

SNAC PODCAST S1

The Student Hunger Subgroup is looking at designing and implementing approaches to address student hunger that are student-centered, sustainable, and humanising. One such effort was hosting a week-long indaba in 2023 with lunch-time workshops to address the question: "*How can Mandela University develop its own unique approach to student hunger?*"

At the end of the week, participants were asked, 'what next?' One of the primary responses was to continue the conversation with students across geographical spaces and virtual platforms, disciplines, and campuses.

This podcast is our effort to do exactly that.

The name - Student Nutrition Advocacy and Communication (SNAC) - was an initiative started in 2020 by a group of students alarmed at the rising hunger amongst their peers. One of these students became part of the student hunger subgroup, linking our efforts with the original initiative. By using the name they developed we honour the work they did and our commitment to build on it going forward.

We invite comments and critical thoughts, and encourage you to continue the conversation wherever you are.

The SNAC podcast is an initiative of the Student Hunger Subgroup, located in the Mandela University Food Systems programme. For more information, contact foodsystems@mandela.ac.za

This podcast was recorded in collaboration with the Transformation Office's Equality, Promotion and Social Inclusion project.

See the Hluma Indaba Report [here](#).

EP3: Hunger of the mind and hunger of the stomach (Part 2/2)

By Dr Natalie Mansvelt and Ms Yolanda Magugu

Dr Natalie Mansvelt is a lecturer in the Department of Social Development in the Faculty of Health Sciences at Mandela University. She has been involved in research around the issue of hunger among students in higher education and, together with the Student Hunger Subgroup, is actively pursuing a holistic, sustainable and student-centred approach towards addressing this issue.

Ms Yolanda Magugu is a student at Mandela University, currently completing her third year BA (general) majoring in politics and philosophy.

"I have been really curious about how students think about this and what are the solutions and the approaches that come forth if one works with students instead of for them." – Dr Natalie Mansvelt

This episode brings together a staff and student-perspective, unpacking the topic of student hunger of 'the stomach' and of 'the mind'. Natalie and Yolanda's conversation brings to the fore issues of identity and belonging, the importance of financial literacy, the role of

mindsets, and the expectations – and sometimes contrary lived realities – of students when it comes to the *soft life*.