

Queen's University Food Insecurity Report

November 2019

This report was prepared for the Office of the Provost by **Mikayla Sebesta, Student Researcher**. We sincerely acknowledge the contributions of the Food Insecurity Working Group in contributing to the report, and more importantly, in responding to food insecurity at Queen's University.

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Executive Summary

The *Queen's University Food Insecurity Report* was developed for the Office of the Provost in order to review current practices and trends, as well as to provide recommendations responding to student food insecurity at Queen's University. It is our hope that this report will encourage a continued dialogue and inform key actions that respond to student food insecurity. As the understanding of this issue within Canadian universities evolves, we are committed to adjusting our response appropriately.

Part of the work in the group was to deepen the understanding of the terms related to food insecurity as they pertained to the Queen's University context. Through discussions within the group and with key stakeholders, and from review of available data it was noted that current initiatives on campus primarily address food access rather than food insecurity. The working group recognizes that food insecurity in Canada and on post-secondary campuses is a function of limited financial ability to pay for good, nutritious food. Poverty results from systems of oppression that work to further marginalize women, Indigenous people, people of colour and people with disabilities, among other historically disadvantaged populations. We recognize that systemic forms of oppression exist within the food system, and we advocate to empower those most affected by inequitable food systems within our campus.

The following recommendations were made in line with the identified strategic priority areas:

Education and Awareness:

Continue to support a student food insecurity committee; create and provide funding for a Student Group Food Collective; create a centralized databank of available resources and programs leading to an enhanced communication strategy

Environment:

Continue to encourage evidence-based programing based on good and emerging practices; and recommend a review of the model and operations of the AMS Food Bank and support it in addressing issues such as hours of operation, accessibility and stigma

Community:

Maximize dignity and reduce stigma in all food insecurity programing; and continue to support awareness activities that reflect an understanding of the root causes of food insecurity as a social justice issue

Skill Building:

Support programs that provide students with opportunities to prepare healthy, affordable meals

Policy:

Encourage tracking of food bank and other program usage and, where appropriate, share data annually; advocate for consideration of student food insecurity in all policies and programs that focus on the undergraduate and/or graduate student experience; and support initiatives that increase needs-based funding for students

Further to these goals, it is recommended that work in this area continue to be sponsored by the Office of the Provost as a campus wide issue. Continued efforts should work to create a *food culture* on Queen's campus, recognizing food insecurity as a social justice issue. In order to effectively address food security at its root we need to work with multiple campus partners and continue to engage with students who are affected.

Introduction

The *Queen's University Food Insecurity Report* was developed for the Office of the Provost in order to review current practices and trends, as well as to provide recommendations responding to student food insecurity at Queen's University. It is our hope that this report will encourage a continued dialogue and inform key actions that respond to student food insecurity. As the understanding of this issue within Canadian universities evolves, we are committed to adjusting our response appropriately.

Definitions

Food Insecurity: the inability to acquire or consume an adequate diet quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so¹. Degrees of food insecurity range from low – worry about running out of money for food; to moderate – compromising quality and quantity of food; to severe – the above, plus skipping meals and restricting caloric intake. Insufficient income is the primary determinant of food insecurity² however other factors including precariousness of income³, geographical access⁴, and limited food literacy⁵ are also determinants. Food insecurity has been shown to have significant adverse effects on physical⁶ and mental⁷ health.

Food Access: improving access to food. This can be through financial, geographical (locations on campus), hours of operation of the food bank or other programs, increasing the speed of service at food outlets; introducing targeted cooking programs (for students leaving residence life for example, etc.).⁸

Food Justice: working to dismantle systemic forms of oppression that exist in our food system and to empower those most affected by inequitable systems.⁹

Food Literacy: is a set of attributes including food and nutrition knowledge, food skills, and confidence in food choices.¹⁰ Food literacy contributes to enabling people to make good related

¹ Anderson, S. A. (1990). Core indicators of nutritional state for difficult-to- sample populations. *J Nutr*, 120(11S), 1559-1600.

² Carter, Dubois & Trembley 2012; Loopstra & Tarasuk, 2015; Tarasuk, Mitchell & Dachner, 2011; 2014

³ Belyea, 2018; Ford & Beaumier, 2011; Olabiyi & McIntyre, 2014

⁴ Bedore, 2010; Dachner et al., 2010; Kirkpatrick & Tarasuk, 2010

⁵ McIntyre et al., 2004; McLaughlin, Tarasuk & Krieger, 2003; Power, 2005

⁶ Tarasuk, Chen, de Oliveria, Dachner, Gundersen, Kurdyak 2015

⁷ Jessiman-perrault & McIntyre 2017; McIntyre, Wu, Kwok, Patten 2017

⁸ Belyea, S. (2019). *Campus Food Insecurity. Definitions and Considerations for the Queen's Food Insecurity Working Group*. Presentation, Gordon Hall, Queen's University

⁹ FoodShare (2019). *Food Justice*. Retrieved from <https://foodshare.net/about/food-justice/>

¹⁰ Perry, E.A., Thomas, H., Samra, H.R., Edmonstone, S., Davidson, L., Faulkner, A., Petermann, L., Manafò, E. and Kirkpatrick, S.I., 2017. *Identifying attributes of food literacy: a Public health nutrition*, 20(13), pp.2406-2415

decisions that support health.¹¹ Understandings of food literacy also consider the influence of environmental and social contexts.¹²

Food Culture: refers to the practices, attitudes, and beliefs as well as the networks and institutions surrounding the production, distribution, and consumption of food.¹³

Background

The Food Insecurity Working Group was established in June 2019 to evaluate current trends, scan current practices both internal and external to Queen's, and make recommendations. The Working Group mandate and membership can be found in *Appendix 1*.

Part of the work in the group was to deepen the understanding of the terms related to food insecurity as they pertained to the Queen's University context. Through discussions within the group and with key stakeholders, and from review of available data it was noted that current initiatives on campus primarily address food access rather than food insecurity. We decided to continue to use the term Food Insecurity Working Group (FIWG) to signal our intention to address the broad dimensions of food insecurity noted in the definition above. The working group recognizes that food insecurity in Canada and on post-secondary campuses is a function of limited financial ability to pay for good, nutritious food. Poverty results from systems of oppression that work to further marginalize women, Indigenous people, people of colour and people with disabilities among other historically disadvantaged populations. We recognize that systemic forms of oppression exist within the food system, and we advocate to empower those most affected by inequitable food systems within our campus.

Food insecurity is widely understood as a social determinant of health.¹⁴ Lack of access to adequate nutrition among post-secondary students in Canada has been correlated with lowered academic performance, mental health challenges, and poor physical health.¹⁵ Thus we recognize that food insecurity should be considered in relation to the larger student experience at Queen's University, and specifically in the forthcoming Campus Wellness Strategy. Other work happening through the Truth and Reconciliation Roundtable, the University Committee on Anti-Racism and Equity and upcoming discussions related to the Internationalization strategy all influence the student experience and should also understand the inequitable experiences of poverty for certain populations of students. As we continue to diversify Queen's campus, we

¹¹ Cullen, T., Hatch, J., Martin, W., Wharf Higgins, J., & Sheppard, R. (2015). Food literacy: Definition and framework for action. *Canadian Journal of Dietetic Practice and Research*, 76(3), 140-145.

¹² Silverthorn, D. (2016). *Hungry for knowledge: Assessing the prevalence of student food insecurity on five Canadian campuses*. Toronto: Meal Exchange. Retrieved from: <http://mealexchange.com>.

¹³ The Wellness Essentials (2019). *What Is Food Culture And What Does It Have To Do With Our Health?* Retrieved from: <https://www.thewellnessentials.com/blog/what-is-food-culture-and-what-does-it-have-to-do-with-our-health>

¹⁴ Tarasuk V, Mitchell A, Dachner N. *Household food insecurity in Canada 2012. Research to identify policy options to reduce food insecurity (PROOF)*. 2014. Retrieved from: http://proof.utoronto.ca/wp-content/uploads/2014/05/Household_Food_Insecurity_in_Canada-2012_ENG.pdf

¹⁵ Silverthorn, D. (2016). *Hungry for knowledge: Assessing the prevalence of student food insecurity on five Canadian campuses*. Toronto: Meal Exchange. Retrieved from: <http://mealexchange.com>.

must also consider food insecurity when identifying supports, services and programs to meet student needs.

