



Queen's University Food Insecurity Report: Update

March 2022



Queen's
UNIVERSITY

This report was prepared for the Office of the Provost and Vice-Principal (Academic) by Max Moloney, the 2021-22 Food Collective Coordinator. We sincerely acknowledge the contributions of the Queen's University Food Insecurity Working Group and the Queen's University Student Food Collective in facilitating the development of this report and their commitment to responding to food insecurity at Queen's University.



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Executive Summary

In 2019, the *Queen's University Food Insecurity Report* was released by the Office of the Provost at Queen's University to review current practices and trends and provide recommendations to respond to student food insecurity at Queen's University. The report identified five strategic priority areas to help address food insecurity at Queen's: education and awareness, environment, community, skill building, and policy. Within the five strategic priority areas, the Food Insecurity Working Group made 11 recommendations to address student food insecurity and to foster a healthy campus community. The recommendations promote Queen's University's mission, vision, and values of truth, responsibility, respect, freedom, and wellbeing.

One recommendation was to establish a Food Insecurity Advisory Committee (FIAC). In 2021, the FIAC reviewed the original recommendations. The *2022 Queen's University Food Insecurity Report: Update* describes progress on the recommendations outlined in the 2019 report. Several improvements have been made to address student food insecurity at Queen's University since the implementation of the FIAC in 2020. Highlights include the creation of the Queen's Student Food Collective, prioritization of data collection about the experiences of students facing food insecurity, and the implementation of a centralized resource hub for students.

This report:

- Summarizes the results of stakeholder interviews to gauge the current situation facing food-insecure students at Queen's University and provides information about the work of student groups and leaders addressing food insecurity.
- Highlights important data captured from the 2021 Queen's University Student Experiences Survey and the 2022 Alma Mater Society (AMS) Food Bank User Experience Survey, both of which provide evidence of the state of food insecurity at Queen's University.
- Presents an environmental scan of resources for food insecure students from across the U15 Group of Canadian Research Universities.

Overall, despite challenges presented by COVID-19 restrictions to in-person programming and services from March 2020–April 2022, Queen's University has made considerable progress towards implementing the 2019 recommendations, providing significant supports to students who experience food insecurity.

Moving forward, the FIAC will build on good and emerging practices to effectively address student needs within the Queen's community and context.

Progress on 2019 Food Insecurity Report Recommendations

The 2019 *Queen's University Food Insecurity Report* identified five strategic areas to help address food insecurity at Queen's University: education and awareness, environment, community, skill building, and policy. Within the five strategic areas, the Food Insecurity Working Group made 11 recommendations to address student food insecurity and foster a healthy campus community. These recommendations serve to promote Queen's University's mission, vision, and values of truth, responsibility, respect, freedom, and wellbeing. The report also outlined key partners who could assist and contribute to implementing the recommendations, as well as specific actions to implement them.

A review of the initial recommendations indicates that many have been completed or are currently being implemented. Progress on the recommendations from the 2019 report is described below, and in Appendix A.

Strategic Priority Area: Education and Awareness

Create a Student Food Insecurity Advisory Committee to monitor and report annually on campus food insecurity

In 2020, Queen's University established the [Queen's University Food Insecurity Advisory Committee](#) (FIAC) to monitor current practices and trends and provide recommendations for responses to student food insecurity at Queen's. Members of the committee are drawn from several departments and organizations from across the university, and include representatives from student groups, as well as individual students. In addition to the formation of the FIAC, the Provost's Office created a part-time Student Food Collective Coordinator (SFCC) position. This student acts as a liaison with students and student groups who are engaged in food insecurity initiatives across campus. In 2022, the FIAC welcomed community members to the group to engage with food insecurity stakeholders in the broader Kingston community.

Create a Student Food Collective to promote collaboration

In 2020, led by the Student Food Collective Coordinator (SFCC), the Queen's University Student Food Collective was established. The collective has been successful in its two years of existence. The organization hosted monthly meetings among member groups, discussing and collaborating on various food insecurity-related events on campus, and reporting suggestions to the SFCC to relay to the FIAC.

Through the collective, the SFCC supports student-led organizations on campus that work to address food insecurity at Queen's. One of the primary goals of the collective is to foster collaboration among student groups and support initiatives that go beyond food access programs, toward addressing food insecurity more holistically.

In the two years since the establishment of the collective, the SFCC has developed and delivered training for over 180 student leaders through Food Insecurity Training sessions. The sessions help to educate student leaders about food insecurity and provide the current context of food insecurity in Canada and at Queen's. The training also provides participants with details about the resources available to students at Queen's and in the surrounding community. Additionally, the group has facilitated collaborations among member groups, run several community dinners serving over 150 students, and started a marketing campaign to promote food insecurity resources at Queen's.

Develop a centralized databank of available resources

FIAC members have compiled resources available to students facing food insecurity and collaborated on the development of an [online food access databank](#). In addition to this web-based tool for food insecurity resources, the SFCC, in collaboration with the collective, has developed a monthly newsletter. The newsletter contains information about resources, events, and activities related to food. It is circulated to students, as well as staff who work with students experiencing food insecurity. This tool proved to be especially useful during the pandemic while public health restrictions impacted service delivery and many university activities were being delivered remotely. A sample of the *Queen's University Food Collective Newsletter* can be found in Appendix B.

In sum, channeling the energy of student leaders in food insecurity, and providing a space for collaboration and discussion on how best to address the issue, has fostered the development of a strong and stable Student Food Collective that will continue to function effectively into the future.

