pantry.

5. Set up sponsorships

You'll need to receive funds regularly to keep food in the pantry. Reach out to local dentists or other businesses to sponsor your food pantry. Sponsorships can be set up on a monthly or semester basis.