Review:

Summary of conversations with partners

In conversation with campus partners, and by reviewing available data related to food insecurity on campus, we can see that when Queen's students experience student food insecurity, it remains largely invisible. Many campus partners clearly expressed that some Queen's students experience moderate to severe food insecurity. International students, graduate students, students with family responsibilities and female-identified students were seen to be most likely to experience food insecurity. Students at the intersection of more than one of these identities were seen to be the most food insecure. The questions used to guide partner meetings and the complete list of partner meetings conducted for this report can be found in Appendix 2.

Financial hardship is the most significant challenge leading to difficulty accessing food. In addition, the perceived affluence of the Queen's population was seen by many campus partners to mask the issue of food insecurity. Pressure to maintain appearances with their peers, and the stigma associated with being food insecure, means that many students who are struggling with food insecurity are not easily identifiable and their experiences of food insecurity can become a socially isolating experience. Campus partners believed that the stigma and shame associated with being food insecure was amplified within the Queen's environment, where many assume that all students are financially stable. Any programming targeted at relieving challenges associated with food insecurity must take this into consideration.

Summary of data

Queen's participates in the National College Health Assessment (NCHA) survey, a comprehensive health survey conducted every three years. For the first time in 2019, the survey (n=2,349) included 3 additional (Queen's specific) questions related to food insecurity. The data demonstrates that some students at Queen's are certainly experiencing food insecurity. Students were asked to describe how often, over the past academic year (since September 2018), they worried their food would run out before they had enough money to buy more, skipped meals/went hungry, or deliberately substituted buying and eating low-cost foods instead of more expensive ones. Data indicated that many students, 37% (n=621) do make deliberate substitutions of lower cost foods, and that 6.3% (n=145) of students are worried about food running out before they have enough money to buy more. Most significantly, 3.4% (n=78) of students skipped meals or went hungry because they could not afford to eat.

While these are not high numbers, it is important to note that the impact on these students can be severe. Further analysis shows that students experiencing food insecurity were more likely to report higher stress levels, have languishing mental health, work more than 10 hours a week for pay, and were less likely to have a GPA in the "A" range.¹⁶

¹⁶ Humphrys, K. (2019). *Queen's University 2019 NCHA National College Health Assessment. Initial Analysis of Food Insecurity Questions for Food Insecurity Working Group*. Presentation, Gordon Hall, Queen's University

In spring 2018, Student Affairs and Hospitality Services launched *Swipe It Forward Queen's*. This peer-to-peer support initiative is based on similar programs at US schools intended to address some of the food insecurity issues on campuses. The *Swipe It Forward Queen's* program is believed to be the first of its kind in Canada. The program gives students with a meal plan the option of donating one meal a week to the program (up to five per term) from the current week's meals. During the academic year, students experiencing food insecurity can contact a range of program partners across Student Affairs, and up to 25 meals per term can be loaded on to their student card. These meals can be used in the dining halls or at retail food locations on campus. When meals are redeemed, no one is aware that the meals are from the program, as all students can use their student cards at food outlets. To date, 2,921 students on meal plans have donated 4,177 meals and 397 students have accessed the program. Since its launch, there has been a steady increase in the number of meals issued to students, which reflects the need for this program, as well as increasing awareness of it as a resource for students experiencing food insecurity.

In the fall 2018 semester, two fourth-year Nursing students did a Community Health Promotion course practicum placement with Student Affairs and focused on the *Swipe It Forward Queen's* program. The goal of their assessment and project was to make students more knowledgeable and aware of food insecurity and the available resources. They conducted a student survey and found 40% of respondents did not know about existing efforts on campus, including *Swipe It Forward Queen's*. Students also demonstrated that they did not fully understand the definition of being 'food insecure'. While nearly 40% of students who responded reported experiencing some form of food insecurity, they would not label themselves as such and it is not a regular topic of discussion for them.

Unpublished research by Power et al. indicated that Queen's students may be chronically or cyclically food insecure for a variety of reasons including inadequate financial resources for purchasing food, and challenges when transitioning to independent living after living at home or in residence.¹⁷ Students also spoke about difficulty in accessing food due to class schedules and distance from sources of affordable food.

On the national level, it appears that the issue of food insecurity among students may be even more acute. A report published by *Meal Exchange* in 2016 found that of the eight Canadian post-secondary institutions they researched (University of Northern British Columbia, University of Calgary, University of Saskatchewan, Lakehead University, Brock University, Ryerson University, Dalhousie University and Acadia University) "nearly two in five (39%) students surveyed experienced some form of food insecurity".¹⁸ The findings of the report "suggest that food insecurity is a serious issue for post-secondary students in Canada".¹⁹

¹⁷ Power et al. (2019). The invisibility of student food insecurity at Queen's University in Kingston, Ontario, Canada.

¹⁸ Silverthorn, D. (2016). Hungry for knowledge: Assessing the prevalence of student food insecurity on five Canadian campuses. Toronto: Meal Exchange. Retrieved from: <http://mealexchange.com>.

¹⁹ Silverthorn, D. (2016). Hungry for knowledge: Assessing the prevalence of student food insecurity on five Canadian campuses. Toronto: Meal Exchange. Retrieved from: <http://mealexchange.com>.

Environmental Scan of Services and Supports

Between July and October 2019, student food researcher Mikayla Sebesta worked within the mandate of the working group to produce an environmental scan of the programs and services that focus on food insecurity at Queen's University. Her review examined approaches employed by ten other post-secondary institutions located in Ontario and Quebec that address food insecurity. She also met with campus partners to discuss student experiences of food insecurity, and reviewed current available data related to food insecurity at Queen's.

The environmental scan of programs and services that focus on food insecurity at Queen's can be found in Appendix 3. Many programs related to food insecurity are recorded in this scan, but it may not be inclusive of all the programs at Queen's University as some programs may not be widely publicized. While the bulk of programming addresses food access, initiatives such as the Promise Scholar Program and enhancing needs-based funding do directly impact income for students. Some of the programs listed track program usage, however, this wasn't available for all programs and services. Other than *Swipe it Forward*, no specific demographic data has been collected about the students who are utilizing many of these programs. Research states that programs such as food banks, cooking classes and budgeting programs only help to mitigate the impacts of food insecurity, they do not directly address the problem.^{20 21} Programs that truly reduce food insecurity address the root cause of poverty leading to food insecurity.

While many of the programs and services offered on university campuses, including Queen's, do not claim to solve food insecurity, they do play an important role in supporting students. Existing programs provide free food, teach budgeting and cooking skills, help create a sense of community and lead to increased awareness about food insecurity. They also help to raise awareness about the available resources.

Several U15 companion schools along with Humber College, George Brown College, and the University of Guelph were selected as part of an external scan of programs and services addressing student food insecurity. These schools were identified for review due to interesting or notable work being done on their campus. The findings of this research are outlined in Appendix 4.