Strategic Priority Area: Environment

Continued encouragement of evidence-based programming based on best practices

The FIAC continues to support evidence-based programming based on good and emerging practices for addressing food insecurity. One important action that has been implemented is the development and delivery of training for student leaders who work or volunteer in groups addressing food insecurity. Through the Student Food Collective, food insecurity training has been provided to over 180 student leaders since 2019. This training helps to ensure a shared knowledge base about student food insecurity and provides an opportunity for student groups to learn about emerging practices within Queen's and across other institutions.

Promoting environmental resources

To promote relevant food access in the Kingston community, in 2021 the Yellow House in Student Affairs launched a student-developed a list of [food access resources](#) that includes local places to buy culturally-relevant food. The 2021 Student Experiences Survey (SES) also provided valuable data to support on-campus work related to food access and food insecurity. The data provides a baseline measurement of the prevalence of food insecurity in the Queen's student population, as it will be conducted every two years.

The Alma Mater Society (AMS) Food Bank User Survey also provided the FIAC with an understanding of the student population accessing this service, including frequency of use. During the pandemic, the food bank has seen a rise in need among students, with 50% of users identified as graduate students. More information about data from the survey can be found below.

Review of AMS Food Bank model and operations

The AMS Food Bank in the John Deutsch University Centre (JDUC) provides confidential and non-judgmental food assistance to Queen's students. The FIAC worked with the AMS to discuss options to improve AMS Food Bank service provisions, as well as opportunities to address the rise in need. An internal review of the AMS Food Bank model and operations commenced in December 2021. The purpose of the review was to ensure the operational sustainability of its model. The service is widely recognized as critical, and often as the most important service available to students facing food insecurity. The AMS Food Bank serves upwards of 100 students each week during normal operations. As such, ensuring the model of the AMS Food Bank operations continues to address the needs of students is crucial for addressing food insecurity on campus.

In partnership with the Food Bank Manager, the SFCC reviewed operations and procedures to gain insight into the function of the AMS Food Bank, as well as to provide guidance and support to the student-led service. The process involved meetings and consultations with AMS Food Bank leadership and users of the service. In addition, the AMS shared financial statements and internal service documentation. The financial sustainability of the AMS Food Bank is secure through the funds from undergraduate and graduate student fees. With the addition of two part-time staff and increased paid hours for management, the current staffing model is sustainable for the future. The AMS Food Bank plans to continue to offer a traditional drop-in service for students that will be open daily throughout the entire year. Additional funding and commitments will allow the AMS Food Bank to remain open for the summer term, a program that began in the summer of 2020, and has been approved to continue for future summer terms.

In the short-term, the most pressing concern for the AMS Food Bank is continuity of operations throughout the renovation of the JDUC, slated to begin in May 2022. During the renovations, the AMS Food Bank intends to move services to the first floor of the Rideau building.

Once the renovation project is complete, the AMS Food Bank will return to the JDUC in a new location on the building's main floor. This location will improve its physical accessibility to all students.

Strategic Priority Area: Community

Maximize dignity and reduce stigma in food insecurity programming

The FIAC and the Student Food Collective prioritize ensuring the dignity of students accessing food insecurity services. One way to achieve this is through alternative events and programming, such as cooking classes and community dinners. The goal of offering diverse activities is to de-stigmatize food access and provide students who experience food insecurity with autonomy in how they access food resources. Snacks available at Queen's University Student Wellness Services (SWS) Health Promotion Hub, the Ban Righ Centre's soup lunches, and other free access to food also provide non-stigmatized and universally available food on campus.

Health Promotion's Peer Health Educators (PHEs) provide alternative programming to address food insecurity through the *Fresh Food Box* and *Mason Jar* programs. Each month, these student-led programs provide a 4-6 serving meal kit with fresh produce and a plant-based protein (*Fresh Food Box*), or a non-perishable soup/stew with a plant-based protein and canned tomatoes (*Mason Jar*). Funding provided by Student Affairs in 2020, 2021 and 2022 allowed most *Fresh Food Box* and *Mason Jar* programs to be run free of charge to students, promoting greater access. Health Promotion provided delivery to students who were isolating or unable to come to campus during various pandemic lockdowns. By positioning these programs as health-promoting and cooking skill initiatives open to all students, these programs maximize dignity and allow universal access.

In 2021-2022, PHEs collaborated with several equity-deserving student communities to co-design meal kits which celebrated students' diverse cultures and heritages. Collaborations included the Queer Cooking Collab (the Yellow House's Sexual & Gender Diversity Coordinator and local catering company Knifey Spooky), the Queen's Black Academic Society, and Four Directions Indigenous Student Centre. The PHEs also collaborated with the Society for Graduate and Professional Students (SGPS), and the AMS Food Bank to support students who belong to groups at a higher risk of food insecurity. The PHEs coordinated virtual cooking classes throughout the pandemic to support food skills development, and regularly co-led these programs with student leaders from collaborating partner groups.

The AMS Food Bank continues to prioritize the reduction of stigma for patrons of their service by requiring limited information to access the service and providing training for all service volunteers on respecting the privacy and dignity of patrons.

There continues to be support from Queen's for advocating for food insecurity policies and programs that focus on student experience at the undergraduate and graduate level. For example, the [*Swipe It Forward Queen's*](#) program, that is intended to offer some short-term support for food insecure students, has enabled thousands of meals, donated by students with meal plans, to be quickly loaded onto the student cards of those referred to the program. The meals can then be redeemed in dining halls or at campus retail food outlets, just the same as other meal plan meals. Emergency meal cards (VIP/Flex) that are used on campus also respect dignity as they are identical to cards used for any number of reasons (e.g., training, conferences, prizes, etc.)

