



In partnership with:



Living conditions of students relying on food aid in France

Quantitative and qualitative evidence, and co-constructed solutions for better access to everyday human rights

With the support of:



Objectives :

Define the characteristics of students relying on food aid in France...



**Socio-demographic and -
economic characteristics**



Food habits and practices



Access to food



Mental Health

*... And offer insights for policy-makers and stakeholders to tackle
the mechanisms involved in student poverty*

Who are we ?



Created during the Covid Crisis, [Cop1](#) organizes **food distributions made by students, for students in 30 cities** in France.

Cop1 also organizes numerous actions against student poverty and its impacts on student life (social, cultural, housing, etc.)

Access to the association is open for all students, independently from their financial resources.



[ANSA](#), is an association providing **expertise and studies** for more inclusion and against poverty.

The association **intervenes across the entire social innovation chain** with a multi-disciplinary approach: access to rights, social and professional integration, empowerment, etc.

Key Findings

The specificity of
international
students

Lack of financial
means and
lack of time

Working : a
necessary
handicap

Importance
of food aid

Gap between living
conditions and the
expression of food
poverty

Students express
similar demands
across most cities

Context: student poverty in France

1 out of 3
students

doesn't have enough money
to cover **essential needs**

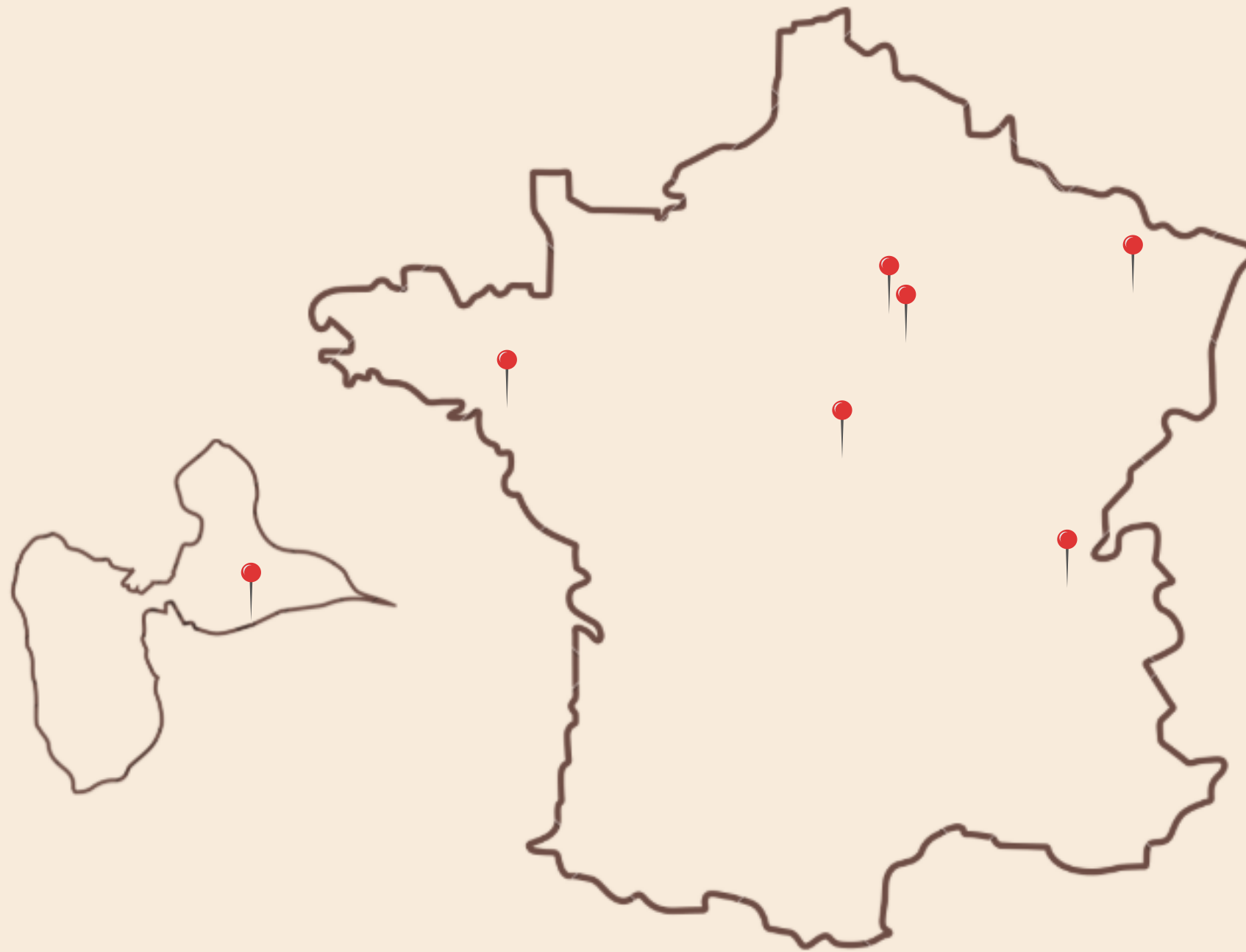
1 out of 3
students

often **skips a meal**

Students are **2x more likely**

to **rely on food aid** than the rest of the population

Methodology



Questionnaire

897 respondents

Semi-structured interviews

55 non-profits
13 institutions
37 students

Participatory workshops

7 in total

Key Statistics :



- Majority of **women** and **international students**
- Under-representation of **students living with their parents**
- **32 % have a job** parallel to their studies



- 1/5 of respondents declare **relying exclusively on food aid**
- 1/3 rely on **several associations**
- Half of them **do not go to university restaurants** (Crous)



- Students **adopt a variety of strategies** to face food poverty
- Only 16,9 % say they feel like they have a choice concerning what they eat, 25,7 % that they have access to healthy food.