On October 30th, 2019, Queen's sent a delegate to *Hungry for Knowledge*, a full day *Roundtable on Food Insecurity Amongst Post-Secondary Students at Ontario Universities* with representatives from Lakehead University, Maple Leaf Foods, McMaster University, Meal Exchange, Nipissing University, Ryerson University, University of Guelph, University of Waterloo, and Western University. There was Ontario-wide interest expressed by representatives in attendance about understanding student experiences of food insecurity, and effective

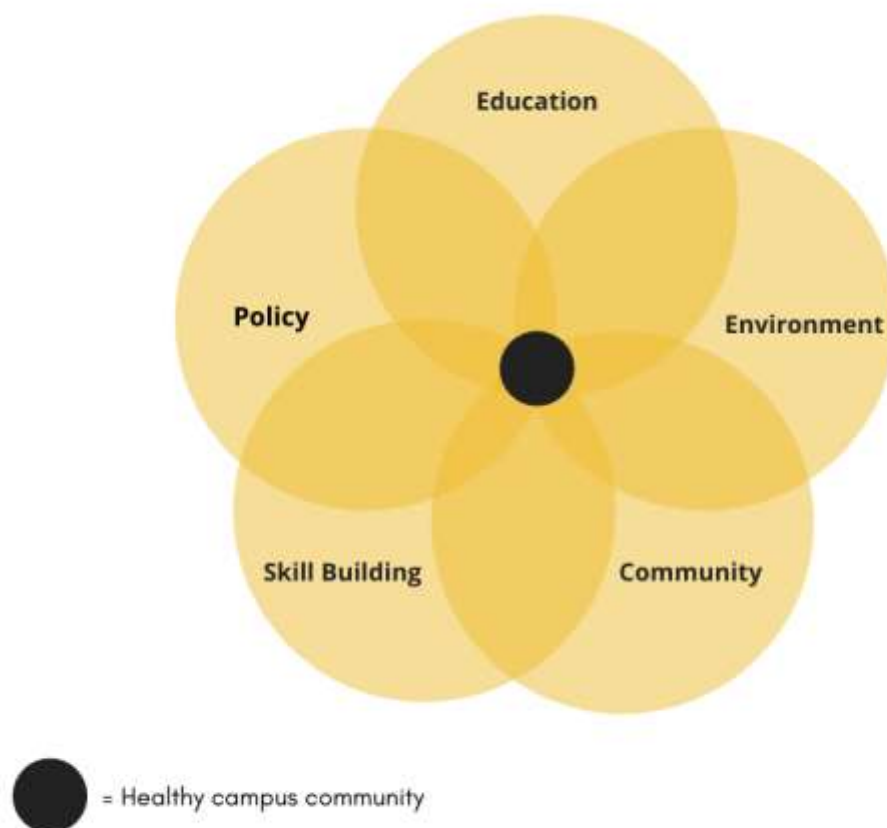
²⁰ Huysken, A., Orr, S. K., & Tarasuk, V. (2016). Adults' food skills and use of gardens are not associated with household food insecurity in Canada. *Can J Public Health*, 107(6), e526-e532.

²¹ Loopstra, R., & Tarasuk, V. (2013). Perspectives on Community Gardens, Community Kitchens and the Good Food Box Program in a Community-based Sample of Low income Families. 104(1), e55-e59.

intuitional responses. There also was an interested in sharing the results of research projects being conducted across the province.

Food Insecurity Strategic Priority Areas

Through conversations with community partners and a review of relevant literature, the Food Insecurity Working Group identified five strategic areas to help address food insecurity at Queen's.



Strategic Priority Areas:

Education and Awareness

Through conversations with campus partners it was highlighted that students were unaware of the resources and programs available on campus related to food access. Due to the stigma associated with food insecurity, and pressure to maintain an appearance of affluence, students are unlikely to reach out to formal resources and supports.

- Ensuring that information about options for food insecurity is available, accurate, up-to-date, relevant, and easily accessible for students

It was also highlighted in meetings with campus partners that the issue of food insecurity at Queen's is mostly invisible to those who do not experience it. Staff, faculty, and students are not

aware that some students are having difficulty accessing food. By raising awareness about the issues of food insecurity on campus, more conversations can be facilitated around destigmatizing food access.

- Raising awareness about the issue of food insecurity on Queen's campus, and existing supports available to students.

Environment

In order to address systemic causes of poverty leading to food insecurity, students require more access to funding. Recent changes to the Ontario Student Assistance Plan (OSAP) have resulted in a decrease in funding to both undergraduate and graduate students. In addition to the reduction in OSAP funding, graduate student funding for both international and domestic students is currently under review by the School of Graduate studies in order to determine if it provides students with enough money to cover all their expenses.

- Providing adequate funding to students

Programs like the *People's Potato Project* (Concordia University), and the Queen's Ban Righ Center's free soup lunch programs were frequently mentioned in campus partner meetings when discussing how to address the gaps on campus related to food insecurity. Providing students with accessible and healthy food will not solve the issues of food access that are associated with lack of funding and experiences of poverty, but it will mitigate experiences of moderate to severe food insecurity.

- Providing accessible, healthy food to students

Community

Stigma and the invisibility of food insecurity on campus were highlighted in campus partner meetings as barriers to addressing food access on campus. It was also frequently mentioned that because students feel a need to maintain appearances with their peers, students who have difficulty accessing food may also experience social isolation. Programs must also challenge societal norms and stigma that surrounds food access at Queen's.

- Challenging societal norms and stigmas that surround food insecurity
- Creating food programming that also creates a sense of belonging among students

Skill Building

Although budgeting and cooking programs do not address the systemic cause of food insecurity, they do help mitigate some experiences of moderate to severe food insecurity. The Queen's Healthy Cooking Club has reached maximum capacity for all the classes offered in the 2019/20 school year thus far, and the new Fresh Food Boxes from Health Promotion almost sold out within the first day of being offered. The popularity of these programs demonstrates that there is a student need for these programs. Offering these classes to the entire student population also follows a universal food security approach, where targeted food programs aim to address universal access to food, and do not just target students who are more likely to experience food

insecurity. These programs also must be mindful that they do not mask the real experiences of food insecure students.

- Providing students with opportunities to learn how to prepare healthy, affordable meals for themselves and their families
- Providing students with effective budgeting and food planning skills

Policy

Research has demonstrated that being food insecure affects students' physical and mental health, their grades, and causes higher stress levels. In recognition of an increasingly diverse student body, and understanding the systemic causes of food insecurity, these issues must be considered as part of overall student wellness strategy.

- Ensure that food insecurity is considered in the development of key strategic policies and programs related to students

Recommendations:

The following recommendations are made with the acknowledgement that there is no one-size-fits-all recommendation to address student food insecurity. It is also important to note that many of these strategies straddle more than one strategic priority area.

Education and Awareness

- Create a student food insecurity committee to monitor and report annually about campus food insecurity. Terms of Reference and membership to be determined.
- Create and fund a Student Group Food Collective to promote collaboration among student groups and with the student food insecurity committee. Terms of Reference and membership to be determined.
- Develop a centralized databank of available resources and programs that address food insecurity leading to an enhanced communication strategy to raise awareness of these supports and services.

Environment

- Continue to encourage evidence-based programming based on good and emerging practices:
 - Programs serving hot, nutritious meals available to students at targeted, specific times (for example during exam season).
 - Providing free nutritious snacks in high traffic student areas, such as the JDUC, Mitchell Hall, and student facing offices
- Recommend a review of the model and operations of the AMS Food Bank and support it in addressing issues such as hours of operation, accessibility and stigma:
 - Support resources to increase the number of paid staff vs. a reliance on volunteers
 - Support the continued implementation of the Community Food Centres Canada programming model

Community

- Maximize dignity and reduce stigma in all food insecurity programming:
 - Continue to build opportunities for students to engage with each other in cooking, food literacy, and advocacy.
 - Create opportunities to include student voices in programming and policy development.
- Continue to support awareness activities that reflect an understanding of the root causes of food insecurity as a social justice issue
 - Support programming that creates a sense of belonging for students who identify as Black, Indigenous and People of Colour; students with a disability; and students with family responsibilities.

Skill Building

- Support programs that provide students with opportunities to prepare healthy, affordable meals:
 - Utilize kitchens in community facilities near campus to expand existing cooking skills programs .
 - Facilitate cooking programs for students who may be more likely to experience food insecurity (female-identified students, international students, students with family responsibly, etc.).
 - Utilize and/or develop community gardening plots on campus to grow fresh food available to students.

Policy

- Encourage tracking of food bank and other program usage and, where appropriate, share data annually.
- Advocate for consideration of student food insecurity in all policies and programs that focus on the undergraduate and/or graduate student experience
 - Consider food insecurity in the development of the next internationalization strategy, Campus Wellness Strategy, the School of Graduate Studies Working Group on Graduate Funding, and other key documents involving the student experience.
 - Advocate for the inclusion of food insecurity questions on the National College Health Assessment survey in future iterations and in other wellness surveys.
- Support the implementation of initiatives that increase needs-based funding for students
 - Support the Promise Scholars program and the Promise Scholars Campaign.
 - Advocate for consideration of the higher costs for international students to attend Queen's.
 - Create more job opportunities for students on campus by utilizing the Student Work Employment Program and the Work Study Program.