The Student Food Collective has facilitated partnerships to maximize dignity and reduce stigma in food insecurity programming. Examples of this include collaborations between the AMS Food Bank and SWS to distribute surplus meal kits to AMS Food Bank patrons, and the SGPS partnering with the AMS Food Bank to organize a Halloween Food Drive.

The AMS Food Bank, the United Way of KFL&A, ASUS Wellness, Student Community Relations, and Health Promotion partnered to collect non-perishable food items at the end of April 2022 for move-out. Food donations were accepted in Mitchell Hall and during the *ASUS Sustainable Move-Out* initiatives, and collected by the United Way volunteer team. Appropriate bins for this purpose were loaned by the City of Kingston Area Recycling Centre.

Together, working alongside the Student Food Collective, member organizations have been able to leverage resources from various stakeholders, providing additional opportunities for groups to maximize dignity and reduce stigma in their food insecurity programming.

Support awareness activities that reflect an understanding of the root causes of food insecurity as a social justice issue

The FIAC and Student Food Collective continue to advocate for food insecurity policies and programs that focus on student experience at the undergraduate and graduate level, recognizing that food insecurity is a social justice issue that goes beyond food access. Offices across Student Affairs, including Four Directions Indigenous Student Centre, Ban Righ Centre, Yellow House, and the Queen's University International Centre, aim to address the more complex issues faced by students based on identity and social location.

Data provided through the SES, and the AMS Food Bank survey also demonstrate the need for a deeper understanding of how marginalized and equity-deserving student populations disproportionately experience poverty and food insecurity. With the implementation of annual training for Student Food Collective members, there is a shared understanding that student food insecurity goes beyond food access. The FIAC also works with the executive of the AMS to identify ways the collective can advocate for the specific needs of marginalized and equity deserving students on campus.

Strategic Priority Area: Skill Building

Support programs providing students with opportunities to prepare healthy, affordable meals

Partnerships and collaboration, driven by student leadership from the Student Food Collective and members of the FIAC, have continued to provide students with opportunities to learn how to prepare healthy and affordable meals and build community through food, despite limitations imposed by COVID-19 restrictions. Stakeholder groups such as the SGPS and SWS' Health Promotion PHEs were able to conduct their programming in virtual formats. PHEs coordinated virtual cooking classes through the pandemic to support food skills development; these were regularly co-led with student leaders from collaborating partner groups from the *Fresh Food Box* program. Local community members, Faith and Spiritual Life, and the SGPS, worked together to ensure facilitators for the *Cooking with Grandmas* program had the technical skills and equipment to continue cooking sessions virtually and to provide free access to required ingredients.

Strategic Priority Area: Policy

Encourage tracking of AMS Food Bank usage and report data

After receiving guidance from the FIAC in 2020, the AMS Food Bank began to collect data on their patrons and usage. Since then, the AMS Food Bank has implemented a survey to collect user demographic information to better serve students. The AMS Food Bank also conducted the AMS Food Bank User Experience Survey in 2021 to seek feedback on the service and how to improve their offerings. Results of the data collected from the survey are included later in this report.

Advocate for consideration of student food insecurity in all policies and programs that focus on the undergraduate/graduate experience

The FIAC continues to strive for the incorporation of food insecurity into policies such as: Working Group on Graduate Success, Internationalization strategy, and Campus Wellness Framework. Under the leadership of the Principal, Queen's University has committed to advancing the United Nations Sustainable Development Goals (SDGs), including SDG 2 – Zero Hunger. This commitment has provided an opportunity to amplify the need for increased actions toward eliminating student food insecurity. Because students are food insecure when they have inadequate financial resources, concerted effort has been made to address financial accessibility to Queen's students through various admissions pathways and programs, such as the *Promise Scholars* program, *Commitment Scholars Award*, and *Commitment Bursary* program, partnership with *The Karta Initiative*, and increased supports for first-generation students.

The Undergraduate Admission and Recruitment Equity, Diversity, Inclusion and Indigeneity Task Force recommended several policy and procedural changes that have been implemented to reduce financial barriers and increase access to Queen's University. All these programs and services have an impact on student financial access and in turn, the experience of student food insecurity at Queen's.

Support implementation of initiatives that increase needs-based funding for students

The Office of the University Registrar (OUR) administers the university's financial aid budget for merit-based scholarships for undergraduate students, as well as need-based bursaries and awards for undergraduate and graduate students. For the past three years, the OUR has disbursed approximately \$35 million in need-based bursaries and undergraduate scholarships. Just under 50% of this Queen's financial aid - approximately \$16-\$17 million - is disbursed in need-based bursaries. The university has undertaken a Financial Aid Review in 2021-22, and this committee advocates for shifting the distribution of financial aid, such that a significantly greater portion is directed to need-based bursaries.

Two years ago, Queen's launched the *Promise Scholars* program, a comprehensive initiative designed to reduce financial barriers and increase access to Queen's for local first-generation students. The FIAC endorses actions that improve financial access to university. The FIAC also advocates for consideration of the impacts of tuition fees charged to graduate, mature, and international students on students' ability to maintain food security throughout their studies.

Stakeholder Update

As part of the *Queen's University Food Insecurity Report: Update*, conversations were held with member organizations of the Queen's University Student Food Collective. Conversations featured a semi-structured format with a set list of questions posed to leadership of the collective's stakeholder groups to gain an understanding of the opportunities and challenges faced by student groups working to address food insecurity at Queen's University. Stakeholder conversations provided insights into the state of food insecurity at the university. An outline of stakeholders solicited for feedback and the questions used in the conversations can be found in Appendix C.