- 45,5 % are “always” or “often” **lonely**
- 37,1 % are “always” or “often” **depressed.**

International students

International students make up for $\frac{2}{3}$ of respondents, almost all of them are non-EU citizens. They present several specificities compared to French students.

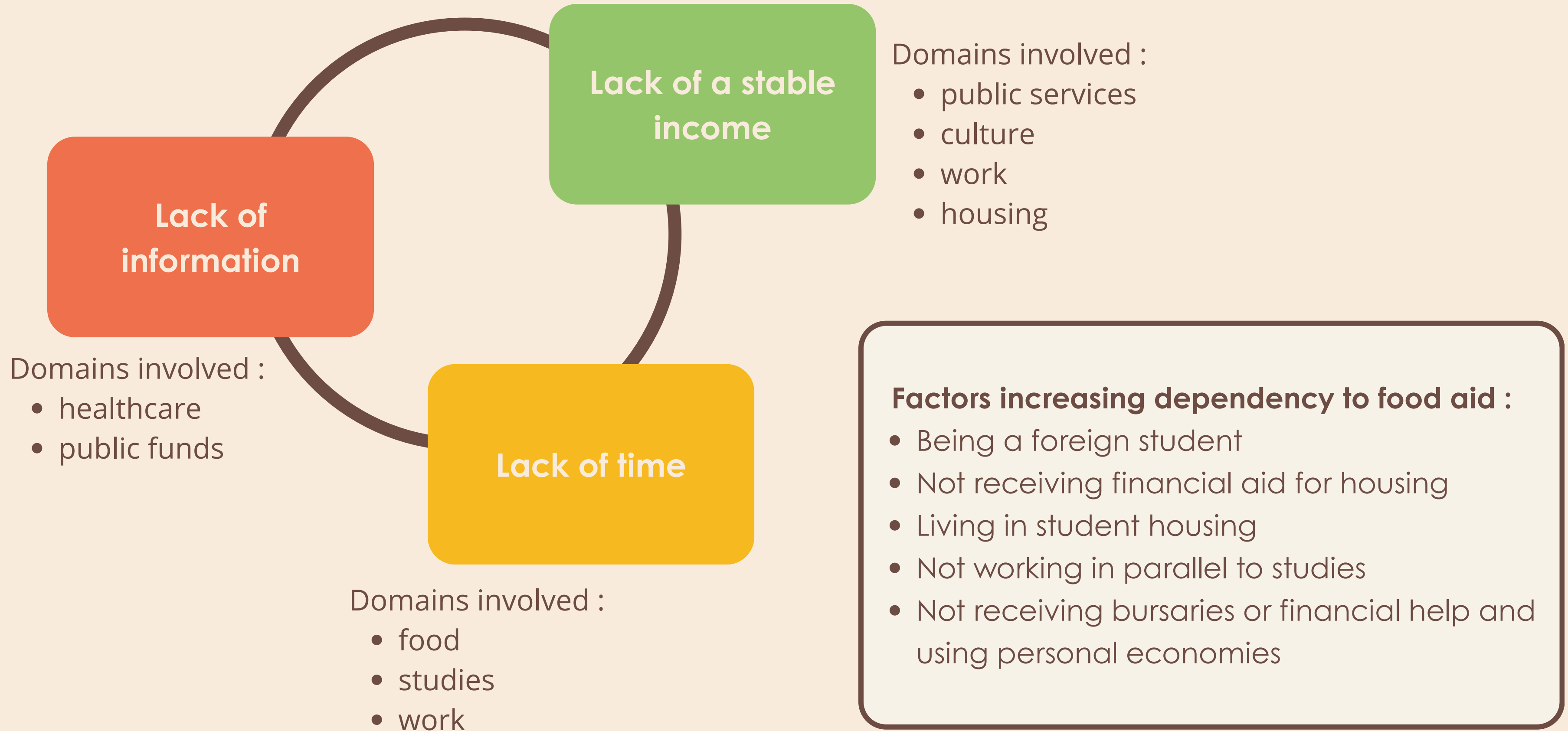


- Cumulate difficulties to access to **public financial aid**.
- Less likely to have a job, but their **working conditions** tend to be **worse**.
- **More likely to financially need a job.**
- Twice less likely **to have access to free housing.**



- More likely **to rely exclusively on food aid**, less likely **to buy their own food**.
- More likely to experience **loneliness** and **depression**.
- Face difficulties to **access healthcare**.
- **Experiences of racism**

What prevents students from accessing their rights?



How do students experience (food) insecurity ?

Lack of food

Lack of choice
in food

Dependency to
help

Limited access to
quality food

Dimensions of
health, stability,
pleasure

Guilt / individual
responsibility

Co-constructed recommendations



**Center choice in
food services**



**Move towards universal
and unconditional
services**

**Improve university services:
access to rights (food,
health) and information**



**Ensure access to good
quality housing**



Thank you

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