Next Steps and Final Considerations

Further to these goals, it is recommended that work in this area continue to be sponsored by the Office of the Provost as a campus wide issue. Continued efforts should work to create a *food culture* on Queen's campus, recognizing Food Insecurity as a social justice issue. In order to effectively address food security at its root, we need to work with multiple campus partners and continue to engage with students who are affected.

This was a short-term project intended to be a beginning point to understand and address campus food insecurity. Responses to food insecurity will have to be adjusted to a changing campus climate. The working group notes the following final considerations in preparing this report.

- Centering student's experience in order to continue to work to better understand the needs of food insecure students
- The working group is mindful of creating undue strain on campus or community resources which are already working at capacity
- Stigma/perception can be difficult to remove from accessing food resources and programming, therefore we recognize that progressing to this goal will be slow
- We note that students who are facing food insecurity must also negotiate other expenses such as housing, parking, childcare costs, and more work should be done to fully understand these tensions and to provide a more complete picture
- We acknowledge that student food insecurity can best be addressed within a broader strategy for campus wellness in all its dimensions and we look forward to working within the upcoming Campus Wellness Strategy

Appendix 1: Working Group Mandate and Membership

The working group was mandated to:

- Review current available data related to food insecurity at Queen's including the National Survey of Student Engagement (NSSE), faculty research, National College Health Association Student Health and Wellness Survey (NCHA) and through the Campus Wellness Strategy consultation process
- Create an inventory of work currently being done at Queen's to support food insecure students
- Review skills-based initiatives related to food security currently taking place at Queen's and identify any potential gaps
- Examine approaches other post-secondary educational institutions have used to address student food insecurity
- Make recommendations related to awareness raising for students regarding the issue itself, and associated skill building support or services
- To develop a final report, summarizing the findings and recommendations by October 21, 2019

Working Group Membership June 2019 – November 2019:

Corinna Fitzgerald - Vice Provost and Dean of Student Affairs delegate (chair)

Kate Humphrys - Representative from Student Wellness Services

Jennifer Pete - Representative from Food Services

Teresa Alm - Representative from Student Financial Aid

Colette Steer - School of Graduate Studies delegate

Susan Belyea - Representative from the Division of Student Affairs

Mikayla Sebesta – Student Researcher

Bunisha Samuel – Social Issues Commissioner, Alma Mata Society

Herman Kaur - Graduate Student at Large

Appendix 2: List of Partner Meetings and Questions

The following document was sent to partners in advance of partner meetings to provide context on the Food Insecurity Working Group and project. The Questions were used to guide conversation, but were frequently diverted from with the natural flow of conversation.

Food Insecurity Research Project Partner Meetings:

The Food Insecurity Working Group is creating a report and making recommendations to the Provost's Office related to current and emerging practices to support food insecure students at Queen's University.

Although named the Food Insecurity Working Group, we acknowledge that the definition of Food Insecurity may not actually end up being used moving forward. We understand that access to food is a social justice issue, and the committee aims to address both food access and deepen the understanding of food justice within our report and through our recommendations, on the Queen's campus.

We see this work as a discussion surrounding food insecurity/food access on Queen's campus and understand that there is no one solution to address the related issues. We are happy to provide partners a draft of the report before it goes public.

The Food Insecurity Working Group Mandate is to:

- Review current available data related to food insecurity at Queen's including NSSE, faculty research, NCHA and through the Campus Wellness Strategy consultation process
- Create an inventory of work currently being done at Queen's to support food insecure students
- Review skills-based initiatives related to food security currently taking place at Queen's and identify any potential gaps
- Examine approaches other post-secondary educational institutions have used to address student food insecurity
- Make recommendations related to awareness raising for students regarding the issue itself, and associated skill building support or services
- Develop a final report, summarizing the findings and recommendations by October 21, 2019

We have drafted a few questions using a SWOT (strengths, weaknesses, opportunities, threats) analysis to guide conversations with campus partners but are happy to divert from these questions and simply be guided by conversation.

Questions:

- What is your understanding of campus food insecurity?
- What are you seeing on campus related to food insecurity, or food access through your interactions with students?

- What is your department doing to address food insecurity, or food access for students on campus?
- What do you see as the biggest gap(s) on campus in addressing food insecurity, or food access?
 - How do you think these gaps could be addressed?
 -

Partner Meetings and Dates

Kate Johnson, Inter-faith Chaplain

Professor Elaine Power, PhD, School of Kinesiology and Health

Jenn Ross, Project Lead, Campus Wellness Strategy

Kate Humphrys, Health Promotion Coordinator

Colette Steer, Manager, Recruitment and Events, School of Graduate Studies

Kandice Baptiste, Director, Four Directions Indigenous Student Centre

Bunisha Samuel, AMS Social Issues Commissioner

Sultan Almajil, Director, Queen's University International Centre

Jennifer Pete, Associate Director, Housing and Ancillary Services

Max Moloney, AMS Food Bank Manager

Natalie Chaput, Co-Chair, Queen's Soul Food

Appendix 3: Queen's University Environmental Scan

Queen's University Environmental Scan on Campus Food Insecurity Resources

Marketing and Communications

Food for you website: <https://dining.queensu.ca/food-for-you/>

This website does have the majority of information about food-specific resources on campus, but is not all encompassing. Currently the best source for centralized information.

- Multiple Queen's websites have the Swipe it Forward Program Partner 'button' link

Skills Based Programs

Cooking Classes:

Queen's Healthy Cooking Team – Student Wellness Services <https://www.queensu.ca/studentwellness/health-promotion/peer-health-educators/topic-teams>

From Website: the Healthy Cooking Team hosts interactive cooking sessions where students are able to participate in preparing a healthy and budget friendly meal, while enjoying social time with other participants. Each week has a different theme and recipe. All students are welcome, regardless of your skill level in the kitchen! Sessions are held weekly from 5:00-6:15 pm. There is a \$5-7 cost for each session to cover the cost of the food.

Sometimes these sessions are held in partnership with student organizations on campus, such as Queen's Soul Food.

Program Usage Note:

Class sizes are limited to ten participants due to kitchen size (QUIC Kitchen in Mitchell Hall). The first two classes of the Fall 2019 semester sold out with ten participants in each. In the 2018/19 year the classes reached between 2-10 participants with interest increasing over the year. (The exact numbers of attendance for the 2018/19 classes were 3, 2, 2, 2, 6, 10, 10, 10).

Cooking with Grandmas – Queen's Women's Association and Faith and Spiritual Life

Facebook Events are hosted by Office of Faith and Spiritual Life Facebook page and promoted on the Queen's Events Calendar. (Following information from *Food for You* website.)

This event is held once a month through the academic year on Queen's campus where Grandmothers from the Queen's Women's association teach students how to cook. The Grandmothers provide the space, bring ingredients and recipes and students help prepare and eat the three course meal. Students can take home any leftovers. Registration is required and it costs \$5 (subsidies available).

Cooking with Kingstonians – Faith and Spiritual Life

Unable to locate a website. Facebook Events are hosted by Office of Faith and Spiritual Life Facebook page and promoted on the Queen's Events Calendar. (Following information from *Food for You* website.)

This event is held once a month through the academic year, all Queen's students are welcome. Kingston community members teach students how to cook plant-based meals. They plan the menu, bring the ingredients and facilitate the evening and the students help prepare and eat the three course, plant-based meal, clean up and take home any leftovers. Registration is required in advanced and it costs \$5 at the door (subsidies available).

Program Usage Note:

Participation limits are 6 minimum, and 10 maximum per session. Each cooking class runs 6-7 times per year, resulting in approx. 12-14 meals annually. Attendance averages 8 participants/session, and approx. 25% of participants requests a bursary.

Food Boxes:

Fresh Food Box – Health Promotion

<https://www.facebook.com/queensubewell/videos/506836710096325/>

Students can pre-order a meal prep kit for less than \$10 once a month containing fresh produce and key ingredients to prepare a quick, easy, healthy recipe. The meal has approximately 4 servings. The box can be provided free of cost to students who are experiencing food insecurity.

Program Usage Note:

The food boxes sold very quickly upon the debut of the program, with some months selling out. Many students indicated that they required a box but were unable to pay for it due to being food insecure.