Many stakeholders described the primary composition of their user base as graduate students, international students, and students with caregiving responsibilities. Stakeholders also reported that students facing food insecurity often intersected at several of the identities listed, and those who intersected with the listed identities often experienced more severe forms of food insecurity. Stakeholders stated financial hardship to be the primary cause of food insecurity in the students they serve.

The AMS Food Bank and *Swipe it Forward Queen's* were identified as the most important services for students facing food insecurity. In general, student groups believe they are well supported by Queen's University and the student populace. Future directions should ensure the strengthening of organizations and initiatives that effectively meet the needs of students facing food insecurity.

Stakeholder organizations believed that the individual contributions of one organization were often insufficient to meet the needs of students facing moderate or severe food insecurity. The primary reason for not being able to meet the entire needs of students were financial resources. Although students can use multiple services to support more severe forms of food insecurity, the food access programming is insufficient to significantly impact food insecurity. Future directions should prioritize addressing food insecurity at its root causes, in particular the financial limitations of students.

2021 Student Experiences Survey (SES) Results

In Winter 2021, Queen's University released the results of the Student Experiences Survey (SES) – a wide-ranging and in-depth initiative to better understand equity-deserving students. 5469 students responded to the survey. Notably, the survey included questions related to food and housing security that are relevant to the FIAC.

Statistics of note from the SES include:

- 25% of respondents stating: "I worried whether my food would run out before I got money to buy more."
- 16% of respondents stating: "The food that I bought just did not last and I did not have money to get more."
- 24% of respondents could not afford to eat balanced foods.

These findings correlate with data provided by the AMS Food Bank, which found that 52% of its users were members of the SGPS. These findings closely align with AMS Food Bank usage rates, which typically see 120–180 unique visitors each week.

The SES provided an opportunity to look deeper into intersectional data of students' experiences with food insecurity. For example, the percentage of students who reported that they did not have money to buy more food when it ran out increases from 16% to 23% when looking only at those who also identified as having a disability. First-generation students also reported higher rates of food insecurity.

The quantitative findings of the SES correlate with the qualitative findings based on stakeholder conversations and organizational data available. Together, the findings and data provided through these methods give a good picture of food insecurity at Queen's University.

2021–22 AMS Food Bank User Experience Survey Results

During the 2021–22 academic year, the AMS Food Bank, in collaboration with the AMS Market Research Manager, conducted a survey on AMS Food Bank User experience. This survey posed questions regarding users' background, year of study, severity of food insecurity, and experience using the AMS Food Bank. The survey included questions related to food security that are relevant to the FIAC.

Statistics of note from the 2021–22 AMS Food Bank User Experience Survey include:

- 62% of respondents identify as female.
- 50% of respondents are graduate/professional students.
- 40% of respondents study of Engineering and Applied Sciences.
- 73% of respondents are international students.

The 2021–22 AMS Food Bank User Experience provided key insights into the students who access the AMS Food Bank service. It is clear from the survey that females are more likely to use the service than males. Additionally, graduate, professional, and international students are most likely to use the AMS Food Bank. It is important to note that many Food Bank users identify with several of the identities listed in the statistics of note. The intersectionality of the user base is a reminder of how systemic barriers faced by marginalized and equity-deserving students can influence the degree of food insecurity experienced at Queen's.

Environmental Scan

As part of the *Queen's University Food Insecurity Report: Update*, an environmental scan was conducted to identify programs and services available at the 15 schools of the U15 Group of Canadian Research Universities, including Queen's University. The review examined initiatives and services offered to students that address food insecurity on campuses across Canada, to highlight the strengths of Queen's initiatives in addressing food insecurity, as well as identify potential areas for improvement.

Relative to its peers in the U15, Queen's is a leader in initiatives to address student food insecurity. After analyzing the services available to students facing food insecurity, the scan reflects that Queen's has both unique programs and strong support services available to students. Specifically, the *Swipe It Forward Queen's* program is an initiative that is unique amongst its U15 counterparts, and the resources the program has been able to provide to food-insecure students has made it a valuable resource for students with moderate and severe forms of food insecurity.

As well, the AMS Food Bank continues to offer a broad and inclusive set of services to meet the spectrum of the experience of food insecurity, with programming such as community dinners and the provision of the *Good Food Boxes* in parallel with the traditional food bank operation. Resources available to food-insecure students at Queen's are supplemented by meal programs such as *Good Times Diner* and healthy cooking events supported by Health Promotion.

As for services that are not currently present at Queen's that are available elsewhere, one promising initiative that has been successfully implemented at Dalhousie University and the University of British Columbia is pay-what-you-can dining establishments. The pay-what-you-can model should be explored further as a means of providing options and maximizing dignity for food-insecure students accessing resources.

The complete environmental scan can be found in Appendix D.

Conclusion and Future Directions

In assessing the progress on recommendations from the 2019 *Food Insecurity Report*, Queen's provides significant and strong supports to students who experience food insecurity. The COVID-19 pandemic has had a significant impact on students' food insecurity. The isolation and loss of work experienced by some students has compounded the financial struggles facing many food-insecure students. The COVID-19 pandemic has also had a significant impact on the programming available to students. Much of the programming conducted by stakeholders and member groups typically rely on in-person services to provide food to students. The lack of in-person activities limited the scale at which several of the recommendations could be implemented. However, the resolve and flexibility of stakeholders has been exceptional throughout the pandemic and many of the supports available to students have continued to function or were adapted to a virtual environment to continue to support students experiencing food insecurity at Queen's University.

