

# Sara Rains González, PhD

## Curriculum Vitae

### A. EDUCATION

2019 – 2024

#### **Doctor of Philosophy**

Major: Nutrition  
Emphasis: Community Nutrition  
Department of Nutritional Sciences  
College of Human Sciences  
Auburn University

#### **Graduate Certificate**

Health Equity Science  
Department of Human Development and Family Science  
College of Human Sciences  
Auburn University

2019 – 2022

#### **Master of Science**

Major: Nutrition  
Emphasis: Community Nutrition  
Department of Nutritional Sciences  
College of Human Sciences  
Auburn University

#### **Graduate Certificate**

Program Evaluation  
Department of Educational Foundations, Leadership and Technology  
College of Education  
Auburn University

2012 – 2016

#### **Bachelor of Science**

Major: Nutrition  
Emphasis: Wellness  
Minor: Hunger Studies  
Department of Nutrition, Dietetics, and Hospitality Management  
College of Human Sciences  
Auburn University

#### **Bachelor of Science**

Major: Horticulture  
Emphasis: Fruit and Vegetable Production  
Department of Horticulture  
College of Agriculture  
Auburn University

**B. ACADEMIC AND PROFESSIONAL POSITIONS**

August 2025 – Present	<b>Assistant Professor</b> Department of Nutritional Sciences College of Human Sciences Auburn University Auburn, AL
July 2024 – August 2025	<b>Food Systems Programs Administrator</b> Hunger Solutions Institute College of Human Sciences Auburn University Auburn, AL
August 2022 – July 2024	<b>Global Studies Lecturer</b> Department of Global Education College of Human Sciences Auburn University Auburn, AL
May 2019 – July 2022	<b>Graduate Research Assistant</b> Hunger Solutions Institute College of Human Sciences Auburn University Auburn, AL
July 2018 – May 2019	<b>Project Manager</b> Communications Department Brentwood United Methodist Church Brentwood, TN
February 2017 – July 2018	<b>Project Coordinator</b> Communications Department Brentwood United Methodist Church Brentwood, TN
July 2017 – October 2018	<b>Junior Varsity Head Coach, Assistant Varsity Coach</b> Nolensville High School Volleyball Nolensville High School Nolensville, TN
May 2016 – August 2016	<b>Undergraduate Research Assistant</b> Department of Entomology College of Agriculture Auburn University Auburn, AL

## C. PUBLICATIONS

### Dissertation

**Gonzalez, S.R.** (2024). *Exploring the State of Student Food Insecurity Response among Alabama College and University Campuses: Development, Evaluation, and Pilot Implementation of the Campus Food Aid Self-assessment Tool (C-FAST)*. [Doctoral Dissertation, Auburn University.] Auburn University Electronic Thesis and Dissertation System.

### Refereed Publications

**González, S.R.**, Thornton, K., Powers, A.R. (Under Review). A Framework to Assess Food Insecurity Responses Among Colleges and Universities. *Journal of College Student Development*.

**González, S.R.**, Wang, C., Powers, A.R. (In Preparation). Development and validation of the Campus Food Aid Self-assessment Tool. *Journal of American College Health*.

**González, S.R.**, Wang, C., Powers, A.R. (In Preparation). Results of a statewide assessment of college campus food insecurity response in Alabama: Comparing four-year and two-year campuses. *Journal of Nutrition Education and Behavior*.

**González, S.R.**, Wang, C., Goodman, M., Powers, A.R. (In Preparation). The effect of college campus characteristics on food insecurity response. *American Educational Research Journal*.

Kaschak, S.G., Hickey, A., **González, S.R.**, Brown, O., Powers, A.R. (Accepted, 2024). Hunger Free Higher Ed: A Statewide Approach to Food Insecurity in Alabama. *New Directions for Student Services*.

Goodman, M., Jordan, S., **González, S.R.**, Davies, C., Powers, A.R. (Under review). The prevalence and demographics of food-insecurity among university students in Alabama. *Journal of Student Affairs Research and Practice*.

### Reports and Other Works

Garcia, C., Goodman, M., **González, S.R.**, Powers, A.R. (2023). State of College Student Food Security in Alabama. *Hunger Solutions Institute*, Auburn, AL.

