

CSULB MUTUAL AID ZINE WORKSHOP

“Nearly 40% of students in the California State University system experience food insecurity, skipping meals so they can pay for books or rent.”

“At CSULB, a study lead by Dr. Rashida Crutchfield, associate professor in the School of Social Work, shows that 12.5% of students encounter some type of housing insecurity. That’s roughly 5,000 Beach students.”

“The stigma of reaching out for help, even when it's needed, is something Basic Needs Director Danielle Muñoz is very aware of. We face two barriers: visibility and stigma ... Even if we are visible, do students feel comfortable reaching out?”

CSULB Associate Professor of Social Work, Dr. Rashida Crutchfield’s “continued dedication to solving the housing and food insecurity crisis in California colleges recently was rewarded by state legislators, who gave the entire CSU system a recurring \$15 million for the Basic Needs Initiative component of Graduation Initiative 2025 to help bridge the gap for students. CSULB’s Student Emergency Intervention and Wellness Program, Basic Needs and Beach Pantry, is slated to receive \$1.2 million annually.”

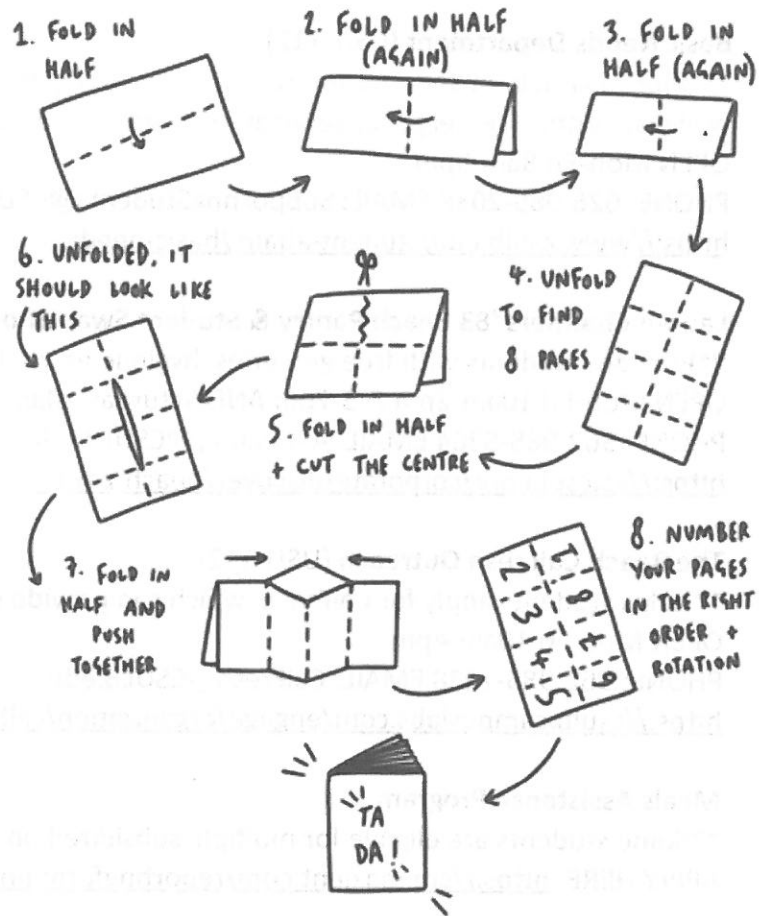
Sources:

<https://www.csulb.edu/no-barriers/article/how-csulb-basic-needs-empowers-students-facing-homelessness-food-insecurity>

<https://www.csulb.edu/news/article/csulb-associate-professor-inspires-15-million-csu-grant-to-combat-student-food-housing>

<https://www.42ndstreet.org.uk/support/read/how-to-make-your-own-zine/>

HOW TO MAKE A ZINE



CSULB MUTUAL AID ZINE WORKSHOP

Basic Needs Department (USU-112)

**Offers a variety of services and resources including food and housing security, financial wellness support, emergency services, emergency grants & meal assistance programs

OPEN Mon-Fri 8am-5pm

PHONE: 626-985-2038 EMAIL: SupportingStudents@CSULB.edu

<https://www.csulb.edu/student-affairs/basic-needs>

Lauren Chalmers '83 Beach Pantry & Student Swap Shop (USU-116)

**Provides students with free groceries, hygiene items, kitchen items/classes

OPEN Mon-Fri 10am-2pm & 5-7pm AND Saturday 10am-2pm

PHONE: 562-985-5264 EMAIL: ASI-Pantry@CSULB.edu

<https://asicsulb.org/corporate/discover/beach-pantry>

The Beach CalFresh Outreach (USU-112)

**Helps students apply for CalFresh, which can provide up to \$250/month to purchase food

OPEN Mon-Fri 10am-4pm

PHONE: 562-985-2038 EMAIL: CalFresh@CSULB.edu

<https://csulb.campuslabs.com/engage/organization/calfresh-outreach-program>

Meals Assistance Program

**Some students are eligible for multiple subsidized on-campus meals every day

APPLY HERE: https://cm.maxient.com/reportingform.php?CSULongBeach&layout_id=2

Beach Bites in the CSULB app

**Alerts students when free food is available on campus

Locate channel icon in the CSULB app, select Beach Bites & TURN ON notifications

Housing

**Short-term housing, eviction avoidance/deposit/first month grants & rapid rehousing

(<https://www.csulb.edu/student-affairs/basic-needs/housing>)

Speak with a Case Manager: Need help with something else? Just ask!

ASK HERE: https://cm.maxient.com/reportingform.php?CSULongBeach&layout_id=2

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