Future initiatives could take inspiration from resources identified in the environmental scan. For example, a pay-what-you-can dining establishment would be a worthwhile addition to the resources currently available to students and is currently being considered in partnership between Hospitality Services and the AMS. This would provide a unique way to maximize dignity and foster an inclusive environment. The outcome of the Financial Aid Review will be a key consideration in the future work of the FIAC and the addition of Kingston community members to the committee will provide an opportunity to work together to address the broader local connections of services and support.



Appendix A: Status of 2019 Food Insecurity Report Recommendations

Topic: Education and Awareness

Recommendation	Lead	Specific Actions	Progress	Next Steps
Create a Student Food Insecurity Advisory Committee to monitor and report annually on campus food insecurity.	Office of the Provost and Vice-Principal (Academic)	The Food Insecurity Advisory Committee (FIAC) was established by the Provost in 2019 and provides a forum for improved communication and collaboration among campus stakeholders advancing initiatives that address student food insecurity.	Completed	
		<p>The Committee:</p> <ul style="list-style-type: none"> • Reviews current policies, programs, services, and relevant information available to students to ensure these reflect good practices, are of high quality, and are appropriate for students in the Queen's environment. • Reviews available data and emerging practices related to food insecurity at Queen's, including through student surveys, faculty research, and emerging national and provincial trends. • Works towards creating a food culture at Queen's in which stigma is reduced and there is broad understanding of the issues of student food insecurity. • Makes recommendations, as requested and as appropriate, to campus stakeholders with respect to good and emerging practices that address food insecurity. 		
Create Student Group Food Collective to promote collaboration.	Vice-Provost and Dean of Student Affairs	<p>In 2020, the Student Food Collective was created to include student leaders involved in food-related clubs, and the Student Food Collective Coordinator was hired to:</p> <ul style="list-style-type: none"> • Promote education of leaders in the collective through a workshop/presentation on food insecurity and its root causes. • Make club members aware of funding opportunities. • Focus on a few larger events to put on as a collective- and help with cross promotion and marketing/support of smaller events hosted by member groups. 	Completed	
Develop a centralized databank of available resources.	Vice-Provost and Dean of Student Affairs	<p>Through the Division of Student Affairs, the FIAC and Student Food Collective integrated educational tools/financial resources and more food access resources on a webpage hub.</p> <p>The FIAC also worked with the AMS Food Bank Coordinator, and the Student Food Collective Coordinator to introduce a monthly newsletter highlighting resources for students.</p>	Completed	Monitor and update annually

Topic: Environment

Recommendation	Lead	Specific Actions	Progress	Next Steps
Continued encouragement of evidence-based programming based on best practices (i.e., providing immediate food access in high traffic areas and at specific times).	Vice-Provost and Dean of Student Affairs AMS Peer Support Center Student Food Collective members Faculty members who have expertise in the area	Staff and student groups continue to implement new programs and initiatives that are creative and innovated in increasing access to food for students on campus. In addition, Queen's has continued to stay engaged in provincial and national groups discussing good and emerging practices. The <i>Swipe It Forward Queen's</i> program is intended to provide short-term support to complement to other resources on campus. Since its launch, there has been a steady increase in the number of meals issued to students, which reflects the need of this program, as well as increasing awareness of the program.	Ongoing	Continue to identify programming opportunities Monitor and evaluate existing and new programming
Recommend a review of AMS Food Bank Model and Operations.	AMS Food Bank SGPS	The FIAC continues to work with the AMS Food Bank and SGPS to discuss policies on keeping track of usage, implementing educational and financial resources into operations, advocacy resources (Community Food Centers Canada Model).	Ongoing	Research to identify potential for CCFC-based programming

Topic: Community

Recommendation	Lead	Specific Actions	Progress	Next Steps
Maximize dignity and reduce stigma in food insecurity programming: Opportunities for students to engage in cooking/food literacy/advocacy. Opportunities for student voices in programming/policy.	Food Insecurity Advisory Committee	Promotion and marketing of existing food skills programs to a wider audience by Student Food Collective. Providing students with the chance (through surveys, more chances for feedback in targeted areas) to provide their opinions to be considered in policy. Surveys include the SES, NCHA, etc.	Ongoing	Ensure sustainability of a broad range of programming
Support awareness activities that reflect an understanding of the root causes of food insecurity as a social justice issue. Support programming that promotes a sense of belonging for students who identify in groups at higher risk of food insecurity.	Food Insecurity Advisory Committee Student Food Collective	Student Food Collective helping to promote social justice group events (Four Directions, Ban Righ Centre, Yellow House, culture- related club events). Training offered to Student Food Collective members includes an understanding of food insecurity as a social justice issue, as well as how, at Queen's, food insecurity is more likely to be experienced by female-identified graduate students, who also often have parental or familial responsibilities.	Ongoing	Incorporate EDII training into Food Insecurity Training program

Topic: Skill Building

Recommendation	Lead	Specific Actions	Progress	Next Steps
Support programs providing students with opportunities to prepare healthy affordable meals.	Campus Partners Food Insecurity Advisory Committee	Food skills programs targeted to those at higher risk of food insecurity (international students, students supporting families, graduate students). Use community gardening plots on campus/create more plots.	Ongoing	Ensure sustainability of a broad range of programming