Goodman, M., **González, S.R.**, Powers, A.R. (2022). University of Alabama Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

Goodman, M., **González, S.R.**, Powers, A.R. (2022). University of South Alabama Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

**González, S.R.** (2021). Are you facing food insecurity? *Scale Back Alabama*.  
<https://scalebackalabama.com/food-insecurity/>

Goodman, M., **González, S.R.**, Powers, A.R. (2021). Auburn University Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

Goodman, M., **González, S.R.**, Powers, A.R. (2022). Alabama State University Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

Goodman, M., **González, S.R.**, Powers, A.R. (2021). Alabama A&M University Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

Goodman, M., Powers, A.R., **Rains (González), S.** (2021). University of Alabama at Birmingham Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

Goodman, M., Powers, A.R., **Rains (González), S.** (2021). Troy University Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

Goodman, M., Powers, A.R., **Rains (González), S.** (2021). Jacksonville State University Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

Goodman, M., Powers, A.R., **Rains (González), S.** (2021). University of North Alabama Food Insecurity Report. *Hunger Solutions Institute*, Auburn, AL.

Thornton, M.K., Henry, D., Hunker, P., Aklin, K., Herndon, S., **Rains (González), S.**, Ryals, M.L., Sellers, J., Singer, A., Stanley, K., Underwood, W. (2013). Qualitative Study of World Food Programme Emergency Operations from 1999-2011: A look into the past to inform the future. [Internal publication for the World Food Programme.] Auburn, AL.

#### **D. PRESENTATIONS**

##### Refereed Presentations

**González, S.R.**, Turpin, S. (2025). A collaborative approach to Alabama's first statewide food system assessment [Lighting talk]. *Community Food Systems Conference*, Portland, OR.

**González, S.R.** & Wright, J. (2024). Maximizing Impact through Strategic Partnership and Funding [Oral presentation]. *Hunger Free Communities Summit*, Virtual.

Brown, O., Hickey, A., **González, S.R.**, Powers, A. (2024). The Hunger Free Higher Ed Approach to Decreasing College Student Food Security [Poster presentation]. *Nutrition 2024, American Society for Nutrition Conference*, Chicago, IL.

Thornton, K., Conway, A., **González, S.R.** (2023). Harnessing Student Passion: Problem-Based Learning in an Online Course [Workshop presentation]. *Southern Regional Faculty & Instructional Development Consortium*, Auburn, AL.

Brown, O., **González, S.R.**, Goodman, M., Green, B.O., Powers, A.R. (2022). Developing Evidence-Based Responses to Student Needs [Panel presentation]. *National College Attainment Network Conference*, Atlanta, GA.

**González, S.R.**, Powers, A.R. (2022). Assessing the Environment of Food Insecurity at Alabama Colleges and Universities [Poster Presentation]. *Society for Nutrition Education and Behavior Annual Conference*, Atlanta, GA.

Brown, O., **González, S.R.**, Goodman, M., Green, B.O., Powers, A.R. (2022). Developing Evidence-Based Responses to Student Needs [Panel presentation]. *Alabama College Attainment Network Conference*, Virtual.

**González, S.R.**, Powers, A.R. (2022). Understanding Food Insecurity Resources, Processes, and Policies at Alabama Colleges and Universities [Poster presentation]. *Southeastern University Graduate Research Symposium*, Virtual.

**González, S.R.**, Powers, A.R. (2022). Assessing Food Insecurity Resources and Culture at Alabama 4-year Colleges and Universities [Poster presentation]. *Universities Fighting World Hunger Summit*, Auburn, AL (Virtual).

**González, S.R.**, Powers, A.R., Emison, B., Thornton, K. (2022). Food Insecurity Resources and Culture at 4-year Institutions in Alabama [Oral presentation]. *Auburn Research: Student Research Symposium*, Auburn University, AL.

**González, S.R.**, Powers, A.R. (2022). Understanding Food Insecurity Resources and Culture at Alabama Colleges and Universities [Oral presentation]. *College of Human Sciences Graduate Research Symposium*, Auburn University, AL.

**González, S.R.**, Hodara, M., Miller, P., Powers, A.R., Sanchez, A. (2021). Supporting the Whole Student: Initial Findings from the ECMC Foundation Basic Needs Initiative [Panel presentation]. *National College Attainment Network Conference*, Virtual.

**Rains (González), S.**, Powers, A.R. (2021). Validating the Campus Food Aid Self-assessment Tool [Oral presentation]. *Society for Nutrition Education and Behavior Annual Conference*, Virtual.

**Rains (González), S.**, Powers, A.R. (2021). Assessing Food Insecurity Resources and Culture at Alabama 4-year Colleges and Universities [Poster presentation]. *Universities Fighting World Hunger Summit*, University of California, Davis, CA (Virtual).