Community Gardens:

Community garden located on West Campus for Queen's community members, through Queen's Sustainability.

<https://www.queensu.ca/sustainability/campus-initiatives/food/community-garden>

From Website: Creates a space where people come together and share experiences and learn new skills. Gardeners pay an annual rental fee of \$25, which provides access to the site during the season (May 1 to October 31), a garden plot, water and gardening tools. No prior gardening experience is required, as each plot is maintained by an individual renter. If you do lack experience, it may be a great opportunity to learn from the other members.

Program Usage Note:

Queen's Sustainability does not track how many students utilize this service.

Budgeting:

Student Financial Advising – Student Awards Office

<https://www.queensu.ca/studentawards/financial-aid/student-financial-advising>

From Website: The Student Awards Office offers free financial advising sessions to all Queen's students. Make an appointment with an Awards Officer to discuss your situation at any time of the year.

Awards Officers offer information on:

- How to create and manage a budget for the current or upcoming academic year
- Bursaries, awards and scholarships
- Government student assistance (loans, non-repayable grants)
- Other options for student financial assistance
- Completing bursary, award and loan applications
- A wide variety of other financial matters

Value's Based Budgeting Class – Kate Johnson, Faith and Spiritual Life

Classes ran by request, content focuses on pushing back against appearances.

Food Banks

AMS Food Bank

<http://amsfoodbank.com/>

Located in JDUC Room 343

Some Queen's websites have this service listed as the AMS/SGPS Food bank, others only have it listed as the AMS Food Bank. The website does not explicitly indicate that it is open to undergraduate *and* graduate/professional students. "As per policy, our volunteers will simply ask to see your student card to ensure our service is being used by Queen's students." Has a User Agreement and an honour system of "take what you need, and only what you need". Advertised as only for students, not for dependents of students.

The Food Bank is open two times a day for 1.5 hours at a time. The food bank hours are posted on the Facebook page, and can be inconsistent.

Also offer a *Good Food Box* program. Local and low cost produce that can be picked up on campus. Four box options offered, ranging from \$6 for a small fruit *or* vegetable box, to \$17 for a large box with fruit *and* vegetables. Not advertised on AMS Foodbank website, advertised on Facebook. Food Bank Patrons can receive a good food box free of charge.

Program Usage Note

The Food Bank averages 4-5 patrons per shift, and 80 patrons per week (note this may be the same patron visiting twice per week, but most patrons do not visit more than twice a week). The most common demographic of students utilizing the food bank are second year undergraduate students, and first year graduate students. Graduate students utilizing the food bank were noted to regularly have dependents.

Queen's Community Cupboard

<https://sites.google.com/view/queenscc/home>

Located in Duncan McArthur Hall (Student Street by Jean Royce Hall)

From Website: Mission is to provide Queen's Faculty of Education with an accessible space, where non-perishable food items and new school supplies can be donated and taken on a perpetual basis. "Have something? Leave something." "Need something? Take Something."

QUIC states on its website that it provides referrals to Partners in Mission Food Bank.

Swipe It Forward Program

<https://dining.queensu.ca/swipeitforward/> (Meal Bank)

Students on meal plans can donate 1 meal/day (up to 5 meals per semester) to be allocated to a student in need.

To access the program students can speak to one of 11 Swipe It Forward [Partners on campus](#) in order to be referred and receive up to 25 donated meals per term, loaded onto their student card for use in all campus locations that participate in the meal plan.

Soup Bars & Free Campus Food

Student groups who occasionally host free meals

Multiple student groups offer free food at free public events (usually pizza or similar fare) these events are usually shared in the *Free Food at Queen's* Facebook Group. Mentioned below are student groups that offer free meals at a more consistent basis which are not tied to the attendance of a speaker/event.

Queen's Soul Food

<https://myams.org/portfolio-items/soul-food/>

Past Events:

- Make your own trail mix
- Free community dinner (vegan chili) March 2018
- Occasionally hosts cooking classes in partnership with Queen's Be Well

AMS Student Life Centre

<http://studentlifecentre.ca/>

Host a free Late Night Breakfast bi-annually (December and April).

ASUS Good Times Diner – Soup Kitchen

<https://www.queensasus.com/good-times-diner>

From website: A local soup kitchen that provides hot meals to low-income individuals in the Kingston community every Tuesday and Thursday evening from 4-7PM. This service runs out of St. Paul's Anglican Church and is always looking for volunteers.

Limited information on website, more information on Facebook page. Facebook hours do not match website hours (Facebook states that "meals are served around 5:30 pm"). They also host an annual pop up meal on campus. Located at St. Paul's Anglican Church is a 15 minute walk / 10 minute bus ride from JDUC.

Ban Righ Centre

<https://banrighcentre.queensu.ca/>

"Hearty soup is available daily through-out the fall/winter session (lighter fare in the spring/summer)."

Daily soup (salad and fruit in spring/summer), bread, peanut butter, tea and coffee free to mature women students, and by donation (PWYC) for other visitors

Four Directions Indigenous Student Centre

<https://www.queensu.ca/fourdirections/about/food-and-feasts>

- Frybread and Bannock Fridays, last Friday of the month from 12-1pm during the academic year
- Three Sisters Feast Nights, 1st and 3rd Wednesday from 5-7 pm from Sept-Dec and Jan-April (except holidays)
- Fall Welcome BBQ

QUIC

<https://quic.queensu.ca/events/2019-09/>

Host community lunches the second last Wednesday of every month, and other social events with food. These events can be found on their website and Facebook calendar.

Hospitality Services – Low Cost ‘Whole Bowls’

\$5 bowls sold at MC2 in Mackintosh-Corry Hall that are comprised of unused food from dining halls.

Appendix 4: Research on other Canadian Post-Secondary Institutions

Google and Facebook searches were conducted to locate food insecurity/access resources at 10 post-secondary institutions in Ontario and Quebec. While searching for programming/resources I did not go past the second page of Google, or expand Facebook search results in order to simulate a student in search for information. With this being stated, the following data is extensive but not exhaustive of the food access services/ resources available at McGill University, McMaster University, Université de Montréal, University of Ottawa, University of Toronto, Western University, University of Waterloo, Humber College, George Brown College, Guelph University and the People's Potato at Concordia University.

Key Observations:

No institution had a centralized website that highlighted *all* services related to food access as highlighted in this document. Institutions with Food Access Centers were more likely to have in depth websites with multiple resources linked but excluded information on cooking / budgeting classes. Information was frequently scattered across numerous, separate websites including Student Wellness Services, International Student Centers, Student Reward Offices, and Student Government websites.

McGill University

Marketing and Communications

Extremely difficult to find information, have to search in depth for resources, no resources appeared on the first page of Google when “McGill University Food Resources” or “McGill University Food Insecurity” was searched (08/20/19). Midnight Kitchen was the first result when “McGill University food bank” searched. “Free Food McGill” search results only produced paid for Food and Dining Services meal plans.

Skills Based Programs

Cooking Classes:

Midnight Kitchen

<https://midnightkitchen.org/events>

A non-profit collective that operates in McGill to provide accessible food. Run by the Students Society of McGill but open to the wider public. Holds occasional cooking classes. It does not appear that there are a fee associated with these classes.

McGill Student's Culinary Society

<https://mcgillculinary.weebly.com/what-is-mscs.html>

Student organization under the Students Society of McGill that is “focused on cooking and events related to food”. Website has not been updated since 2017. Facebook page appears to be used more frequently but has not posted since February 2019 (08/20/19). Host cooking workshops throughout the academic year. Workshops range from beginner level (prices ranging from PWYC to \$15) to advanced, and differ in price (offering gourmet cooking workshops for \$45).

Community Gardens:

McGill's Community Garden

<https://www.mcgill.ca/garden/projects>

A community garden located in McGill's Outdoor Learning Space. A large green space with many community gardening projects "in partnership with different schools, and in [their] community work, [they] hope to support and facilitate projects that touch on diverse and intersecting educational and social issues. Includes the Three Sisters Garden that "as per Haudenosaunee tradition the Three Sisters – corn, beans, and squash" are "planted in intercropped mounds". The collective work of the garden "has a focus on sustainability, healthy eating, food sourcing and food security".