Topic: Policy

Recommendation	Lead	Specific Actions	Progress	Next Steps
Encourage tracking of food bank usage and report data.	AMS Food Bank	The SFCC developed and delivers annual training to member about food insecurity, including the context at Queen's. Regular surveys like the SES and the NCHA have, and will continue to, provided clear baseline data and information about the experiences of Queen's students related to food and housing insecurity. The AMS has started to implement an anonymous user survey about their clients to understand how to better provide food access and support.	Completed	Ensure Annual tracking to monitor and evaluate AMS Food Bank services over time
Advocate for consideration of student food insecurity in all policies and programs that focus on undergraduate/graduate experience.	Food Insecurity Advisory Committee	Incorporated food insecurity concerns and issues into the discussion and work related to: <ul style="list-style-type: none"> Working Group on Graduate Success. Internationalization strategy. Campus Wellness Framework. Sustainable Development Goals. Student Experiences Survey. 	Ongoing	Continue to identify opportunities to engage in advocacy
Support implementation of initiatives that increase needs-based funding for students.	University Advancement Division of Student Affairs School of Graduate Studies	<ul style="list-style-type: none"> <i>Promise Scholars Program</i>/campaign introduced in 2020. Addition of <i>Commitment Bursaries</i> and <i>Commitment Scholars</i> program in 2021. Changes to PhD tuition for intentional students. Increase job opportunities with SWEP and Work Study Program. Financial Aid Review in 2022. 	Ongoing	Review the outcome of the Financial Aid review and support as appropriate

Appendix B: Queen's University Student Food Collective Newsletter

<p>Queen's University Food Collective Newsletter January 2022</p>	<p>AMS Food Bank & United Way KFLA Good Food Box Initiative</p> <p>Date/Hours of Operation: Thursday, January 13th - 4:00-5:00PM Thursday, January 27th - 4:00-5:00PM</p> <p>The AMS Food Bank has partnered with the United Way KFLA to offer Good Food Boxes to AMS Food Bank patrons at no cost.</p> <p>The Good Food Box program serves as an additional supplemental food source that patrons can receive in addition to their normal Food Bank request. Pick-up will proceed with AMS Food Bank operating hours.</p>  	<p>Queen's University Hospitality Services Food Access Website</p> <p>Queen's Hospitality services continues to operate their food access website providing information on food access resources in the community.</p> <p>Programs include those offered by hospitality services (in addition to off-campus resources).</p> <p>Explore the website at: https://www.queensu.ca/studentaffairs/health-and-wellness/food-access-resources</p> 
<p>AMS Food Bank Pick-Up Services</p> <p>The AMS Food Bank has transitioned to pick-up services in accordance with public health guidelines.</p> <p>Date/hours of operation for January: Monday, January 10th: Time TBD Monday, January 17th: Time TBD Monday, January 24th: Time TBD Monday, January 31st: Time TBD</p> <p>Requests are due 11:59PM Friday before each Monday pick up.</p> <p>Patrons can order a food hamper and select the food request through an online form available on the AMS Food Bank Facebook page.</p> 	<p>Queen's University Hospitality Services Swipe it Forward Program</p> <p>Select retail food outlets will be open. For full details, visit: https://dining.queensu.ca/hours-of-operation</p> <p>The Queen's Swipe it Forward initiative will be open to students for the upcoming year, providing meals to students in need.</p> <p>To Inquire about the Swipe It Forward program, contact swipeitforwardqueens@queensu.ca</p>  	<p>Society of Graduate & Professional Students Recipe Blog</p>  <p>The SGPS has created an online recipe blog to encourage healthy eating.</p> <p>You can access the blog at: https://sgps.ca/recipe-blog/</p>
<p>Good Times Diner Stay tuned for updates from Good Times Diner!</p> <p>Good Times Diner is a student run organization that provides meals to Queen's community members once a week.</p> <p>Meal are provided every Sunday night from Chalmers United Church from 6:00-6:30PM.</p> <p>To reserve a meal, visit GTD's Facebook page: https://www.facebook.com/goodtimesdiner</p>  	<p>Additional Resources Grocery Store Discounts</p> <p>Student discounts are available with presentation of a valid Queen's University student card at:</p> <p>Metro, 310 Barrie St</p> <ul style="list-style-type: none"> • 10% discount on Tuesday, Wednesday, and Thursday <p>Loblaws, 1100 Princess St and 1048 Midland Ave</p> <ul style="list-style-type: none"> • 10% discount on Tuesday and Thursday <p>Food Basics, 33 Barrack St & 1225 Princess St</p> <ul style="list-style-type: none"> • 10% discount on Tuesday <p>Bulk Barn, 1201 Division St</p> <ul style="list-style-type: none"> • 10% discount on Wednesday 	

Appendix C: Stakeholder Meetings and Questions

Stakeholder Meetings

- Paige Redmond - Head Manager, AMS Food Bank
- Sacha Lund and Maddy McCartney – Co-Chair, Soul Food Queen’s
- Cailey Ng – Co-Director, Good Times Diner
- Kassandra Coyle – Wellness Commissioner, Society of Graduate and Professional Students
- Sandrine Jacquot – General Director, Queen’s Project on International Development
- Hayden Royds – Food Systems Portfolio Manager, Queen’s Students for Systems Change
- Erin Burns – Peer Health Educator, Queen’s Health Promotion

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 student group 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 could our approach to food insecurity on campus be improved?

Appendix D: Environmental Scan of Food Insecurity Resources at Other U15 Group of Canadian Research Universities

Food Insecurity University Environmental Scan

Prepared December 13th, 2021

Google and Facebook searches were conducted to locate food insecurity/access resources at the U15 Group of Canadian Research Universities, with the inclusion of other post-secondary institutions relevant food insecurity programming. The following data is extensive, but not exhaustive of the food access services/ resources available at U15 member institutions, including University of Alberta, The University of British Columbia, University of Calgary, Dalhousie University, Laval University, University of Manitoba, McGill University, McMaster University, University de Montreal, University of Ottawa, University of Saskatchewan, Western University, University of Toronto, and University of Waterloo.