**Rains (González), S.**, Powers, A.R. (2021). Assessing the climate of food insecurity at Alabama colleges and universities [Poster presentation]. *Auburn Research: Student Symposium 2021*, Auburn, AL (Virtual).

**Rains (González), S.**, Powers, A.R. (2020). Validation of C-FAST: Campus Food Aid Self-assessment Tool [Poster presentation]. *Auburn Research: Student Symposium 2020*, Auburn, AL. [Symposium modified due to COVID-19].

**Rains (González), S.**, Powers, A.R. (2020). Validation of C-FAST: Campus Food Aid Self-assessment Tool [Poster presentation]. *Universities Fighting World Hunger Summit*, Lexington, KY. [Cancelled due to COVID-19].

**Rains (González), S.**, Adams, J. (2016). Assessing effective community development practices in Ecuador [Oral presentation]. *This is Research Student Symposium*, Auburn, AL.

**Rains (González), S.** (2016). Leveraging interdisciplinary research and partnerships to inform organizational decisions [Oral presentation]. *University Fighting World Hunger Summit*, Columbia, MO.

**Rains (González), S.** (2015). Identifying successful community development practices in Ecuador. [Poster presentation]. *ECHO International Agriculture Conference*, Fort Myers, FL.

#### Invited Presentations

**Gonzalez, S.R.,** Wright, J., Walker, M. (2025). Access to Capital for Fresh Food Businesses. [Workshop]. *LadderUp Accelerator Program*, Birmingham, AL.

**González, S.R.** (2025). Supporting healthy communities. *GSHS 3000: Global Studies Lecture Series*, Auburn, AL.

**González, S.R.** (2024). Food waste, disposal, and donations. [Panel Presentation]. *HOSP 3450 Advanced Culinary Arts*, Auburn, AL.

Casey, M., **González, S.R.,** Royal, V. (2024). Infrastructure in Rural Communities: Sowing Seeds of Resilience. [Panel Presentation]. *Feeding Change: Nourishing Alabama's Future*, Montgomery, AL.

**González, S.R.,** Cole, S., Powers, A. (2024). Partnerships for Healthy Food Systems in the Delta Region. [Roundtable Session]. *Outreach and Engaged Scholarship Symposium*, Auburn, AL.

**González, S.R.,** Goodman, M. (2023). Alabama's Food Insecurity Data: An Overview. [Breakout Session]. *Hunger Free Higher Ed Forum*, Auburn, AL

**González, S.R.** (2023). Cultural Intelligence and Design Thinking in Ministry. [Workshop Series]. *Auburn University Wesley Foundation*, Auburn, AL.

**González, S.R.** (2022). Incorporating Study Abroad Experience in Resumes and Interviews. [Workshop]. *Global Tigers Association*, Auburn, AL.

Brown, O., **González, S.R.** (2022). Community-Based Research and Supports for Campus Food Insecurity. [Roundtable Leader]. *Outreach and Engaged Scholarship Symposium*, Auburn, AL.

**González, S.R.** (2022). Hunger Solutions Institute at Auburn University. [Guest Speaker]. *Home Economists in Home and Community*, Auburn, AL.

**González, S.R.** (2022). Getting involved in the fight against hunger. [Panel Presentation]. *GSHS 3000 Lecture Series*, Spring 2022, Auburn, AL.

**González, S.R.** (2022). Engaging Students and Academic Institutions to Achieve Zero Hunger [Guest Lecturer]. *Auburn University Honors Lyceum*, Spring 2022, Auburn, AL.

**González, S.R.** (2021). Experiential learning breakout session [Moderator]. *Alabama Campus Basic Needs Conference*, Auburn, AL.

Nulty, J., Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: AL Regional Education and Workforce Profiles. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: FAFSA and Student Financial Aid. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

Cellon, J., Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: Policies to Address Student Financial Insecurity. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

Garcia, C., Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: Educating Campus Communities about Basic Needs Resources. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

Aburto, A., Kass, E., Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: Swipe Out Hunger Student Navigator Network. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

Murphy, J.C., Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: Student Broadband Access and COVID-19. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

Davis, L. Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: A Look at the Current State of Student Needs in Alabama. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: Introducing the ECHA County Food Guides. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

Anderson, A., Andrews, A., Baker, J., McGill, R., Powers, A., **Rains (González), S.** (producer), Scott, C. (2020). Addressing student basic needs amid COVID-19: SNAP accessibility and participation for college students. [Webinar]. *Hunger Solutions Institute*, Auburn, AL.

