



# THE DIALOGUE

The Kentucky Hunger Dialogue Newsletter



## Outlook on College Hunger: Mid-2025 Snapshot

As of mid-2025, food insecurity among college students remains a serious challenge, despite growing awareness and expanded resources.

According to the Hope Center's 2023–2024 Student Basic Needs Survey, 41% of surveyed students reported experiencing food insecurity, and 59% faced at least one form of basic needs insecurity. These findings are echoed by the Swipe Out Hunger 2024 National Campus Survey, which found that nearly half of students struggle to access consistent, nutritious meals. Rising living expenses, limited financial aid, and stigma around seeking support all contribute to the crisis.

In response, colleges are piloting more inclusive pantry models, partnering with local farms, and integrating food assistance into wellness and advising services. Programs like the Kentucky Hunger Dialogue are fostering collaboration between institutions, nonprofits, and students.

As we look forward, ensuring food equity on campus requires systemic commitment, student engagement, and policy solutions that prioritize hunger as a barrier to education.

## 5 Tips for Staying Hydrated during Record Heat

As temperatures soar to record highs, staying hydrated is essential for your health and safety. Here are five quick tips to beat the heat:

1. Drink water regularly—don't wait until you're thirsty.
2. Avoid sugary or alcoholic drinks, which can dehydrate you.
3. Eat water-rich foods like cucumbers, watermelon, and oranges.
4. Carry a reusable water bottle and refill often.
5. Stay indoors during peak heat hours, usually 10 a.m. to 4 p.m.

Hydration helps your body regulate temperature and avoid heat exhaustion. Stay cool and drink up!

## Fruit-Infused Sweet Tea

### Ingredients:

5 black tea bags or 5 tsp loose-leaf tea  
5 cups hot water  
2 cups frozen fruit (strawberries, peaches, raspberries, blueberries, mango, etc.)  
Ice for serving  
Sweetener (optional)

### Instructions:

1. Steep tea bags or loose leaf tea in hot water for 5 minutes.
2. Remove tea bags/strain tea.
3. Add frozen fruit and chill in the refrigerator. Serve over ice, adding sweetener if desired.

**NOVEMBER 7, 2025**

The Kentucky Hunger  
Dialogue  
will be hosted at  
CENTRE COLLEGE  
Danville, KY