U15 Canadian Research Universities Environmental Scan of Resources for Food Insecure Students

University of Alberta

Food Insecurity-Related Resources

Campus Food Bank

- Pick up hours
 - Monday 4–8 pm
 - Tuesday 12–4 pm
 - Wednesday 8 am–12 pm
 - Thursday 4–8 pm
 - Friday 12–4 pm

Hamper Program

- Dedicated to supporting food insecure individuals, including UofA students, staff, and recent alumni.
- Requirements:
 - A valid ONEcard is required to access the hamper program.
 - ID is required for each member of the household sharing the hamper. You will

be required to provide information about your relationship to the University Community, your source(s) of income, basic demographic information, as well as your dietary needs.

- Once registered, you can receive a food hamper, either through pick up or delivery, as often as once every two weeks.

Grocery Buses

- Program is part Campus Food Bank's suite of food support programming
- Extending accessibility to students.
 - Limited spots, sign up
- Schedule:
 - 10:00 am - Leave campus
 - 10:15 am - Drop off at Superstore
 - 10:30 am - Drop off at T&T Supermarket/ H-Mart
 - 10:45 am - Drop off at 34th Avenue Shops (Spice Centre, Halal Meat Shops, etc.)
 - 12:15 pm - Pick up from Superstore
 - 12:30 pm - Pick up from T&T Supermarket/ H-Mart
 - 12:45 pm - Pick up at 34th Avenue Shops
 - 1:00 pm - Arrive back to campus
- [Form to fill out](#)

WECAN Food Basket

- Monthly fruit and vegetable or meat baskets at low cost
- WECAN program offers monthly fruit and vegetable or meat baskets at low cost
- WECAN Food Basket Society is a non-profit organization that purchases bulk meat and produce
- Costs
 - Yearly Membership Fee \$5.00 (from March-April)
 - Meat Order \$20.00 per monthly order
 - Produce Order \$15.00 per monthly order
 - Halal Meat Order \$13.53.00 per monthly order
- What comes in order:
 - Meat Order: 2 to 3 types of meat, typically at least 1KG of meat
 - *Options include a Regular meat order or a No Pork meat order
 - Produce Order (3 types of fruit and 3 types of vegetables) \$15.00 per monthly order
 - Halal Beef Order: 1.36 kg (3 pounds) of frozen lean ground halal beef
 - *We rotate between halal meat options every few months*
 - [Calendar Link](#)

Campus Food Kitchen

- Wednesday evening cooking classes over zoom

- 15 people
- Costs
 - Free
 - Receive all ingredients ahead of time
 - Can join over zoom without getting ingredients
- Work through simple recipes with the help of food bank volunteers.
- Goals:
 - Socialize
 - Improve Cooking skills
- [Link to register](#)

Resources

- campusfoodbank.com/
- campusfoodbank.com/grocery-bus
- campusfoodbank.com/wecan
- campusfoodbank.com/campus-kitchens

University of British Columbia

Food Insecurity-Related Resources

AMS Food Bank

- Hours
 - Monday 12–7 pm
 - Thursday 12–7 pm
- There is no registration process, all that is required is a valid UBC ID.
- On your first visit, you will receive 1 or 2 reusable AMS Services bag(s) that you should bring with you for any future visits
- Individual customers will receive one bag and families (supporting one or more dependents) receive two
- [Food Distribution guidelines](#)

UBC Meal Share Program

- Currently on pause – due to all available funds being located
- The UBC Meal Share Program is a pilot program* made possible through the generous support of the UBC community
- At UBC Vancouver, support will be available through one of two options:
 - The UBCcard: \$100* direct funds on the UBCcard for use at eligible locations.
 - Grocery Store gift card: \$100* e-gift card at participating Loblaws locations.
- Funds will be available at the beginning of each month until they run out.
- Eligibility:

- Self-identify as experiencing challenges accessing adequate and appropriate food due to financial reasons.
- Current student
- Apply for funds for maximum of two times each term

Acadia Food Hamper Program

- The Acadia Food Hamper program provides the UBC community with food hampers and baby hampers (by special request) three Thursdays a month out of the Acadia Commons Block from 12:30–4:00 pm
- No further information for program listed on website – just email to reach out to

Lower Cost Food options:

- Food
 - Program offers healthy meals to students for \$3
 - Operated by UBD Food Services
 - Open Monday through Friday for lunch 11 am–2 pm
 - “We know subsidizing food is not an ideal or long-term solution; food security is complicated and relates to overall financial security caused by a complex web of factors.”
- Agora
 - 100% student and volunteer run café
 - Affordable
 - Example of prices: Soup with toast* (1 pc): \$3.75
- Sprouts
 - 100% student and volunteer run café
 - Free meal program
 - Sprouts Cafe also serves 30 free meals a day
 - Grab a free meal card from our board or ask at the till.
 - No questions asked

Healthy Eating on Budget Sources

- [Resources and tips for healthy eating on budget](#)
 - Not all campus specific, but listing other recourses

Resources

- food.ubc.ca/places/foood/
- foodhub.ubc.ca/
- ams.ubc.ca/student-services/food-bank/
- wellbeing.ubc.ca/food-security-resources
- ubcsprouts.ca/free-meal-program
- wellbeing.ubc.ca/ubc-meal-share-program#
- blogs.ubc.ca/agora/

- students.ubc.ca/health/health-topics/food-nutrition

University of Calgary

Food Insecurity-Related Resources

SU Campus Food Bank

- Hours of operation
 - Monday–Friday: 9 am–12 pm
 - “Nutritionally Sound Hampers”
- Guidelines
 - 7–day emergency food relief to the campus community
 - Valid campus ID required
 - Access the service a maximum of 3 times per fall semester, 3 times per winter semester, 1 time per spring semester, 1 time per summer semester
 - A minimum of 30 days between requests
 - No drop by
- Contents of food hampers:
 - Dependent on requests
 - Provides perishables and non-perishables
 - Also has vegetarian options
- [Guidelines for all food resources in the area](#)

Good Food Box Program

- SU Campus Food Bank is now an official depot for the Good Food Box program
- Currently suspended until further notice
- Costs:
 - Small/Senior Box: 20+ lbs. of produce, \$25.00
 - Medium Box: 30+ lbs. of produce, \$30.00
 - Large Box: 40+ lbs. of produce \$35.00
- Pick-ups must be completed from 1–4 p.m.