**Rains (González), S.** (2020). Comprehensive approach to address student hunger [Oral presentation]. *Wallace State Community College Professional Development Day*, Hanceville, AL.

**Rains (González), S.** (2020). A comprehensive approach to address student hunger [Oral presentation]. *Alabama Food Bank Association*, Auburn, AL.

**Rains (González), S.** (2020). Campus Food Aid Self-assessment Tool. [Guest Lecture]. *GSHS 2000 Introduction to Global Studies in Human Sciences*, Fall 2020, Auburn University, AL.

**Rains (González), S.** (2020). Organizing a UFWH Campus Event: Rick Steves's Hunger and Hope Filming Screening and Discussion [Conference Breakout Session]. *Universities Fighting World Hunger Summit*, Lexington, KY. [Cancelled due to COVID-19].

**Rains (González), S.** (2020). Food Insecurity in Lee County. [Virtual presentation]. *Beat Bama Food Drive Meeting*, Auburn, AL.

**Rains (González), S.** (2020). Campus Food Aid Self-assessment Tool: C-FAST. [Oral presentation]. *Alabama Campus Coalition for Basic Needs Meeting*, Virtual Zoom meeting.

Thornton, M.K., Henry, D., Herndon, S., **Rains (González), S.**, Hunker, P. (2013). A look into the past to inform the future: Qualitative study of WFP Operations from 1999-2011 [Oral presentation]. World Food Programme Headquarters, Rome, Italy.

Thornton, M.K., Henry, D., Hunker, P., Herndon, S., **Rains (González), S.**, Aklin, K., Ryals, M.L., Singer, A., Stanley, K., Underwood, W. (2013). Methodology to show WFP organizational learning across time [Oral presentation]. World Food Programme US Headquarters, New York, NY.

## E. PROFESSIONAL SERVICE ACTIVITIES

### National

2024 – 2025	<b>Advisory Council Member</b> Delta Regional Food Business Center
2025	<b>Ad hoc Reviewer</b> Southeast Food Forward Grant Program
2024 – present	<b>Ad hoc Copyeditor</b> <i>Journal of Agriculture, Food Systems, and Community Development</i>
2023 – present	<b>Leadership Team</b> Hunger Free Higher Ed
2023 – present	<b>Ad hoc Reviewer</b> <i>Journal of Agriculture, Food Systems, and Community Development</i>
2022 – present	<b>Abstract Reviewer</b> Society for Nutrition Education and Behavior
2021-2022	<b>Domestic Subcommittee Member</b> Alliance to End Hunger
2022	<b>Abstract Reviewer</b> Universities Fighting World Hunger
2021	<b>College Hunger Working Group Member</b> White House Conference on Food, Nutrition, Hunger, and Health



2021                      **Ad hoc Reviewer**  
*Preventing Chronic Disease*  
Centers for Disease Control and Prevention

2020                      **Communications Committee Member**  
Vote to End Hunger

**State**

2019 – 2022            **Task Force Member**  
End Child Hunger in Alabama

2019 – 2022            **Research Coordinator**  
2019 - Present        **Member**  
Alabama Campus Coalition for Basic Needs

**Local**

2017                      **Steering Committee Member**  
Impact Lab: Nashville  
Nashville Social Enterprise Alliance

2016 – 2017            **Volunteer Training Coordinator**  
Hands on Nashville Urban Farm

2016                      **Program Evaluator**  
Nashville Social Enterprise Alliance

**University**

2023 - 2024            **Judge**  
Student Research Symposium  
Auburn University

2022 – Present        **Coalition Member**  
Campus Food Security Coalition  
Auburn University

2022                      **Mock Interview Team**  
Truman Scholarship  
Office of Prestigious Scholarships  
Auburn University

2019 – 2020            **Advisory Board Member**  
Auburn University Campus Food Pantry  
Auburn University

**Department**

2025 – Present	<b>College Curriculum Committee</b> College of Human Sciences Auburn University
2025	<b>Search Committee Member</b> Outreach Programs Administrator Hunger Solutions Institute Auburn University
2024	<b>Search Committee Member</b> Global Studies Lecturer Office of Global Education Auburn University
2024	<b>Search Committee Member</b> Administrative Support Administrator Office of Global Education Auburn University
2024	<b>Search Committee Member</b> Communication and Marketing Specialist Hunger Solutions Institute Auburn University
2024	<b>Advisor</b> International Justice Mission Auburn University
2024	<b>Advisor</b> The Native American and Indigenous Alliance Auburn University
2024	<b>Awards Committee Member</b> College of Human Sciences Auburn University
2023 – 2024	<b>Advisor</b> Global Studies Club Office of Global Education Auburn University
2023 – 2024	<b>Advisor</b> ONE Campaign Office of Global Education Auburn University