Midnight Kitchen

<https://midnightkitchen.org/garden-with-us>

"Giant container garden and in-ground plot are both located on McGill's downtown campus."

Budgeting:

Scholarships and Student Aid Office

"Offers advice on funding options, budgeting and debt management."

Students can schedule a Budget and Debt Management appointment with a Financial Aid Counsellor. To schedule an appointment students must complete a Financial Profile in Minerva (a web interface to McGill's central information system). Occasionally (appears to be once a year) host a budget 101 workshop for undergraduate and graduate students (1 hour):

Presented by a **McGill Scholarships & Student Aid Counsellor**, get invaluable tips on:

- Tackling specific financial challenges students face
- Managing your finances with our Frugal Scholar Budgeting Toolkit
- Discovering all your funding options

<https://www.mcgill.ca/involvement/channels/event/budgeting-101-workshop-293172>

<https://www.mcgill.ca/studentservices/health-wellness/financial>

The Frugal Scholar Money Management Program

<https://mcgill.ca/studentaid/finances>

Created in collaboration with the Scholarships and Student Aid Office and students. "A comprehensive program designed to help students budget effectively and graduate with manageable debt". If students require additional support after completing the steps of the program they can book a Budget and Debt Management appointment.

Food Banks

Midnight Kitchen

<https://midnightkitchen.org/food-bank>

The bi-weekly food bank takes place “every second week, on Tuesdays between 5pm and 7pm”. The food bank is located at St. Henri (off campus) due to construction closing their on campus location. Students and non-students can pick up a food basket for themselves, roommates or family members (up to 5 people on the request form). Midnight Kitchen offers accommodations for people to be able to access their services (metro tickets, providing bags, etc.) and the website states that if people “need help with your food bank pickup because of physical disability or other reasons” that the Midnight Kitchen may be able to accommodate them, and encourages people to get in touch. Midnight Kitchen provides many food access related resources, and highlights them on its’ website. Midnight Kitchen also hosts a variety of events related to food skills including food storage, cooking classes, and more.

Soup Bars & Free Campus Food

Midnight Kitchen

<https://midnightkitchen.org/meal-pick-up>

People can register for the **weekly meal pick up service**, where people can bring their own container to take home food. Used to run a **daily lunch service** but this is temporarily replaced by the weekly meal pick up service while their building is under construction. Currently operating out of St. Henri due to building constriction, to accommodate the location change they have been “piloting a program to provide meals to more specific, vulnerable student populations in a way that resembles our daily servings, but serves a more manageable amount of people”. The weekly meal pick-ups consist of two meals of soup and salad. The daily lunch service that was put on hold due to construction used to serve 200 people daily.

First People’s House

<https://www.mcgill.ca/fph/programs/calendar>

Host events throughout the year (approximately once a month) that serve food including: First Soup & Bannock + Beading Event, Harvest Feast and Elder Visit, Taco/ Halloween Night, End of Semester Dinner – Elder Visit + Grocery Bags (Fall 2019).

McMaster University

Marketing and Communications

<https://www.msumcmaster.ca/additional-resources/food-security> is the closest they have to a centralized website, it does not all of the resources located in this scan

Skills Based Programs

Cooking Classes:

Student Wellness Centre – Food for Thought
<https://wellness.mcmaster.ca/program/food-for-thought-cooking-class/>

Provide free introductory cooking classes in an interactive environment. “Topics include but not limited to: cooking skills, meal planning, nutrition, and food safety. Light meal included each week. All skill levels encouraged to join”. Schedule not clear online.

Community Gardens:

Student Wellness Centre – Food For Thought

McMaster Teaching and Community Garden
<https://wellness.mcmaster.ca/program/food-for-thought-cooking-class/>

Drop in garden sessions every Wednesday from 4:30 – 6:00 pm. Each week focuses on general maintenance of a garden and tasks such as staking and harvesting. No experience required.

Budgeting:

Financial Affairs, Student Accounts - Online Budgeting Tool

<https://student-accounts.mcmaster.ca/getting-started/budgeting-tool/>

Website stating the importance of pre-planning:

<https://student-accounts.mcmaster.ca/getting-started/overview/>

Food Banks

Mac Bread Bin - Food Collective Centre

<https://www.msumcmaster.ca/services-directory/14-food-collective-centre>

Ran by the McMaster Students Union offers a variety of food security resources.

Food Bank

<https://www.msumcmaster.ca/posts/783>

“The centre is located in the basement of the Refectory near Bridges, and is opening on October 3. The hours are 11:30 AM - 3:30 PM, Monday to Thursday.”

Good Food Box Orders

- offered during the academic year
- Students \$12
- MacBreadBin partners \$9

Lockers of Love

<https://www.msumcmaster.ca/services-directory/14-mac-bread-bin/lockers-of-love>

Students “can order non-perishable food items online with a Unique ID code, and pick them up from a locker on campus within 2 days”.

Indicates online that they *may* be able to support dependents of students as well

Soup Bars & Free Campus Food

Food Collective Centre

<https://www.msumcmaster.ca/services-directory/14-food-collective-centre/events-campaigns>

Occasionally host events where free food is provided.

- Ladles of Love, community based event that provides students with free soup. Takes place throughout the school year.

- Snack Study Support, multi-day event that runs throughout the Fall and Winter exam seasons. Provides snacks and study space for students who are staying late on campus.

Student Wellness Centre – Brown Bag Breakfast

<https://wellness.mcmaster.ca/program/brown-bag-breakfast/>

Offer free breakfast starting at 9:30 am (usually granola bars, gelatin free yogurt and a piece of fruit) each weekday of exams (while quantities last).

Universite de Montreal

Marketing and Communications

Very few programs offered that I was able to locate besides the food bank. McGill and Concordia food resources come up when searching for programs at Universite de Montreal.

Skills Based Programs

Cooking Classes: N/a

Community Gardens: N/a

Budgeting: N/a

Food Banks

UdeM Food Bank

- Student organization that is independent from the University
 - Run on student volunteers, scholarships for funding and Mission Montreal (the Montreal Food bank)
 - Distribute every Monday from 3:00 – 6:00 pm
- Check income of students accessing the food bank every year to ensure they meet the eligibility criteria
- Food is collected from the Montreal Food Bank and distributed on campus

Soup Bars & Free Campus Food: N/a

University of Ottawa

Marketing and Communications

- No central website
- Article from 2017: <https://www.uottawa.ca/gazette/en/news/hungry-find-free-food-campus>

Skills Based Programs

Cooking Classes: N/a

Community Gardens:

University of Ottawa Community Gardens

<https://sustainable.uottawa.ca/community-gardens>

Located behind the University Centre and 649 King Edward. Facilities Service of the university provide the space and maintain the grounds and OPIRG is responsible for organizing and managing gardens. The office of Campus Sustainability offers lessons in gardening for volunteers who want to assist with the land.

Budgeting:

Website about Financial Planning

<https://www.uottawa.ca/financial-aid-awards/financial-planning>

Food Banks

University of Ottawa Students' Union Food Bank

Used to have a student run food bank that would deliver emergency food basket with enough food for three days (<https://www.uottawa.ca/student-guide/decide-on-a-place-to-live-and-food-choices>). However due to a referendum the student union running the bank was removed from power, and another student government will be beginning causing what appears to be a shut down in services and programs (<https://www.uottawa.ca/student-guide/decide-on-a-place-to-live-and-food-choices>). I was unable to locate any recent information on the food bank. Was located in the bottom of the University Centre

Soup Bars & Free Campus Food

People's Republic of Delicious

https://keepcampusdelicious.wixsite.com/prdrpd?fbclid=IwAR2USJJG1igPd3Hr5iwA494ImQwxxz2MyvzY1M_eqfuHKkkxhWOD00rADG8

A food collective based at the University of Ottawa that offers healthy, mostly vegan meals every week through the academic year and it afforded by donation. Offer lunches on a PWYC basis on Wednesdays. Ran by student volunteers, and located on campus.

University of Toronto

Marketing and Communications

No centralized website – information seems to be located on student union websites by campus

Skills Based Programs

Cooking Classes:

Cooking Classes hosted by the Centre for International Experiences and the UofT Culinary Arts Club - Costs \$5/class.

