

Welcome to Harbor Landing!

things to look out for:

Harbor Landing Open House (September 26, 2018)

Fall introduction to how the pantry operates, what you can expect, and how to access the food pantry for the first time!

Campus Wide Food Drive Competition

Beginning in October we will be conducting a competitive Food Drive to stock our shelves at the food pantry. Keep an eye out for registration dates! (Coming October 2018)

informal forum topic: *food insecurity*

"The state of being without reliable access to a sufficient quantity of affordable, nutritious food"

Food Insecurity has many faces, and many solutions; whether temporary or permanent. Grays Harbor College Student Government adopted the Food Pantry model after hearing about the amount of students on campus that were food insecure. The college campus food pantry takes different forms for various campuses but overall missions remain a constant: our goal is to promote nutrition and reduce hunger on campus. The first college food pantry was opened by Michigan State University in 1993 (25 years ago!). Since then, there has been plenty of research done covering the topic of hunger on campuses across the nation. We encourage students to participate in conversations about food insecurity this month, both with each other and with teachers and faculty. What does food insecurity mean to you? What is your relationship with food insecurity?

cut along line

overnight oats

Ingredients:

- ½ cup rolled oats
- ½ cup milk (dairy, almond, or soy)
- ¼ cup plain Greek yogurt (optional)
- 1 small pinch salt
- 1-3 teaspoons sweetener of choice

Optional Mix-ins:

- ¼ teaspoon ground cinnamon
- 2-3 teaspoons cocoa powder
- 1 tablespoon peanut butter
- 1 small ripe banana, mashed

Add all ingredients to a 16oz jar or bowl and stir (include desired mix-ins). Refrigerate overnight (or 8 hours). Stir and add more milk for thinning if desired.



a. image source: cookingclassy.com