2022 – 2024	<b>Advisor</b> Sigma Iota Rho Office of Global Education Auburn University
2022	<b>Search Committee Member</b> Administrative Assistant Office of Global Education Auburn University
2022	<b>Advisor</b> Global Studies Internship Office of Global Education Auburn University
2021 – 2023	<b>Mentor</b> Kappa Omicron Nu College of Human Sciences Auburn University
2020	<b>Task Force Member</b> Fall Semester Instruction and Operations College of Human Sciences Auburn University
2020	<b>Search Committee Member</b> Communication and Marketing Specialist Hunger Solutions Institute Auburn University

#### **F. PROFESSIONAL ASSOCIATIONS**

2024 – Present	Food Systems Leadership Network
2022 – 2023	American Educational Research Association
2020 – Present	Society of Nutrition Education and Behavior
2015 – 2016	Agriculture Future of America
2014 – 2017	Phi Kappa Phi
2013 – 2016, 2021 – 2024	Kappa Omicron Nu
2013 – 2016, 2019 – Present	Universities Fighting World Hunger

#### **G. PROFESSIONAL CERTIFICATIONS**

2025	<b>Rural Grocery Specialist</b> Rural Grocery Initiative Kansas State University
2022	<b>Cultural Intelligence (CQ) Facilitator</b> Cultural Intelligence Center, LLC

## **H. TEACHING RESPONSIBILITIES**

GSHS 2000/2007 GSHS 2000 Online	<b>Global Studies in Human Sciences</b> Global Studies Major Requirement Auburn University
GSHS 3000	<b>Global Studies in Human Sciences Lecture Series</b> Global Studies Major Requirement Auburn University
GSHS 3010	<b>Professional Development in Global Studies</b> Global Studies Major Requirement Auburn University
GSHS 3970	<b>Global Medallion in Human Sciences</b> Global Medallion Certificate Program Auburn University
GSHS 4920	<b>Global Studies Internship</b> Global Studies Major Requirement Auburn University
HUSC 5940	<b>AU Human Sciences – Sustainability in Action: Fiji</b> College of Human Sciences Study Abroad Auburn University
HUSC 5940	<b>AU Human Sciences – Sustainability in Action: Mexico</b> Graduate Teaching Assistant College of Human Sciences Study Abroad Auburn University
NTRI 6040	<b>Global Nutrition and Hunger</b> Department of Nutritional Sciences Auburn University

## **I. COURSES DEVELOPED & ADAPTED**

GSHS 2000 Online	<b>Global Studies in Human Sciences</b> Global Studies Major Requirement Auburn First Dual Enrollment Program Auburn University
NTRI 6040	<b>Global Nutrition and Hunger</b> Department of Nutritional Sciences Auburn University

**J. AWARDS AND HONORS**

2023	<b>Spirit of Sustainability Award</b> Group category: Office of Global Education Office of Sustainability Auburn University
2022 – 2023	<b>Harry Merriwether Fellowship</b> Auburn University
2021	<b>Spirit of Sustainability Award</b> Group category: Hunger Solutions Institute Office of Sustainability Auburn University
2021	<b>Campus Spotlight On-Field Recognition</b> Hunger Solutions Institute Auburn University
2021	<b>Best Student Poster</b> “Assessing Food Insecurity Resources and Culture at Alabama Four-year Colleges and Universities” Universities Fighting World Hunger Summit University of California, Davis
2016	<b>Graduation Marshal</b> College of Human Sciences Auburn University
2016	<b>Dean’s Award for Academic and Professional Excellence</b> College of Agriculture Auburn University
2016	<b>1<sup>st</sup> Place: Oral Presentation in Science, Technology, Engineering, and Mathematics</b> This is Research – Student Symposium Auburn University
2016	<b>Woman of Distinction Student Leadership Award</b> Auburn University
2015	<b>Foy Spirit Award</b> Auburn University
2015	<b>Harry S. Truman Scholarship Finalist</b>
2014	<b>Undergraduate Research Fellowship</b> Auburn University Honors College