<https://bookit.studentlife.utoronto.ca/Activity.aspx?ID=99a31f22-7080-4246-ae84-99d61a17a420>

Community Gardens:

Scarborough and Mississauga campuses have community gardens.

Scarborough:

<https://www.utsc.utoronto.ca/aboutus/community-gardens>

Office of sustainability offers a program of workshops on related topics and healthy living. 59 plots available, and people learn from each other. Also have a rooftop garden:

<https://www.utsc.utoronto.ca/aboutus/ic-rooftop-garden>

Mississauga: <https://utmsu.ca/food-garden/>

Students are taught how to grow and maintain a garden. Food that grows is distributed between volunteers and the food center's programs.

Budgeting:

Student Financial Planner

<https://planningcalc.utoronto.ca/financialPlanner/#/>

Personal Finance Course (Mississauga)

<https://www.utoronto.ca/news/uoftbacktoschool-personal-finance-course-first-year-students-triple-enrolment-meet-demand>

Open to all first year undergraduate students.

The elective covers the foundations of personal finance, from bank accounts to retirement planning, with tips on developing a good credit history, working with financial institutions and building long-term goals such as property ownership.

Food Banks

UTSU Food Bank (St. George Campus)

<https://www.utsu.ca/services/food-bank/>

Operate to support all UofT students in need (including graduate and part time students) including student families.

Student card is required to access the service. Located in the Multi-Faith Centre, open from 12:00 – 3:00 pm. Food is provided by the Daily Bread Food Bank and Second Harvest.

UTMSU Food Centre (Mississauga Campus)

<https://utmsu.ca/food-centre/>

Service of the UTM Student's Union and is co-managed by the ministries of Equity Services. Provides access to good food for all students who are food insecure. Also hope to community build, and create alternative access to good food and challenge the structures that create food insecurity. Located on campus they provide free access to non-perishable food without limits, and provide perishable food once a month on a shopping list system. Students must register to use the system, a less than 5 minute process that does not require any financial checks, and personal information is optional. Food can be picked up via drop in during open hours or confidential hours or organized through a discrete pick up. They also have a food garden, and organize Good Food Boxes.

SCSU Food Centre

(Scarborough Campus)

http://www.scsu.ca/foodcentre/?fbclid=IwAR27EwTaNAY4HrBsIRQYW6vTRFRwdsF_31EF13jecup-I3I-N6AAeLhO_AE

Offers free quality food access to all students, staff and faculty.

Provide emergency food relief, skill building and education opportunities. Open Tuesday and Wednesday evenings, are closed during exams and summer.

Soup Bars & Free Campus Food

Fun, Food and Friends (Multi-Faith Centre)

<http://www.studentlife.utoronto.ca/mf/fun-food-friends>

Every Wednesday at 4 pm students gather for healthy snacks and good company.

Vic Commuter Dons Free Veggie Soup

<https://www.facebook.com/events/268250240681782/>

Every Tuesday from 12 – 2 pm in the Goldring Student Centre. Hosted by the Vic Commuter Dons who

Western University

Marketing and Communications

No centralized website – information on separate websites.

Skills Based Programs

Cooking Classes: N/a

Community Gardens:

King's Campus

<https://www.kings.uwo.ca/about-kings/kings-initiativespartners/environment-and-sustainability/community-garden/>

“The Community Garden is under the purview of the Environmental Commissioners. It is run by the Community Garden Manager and the Community Garden Outreach Coordinator with the help of numerous volunteers. The King's Community Garden is currently undergoing relocation, revitalization, and expansion efforts. Currently located in the backyard of the International House at King's University College the garden is volunteer run and operated. The Garden is in the process of being moved to a more central, visible, and accessible location on campus. Through the garden we strive to cultivate more green space, allow King's students and community members to pursue their love of gardening, create organic produce, and encourage active student participation in the community. The goals for the garden are to provide information and access to alternative food source methods, foster a sense of community between students and other members of the North London area, and teach students and others how to create and maintain gardens of their own.”

Friends of Gardens

<http://www.fogsuwo.ca/>

Group of volunteer (staff and community members) gardeners at Western “work in the **St. Mary's Cement Rock Garden** that lies between the Collip Building and the Biological & Geological Sciences Building, stretching down from Middlesex Drive to the lower greenhouses.”

Budgeting:

Money Talks Budgeting Program

https://registrar.uwo.ca/student_finances/financial_counselling/money_talks_western_u.html

Collaborative effort between Student Financial Services, Housing and Ancillary Services, Wellness Education Centre, The Student Success Centre, and the University Students' Council. Offer both entry level and expert level workshops about financial wellness (budgeting, paying for school, banking and investments, credit and debt, and life after school). Programing is free.

Making a Budget Website – International and Exchange Student Centre

https://iesc.uwo.ca/student_life/money_and_taxes/making_a_budget.html

Financial Wellness Website – International Students and Wellness

<http://iwellness.uwo.ca/financial/index.html>

Links many resources including food support services (student government), financial aid counseling, and online budgeting resources.

Food Banks

University Student's Council of Western Food Support Services

<https://westernusc.ca/your-services/food-support-services/>

Located in the student union building and ran by student government volunteers.

Mission (from website):

- Reducing hunger in our communities through our food hamper and food bank service, helping to enable the full participation of students facing barriers of food insecurity;
- Educating and advocating for local and global issues related to, but not limited to, food insecurity, hunger, and poverty through our campaigns and events;
- Providing opportunities for student engagement, personal development, and leadership through our events and volunteer opportunities

Vision (from website):

Food Support Services envisions a campus where students, faculty, staff, and community members are able to: Access affordable and nutritious food in a supportive and inclusive environment; Develop an awareness about local and global issues of food insecurity affecting our communities; Be a part of a supportive, inclusive, and healthy campus

Services within Food Support Services:

- Food Hamper – “provides students in need with a grocery bag of food for 1-2 days”
- Food Bank – “Our food bank is located at our office. Students are welcome to come by the Food Support Service food bank during our hours of operation to take what need. We want to be able to serve as many students as we can, so please be mindful of what you take.”
- Run different events throughout the year
- Multiple links on website: London Food Bank and a monthly calendar of free / low cost hot meals, food banks, and food depots, and the salvation army's centre of hope

Soup Bars & Free Campus Food: N/a

University of Waterloo

Marketing and Communications

No centralized website, information all on separate websites.

Skills Based Programs

Cooking Classes:

Residence Cooking Classes (2013)

<https://uwaterloo.ca/housing/events/cooking-class>

Was not able to find current information on this program.

UW Cooking Club

<https://www.facebook.com/uwcookingclub/>

Student Club

Community Gardens:

Individual Plots, Communal

Gardening and Market Garden

<http://community-gardens.ca/content/university-waterloo-community-gardens>

Budgeting:

Budget Calculator

<https://uwaterloo.ca/future-students/financing/budget-calculator>

Food Banks

Feds Student Food Bank

<https://uwaterloo.ca/waterloo-undergraduate-student-association/services/feds-student-food-bank>

Ran by student volunteers and located in the student life centre. Inconsistent hours (posted weekly via Google Doc). "All University of Waterloo affiliates who possess an active Watcard are able to use our services". "Visitors can take up to 10lbs per visit, and are allowed 3 visits per 30 days" after this people are referred to regional foodbanks."

Soup Bars & Free Campus Food: N/a

Goals (from website):

- To provide an accessible way for students in need to access food and hygiene products
- To raise awareness of hunger and food insecurity issues
- To run unique events in order to raise food for our Food Bank and local community

Other Resources Available if people are unable to come to office (from website):

- We have meat and vegetarian hampers available at Turnkey in SLC and DC
- Hampers are also available at satellite locations: School of Pharmacy, School of Architecture, and Stratford School of Interaction Design and Business
- Also have a food cupboard at the Waterloo Indigenous Student Centre

Humber College

Marketing and Communications

No centralized website, difficult to find information. When searching the majority of the results were regarding the professional culinary programs at Humber.

Skills Based Programs

Cooking Classes: N/a

Have professional culinary programs

Community Gardens:

Food Learning Garden

<https://humber.ca/arboretum/explore/gardens-botanical-collections/food-garden.html>

Located behind the residence buildings. Provides food to the Soup Bar.

