

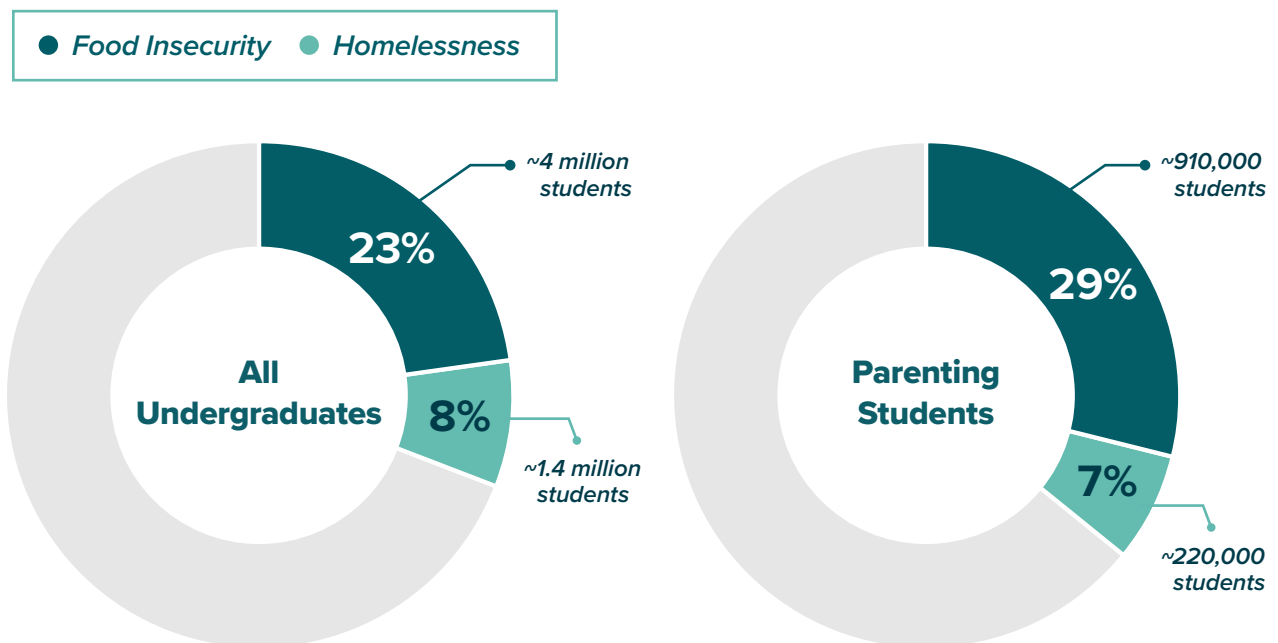
Resources For Addressing Basic Needs Among Parenting Students

Many students who are parenting while in college experience basic needs insecurity. Get to know the data (see below) and ways to support them.

- 1. Educate your community.** Share data and stories to help other people know how many college students are parenting and how many run the risk of experiencing food insecurity, housing insecurity, or even homelessness. You can find national statistics below, and locate information on [Generation HOPE's website](#) and in the [#RealCollege Resource Library](#).
- 2. Expand affordable childcare on campus.** Most parenting students [say they'd appreciate](#) on-campus support for childcare, and Head Start is one of the most effective programs. For example, connect with [Kids on Campus](#), a national project bringing local Head Start programs to community colleges nationwide.
- 3. Get parenting students cash when they need it.** [Emergency grants](#) can be delivered fast and flexibly and are an increasingly common tool used by colleges and universities to support students' basic needs. Find your local emergency aid program, make parenting students aware of it, and advocate for larger grants to students with children.
- 4. Help parenting students access and/or appeal financial aid.** Many parenting students receive less aid than they should because their aid budgets have not been adjusted to reflect their real circumstances. Advise them to let their financial aid office know about their full living expenses and share [Swift Student](#) to guide them through an appeal.
- 5. Connect parenting students to helpful non-financial aid programs.** Help parenting students access and complete the application for the Supplemental Nutrition Assistance Program (SNAP), Temporary Aid to Needy Families (TANF), health insurance, public housing, and so on. Here's a toolkit from [Benefits Data Trust](#) to help.

6. **Advocate for college to count as work in federal and state programs.** Many public assistance programs have work requirements that made it harder for students to qualify and most don't count college as work. [Advocate](#) to end that practice and recognize college as a key path out of poverty.
7. **Ensure parenting students count.** Very few colleges and universities have any idea how many of their students, including those enduring basic needs challenges, are parenting. Advocate for [collecting that data](#) on program applications and sharing it to align resources with numbers.
8. **Boost your local college's support for parenting students.** Encourage them to join [Generation Hope's FamilyU Cohort](#) and/or engage with its resources.
9. **Urge parenting students to join national advocacy efforts and use their knowledge to address basic needs insecurity.** Connect them with the [Student Basic Needs Coalition](#), [Swipe Out Hunger](#), [Rise](#), and/or [Mazon](#).
10. **Connect and build community!** This work is hard to do alone. Learn from others by joining our [College Basic Needs Group on LinkedIn](#).

Basic Needs Insecurity Among Parenting Students: Key Statistics



Rates of food insecurity and homelessness among parenting students, by subgroup

Subgroup	Food Insecurity	Homelessness
Single parent	37%	10%
Child under 5	29%	8%
Child in paid childcare	32%	8%
Disabled	44%	12%
Genderqueer or gender nonconforming	42%	9%
Placed in remedial courses	32%	7%
Receiving SNAP*	44%	12%
Receiving TANF*	49%	15%
Attending community college	29%	7%
Attending public university	26%	6%
Attending HBCU***	36%	9%
Black women	39%	10%
Black men	36%	12%
Hispanic women	31%	8%
Hispanic men	25%	5%
White women	25%	5%
White men	17%	5%

*Supplemental Nutrition Assistance Program.

**Temporary Aid to Needy Families.

***Historically Black colleges and universities.

Note: The National Postsecondary Student Aid Study (NPSAS) examines the characteristics of students in postsecondary education, with special focus on how they finance their education. In spring 2020, for the first time, the study asked students questions to assess their experiences with food insecurity and homelessness. The sample includes students enrolled at higher education institutions participating in federal financial aid programs at any time between July 1, 2019, and June 30, 2020. In total, 80,760 undergraduates completed surveys, a sample representing about 17.1 million undergraduates.

Source: National Postsecondary Student Aid Study, 2020.