Budgeting: N/a

Food Banks

Appears that there used to be a Humber Students' Federation Emergency Food Bank but I was unable to locate a website / any current information on it.

Soup Bars & Free Campus Food

IGNITE Soup Bar

<http://ignitestudentlife.com/services/soup-bar/>

<https://www.thestar.com/news/gta/2018/09/19/humber-colleges-new-pay-what-you-can-soup-bar-to-feed-students-while-diverting-food-waste.html>

(Guelf / Humber Program) Pay what you can soup, Tuesday and Thursday 11 am – 2 pm in LiX Café.

George Brown College

Marketing and Communications

No centralized website. Similarly to Humber, when searching the majority of the results were regarding professional culinary programs.

Skills Based Programs

Cooking Classes: N/a

Professional culinary programs

Community Gardens:

Courses on edible gardening

<https://coned.georgebrown.ca/courses-and-certificates/edible-gardening-in-the-city/>

Budgeting:

How to plan your finances website

https://www.georgebrown.ca/financialaid/plan_your_finances/

Food Banks

Student Nutrition Access Program

<https://www.studentassociation.ca/snap/>

Ran through the student association, “strives to provide support on the health and wellness needs of George Brown College students through programs that activate health and wellness to support student health, emotional and social well-being”

SNAP Food Pantry: Access to nutritious food and meals available for GBC students. Non-perishables, perishables and fresh produce available.

Good Food Market: Low-cost fresh fruit and vegetables available to all students. **Community Garden:** Learn about gardening and sustainability.

SNAP Social Eats: Learn how to cook and develop skills in budgeting, reading recipes, meal planning, health and nutrition while socializing with fellow students.

Referral Program: Obtain information, resources and referrals on nutrition, food banks and government programs.

Events Programming: Nutrition month and mental wellness week.

Soup Bars & Free Campus Food

GBC Café

<https://www.georgebrown.ca/hca/news/good-food-at-good-prices-chef-on-the-run-gbc-cafe/>

Operates Mon-Fri 7am-7pm all food under \$6, prepared by first year culinary students.

University of Guelph

Marketing and Communications

Many resources appear when you Google ‘University of Guelph Food Insecurity’ including research on the topic (See below – Arrell Food Institute) and the Student FoodBank

Arrell Food Institute

<https://arrellfoodinstitute.ca/>

Arrell Food Institute at the University of Guelph exists to elevate food to improve life. We bring people together to conduct research, train the next generation of food leaders and shape social, industrial and governmental decisions, always ensuring food is the central priority. Website has many resources including those on Canadian Food Policy, reports published by the institute and associated faculty, Food from Thought (an extensive research program on food, agriculture and biodiversity), Feeding 9 Billion (a food security initiative based out of U of G), a Food Map of the University of Guelph and more.

Skills Based Programming

Cooking Classes:

Student FoodBank

Hosts cooking classes occasionally. Website refers to Facebook page, but was unable to locate any recent information on class offerings / price/ dates.

Budgeting Classes:

Student Financial Services

https://www.uoguelph.ca/registrar/studentfinance/aid/student_budget

- Has information on budgeting and cost estimation
- Hosting a Financial Literacy Fair on November 21st, 2019
- Offer financial aid counselling

Community Gardens:

Multiple Community Gardens Located Across Campus

Map of all Gardens:

<http://cityofguelph.maps.arcgis.com/apps/opsdashboard/index.html#/b32c697c9cff4078b617afdac05189de>

Information on Gardens:

<https://guelph.ca/living/recreation/parks/community-and-pollinator-gardens/get-involved-in-community-gardens/>

Other:

Feeding 9 Billion

<https://feeding9billion.com/>

A food security initiative based out of U of G to provide insight, outreach, and education around issues of food, agriculture, and hunger globally. They are particularly dedicated to working with you, to help them to improve the food system of the future. Materials online include illustrated YouTube videos, a card game about concepts of food security, and a #foodcrisis graphic novel.

Department of Food, Agricultural & Resource Economics

<https://www.uoguelph.ca/fare/courses/poverty-food-and-hunger>

Offer a course on Poverty, Food and Hunger

Food Banks:

Guelph Student FoodBank

<https://csaonline.ca/foodbank/>

Provides undergraduate and graduate students with “access to emergency food, anti-poverty resources, and referrals to other food security, anti-poverty and financial assistance groups”.

Also offers 'Garden Fresh Box' ordering through the Guelph Community Health Centre monthly.

- Located on campus the food bank is open Monday – Friday from 12pm to 6pm.
- Provides max. 30 items per person in the family per month
- Link on website to the Guelph-Wellington-Dufferin Food Access Guide in case the food bank cannot be reached and people require assistance.
- Compassionate fund application (\$50 per academic year need based bursary)
- Also links to Eating on a Budget and FoodBank Student Cookbook

#GryphonGifts

<https://www.guelphtoday.com/local-news/gryphongifts-delivers-free-food-to-students-as-an-exam-time-stressbuster-1371732>

Ran by Alumni Affairs, on April 16 and 17, 2019 students could order any food they wanted on campus and it would be ordered and delivered for free. Made possible through Gryphons Care, where participating staff and faculty donate 26 payments of \$25 a year to fund projects like this. Unclear if this will continue in the future.

Soup Bars & Free Campus Food

Breakfast Club

<https://csaonline.ca/foodbank/programs>

- Hosted by the FoodBank every Wednesday from 9:30 – 11:30.
- "Foods offered include coffee and tea, oatmeal, cereal, fruit, yogurt, and muffins. Fall & Winter semesters only."

Concordia University: People's Potato

Recommended by many campus partners in conversations.

<https://www.peoplespotato.com/>

"The People's Potato is a collectively-run soup kitchen that offers vegan meals to students and community members on a by-donation basis. No one is turned away for lack of funds. We serve lunch during the fall and winter semesters from Monday to Friday between 12:30 and 2pm (except on statutory and school holidays). We are located at 1455 de Maisonneuve West on the 7th floor of Concordia University's Hall building."

Have a community garden as well <https://www.peoplespotato.com/community-garden.html>

Also provide 'food parcels' bi-monthly, more frequently during exam season, but are not available during the summer.

Appendix 5: list of grocery stores surrounding Queen's campus, and student discounts

Store:	Location:	Distance From Campus (JDUC):	Transportation:	Student Discount	Notes:
Grocery Checkout	Queen's Centre	On campus	N/A		
Campus One Stop	163 Alfred Street	230 m	3 min walk		
Old Farm Fine Foods	204 Barrie Street	350 m	4 min walk		
Bedore's Food Market	395 Earl Street	500 m	6 min walk		
Metro	310 Barrie Street	650 m	8 min walk Bus stop outside	10% off Tues/Thurs	Busses: 2, 4, 12, 18Q, 502, 601, 701, 702, 801
Asian Market	354 Princess Street	850 m	10 min walk Bus stop 1 min away		Busses: 2, 4, 18, 18Q, 501, 701
The Grocery Basket	260 Princess Street	950 m	12 min walk (bus stop 3 min away)		
	172 Ontario Street	1.6 km	11 min bus ride		Bus: 3
BV Buy Asian Groceries	164 Princess Street	1.4 km	8 min bus ride		1 minute from Downtown Transfer Point
Kingston Asian Super	461 Princess Street	750 m	9 min walk Bus stop 1 min away		Bus: 4
Food Basics	33 Barrack Street	2.1 km	17 min bus ride	10% off Tues	Bus: 12/602
The Store Famous	406 Barrie Street	1.3 km	17 min bus ride		Bus: 2
Bearance's Grocery	115 Livingston Ave	1.3 km	7 min bus ride		Buses: 1, 2, 8, 17W, 18Q, 20
Loblaws	1100 Princess Street	3.5 km	15 minute bus ride 1 minute from Kingston Centre Transfer Point	10% off Tues/Thurs	Sept. – Apr. Loblaws has a shuttle for students that picks up /drops off multiple locations on Queen's Campus (see below)
Bulk Barn	1201 Division Street	4.6 km	33 min bus ride	10% off Wed	Buses: 2, 702