General notes:

- Resources easy to find
 - Searched “University of Calgary food bank” Food Bank first result
 - Searched “University of Calgary food” Food Bank/Good Food Box program did not come up
- Only two resources I could find
- Only free one Food Bank – not accessible that frequently

Dalhousie University

Food Insecurity-Related Resources

Student Union Food Bank

- Pick-up service
- Open 2x per week
- Variety of foods available
- Open to students and community members

Loaded Ladle

- Soup kitchen providing free lunch meals to students
- Operate out of an industrial kitchen
- Open every weekday 12–2:30 pm
- Funding from \$9.00 student fee

Dalhousie Student Farmers Market

- Operate a market stand and food box program 2x per week
- Order online at discounted rates

Food for Thought Pantry Cupboard

- Take-what-you-need pantry cupboard at the agricultural campus
- Open 1 day per week from 8:30 am–3:30 pm
- Emergency service for students who do not have access to food

Food Security Project

- Fundraising campaign in support of the Student Union Food Bank to buy groceries and pay for a Food Bank manager
- Raised over \$80k in 2020
- Raised \$40k in 2019

Resources

- dsu.ca/foodbank
- projectdal.ca/project/foodsecurity/?utm_source=Dalhousie+Office+of+Advancement&utm_campaign=f3bdf6404f-GT+Acq+Lge+Email+2+Nov+30&utm_medium=email&utm_term=0_9581d45f60-f3bdf6404f-40718821
- loadedladle.com/volunteer/
- facebook.com/dsufoodbank/

Laval University

Food Insecurity-Related Resources

La Table du pain

- Weekly Pickups – Wednesday
- Submit information via Microsoft Forms
 - Asks for Age, Dependents
- Run by Student Union

La Bouchée Généreuse

- La Bouchée Généreuse distributes more than 500 food hampers every week.
- Not a direct partnership through university but listed on university website under “Food Assistance”

Resources

- bbaf.ulaval.ca/en/my-finances/assistance-resources/
- docs.google.com/forms/d/e/1FAIpQLScuIWpMTVpQqMZ2iTs9VfGb3TiB0JZQ0rQHhGloiGbZl1upg/viewform

University of Manitoba

Food Insecurity-Related Resources

U of M Food Bank

- COVID-19 Operations
 - Currently closed for in-person, but offer contactless delivery through partner- Food Fare Winnipeg
- Terms of use
 - Student (full or part time)
 - No cost
- Food Hamper
 - Once a month
 - Next day delivery
 - Weekdays
- “Since March of last year, approximately \$60,000 has also been raised from faculty, staff, donors and the community to assist students through the UM Food Bank.”
- [Helps offset grocery costs for more than 1,110 students each year.](#)
- UMSU and Graduate Students Association and Financial Aid and Awards

Resources

- umanitoba.ca/financial-aid-and-awards/u-m-food-bank

McGill University

Food Insecurity-Related Resources

Midnight Kitchen

- Pick-up meal program for students, taking place bi-weekly during COVID-19 restrictions
- Emergency grocery gift card program
- “Service in solidarity” meal program for political activism
- Resources
 - midnightkitchen.org/

McMaster University

Food Insecurity-Related Resources

Student-run, on-campus Food Bank

- Through self-service, partners can choose the non-perishable food and hygiene products that they need.
- Monday through Friday, from 10:30 am–2:30 pm

Lockers of Love

- COVID-19 Operations
 - Closed for in-person operations
 - Instead offering digital grocery gift cards
- Prior operations
 - Food Collective Centre partners can order non-perishable food items online with a unique ID code and pick them up from a locker on campus within 2 days
 - Non-perishable items only

Good Food Box

- Acts as liaison for Good Food Box Program
- Good Food Box is a non-profit project run by the MSU Food Collective Centre in partnership with Grace Lutheran Church
- Pick up on campus
- Lower cost (not free)
 - \$15 for FCC Partners
 - \$18 for Students and Staff

Community Kitchen Workshop

- Monthly cooking workshops
- Free – all ingredients provided
- Available to all (not just students)
- Sign up information posted on social media platforms

Resources

- msumcmaster.ca/service/fcc/
- instagram.com/msu_fcc/

University de Montreal

Food Insecurity-Related Resources

Banque Alimentaire

- 200 students per week
- 1 hamper per student each week
- Composed of dry, dairy, fruits, and vegetables
- Pick up on campus Monday 15:15
- For students at University Montreal
- Need an annual income lower than \$21 132
- Need to submit forms and appropriate documents annually
- Resources
 - baudem.ca/

University of Ottawa

Food Insecurity-Related Resources

People Republic of Delicious

- Once per week soup kitchen and grocery service to all students
- Serves up to 50 people each week

University of Ottawa Students' Union Food Bank (UOSU)

- Provide emergency food relief to uOttawa students and their families
- Food cupboard service for students in need
- Provides hampers with supplies up to 3 days
- Open 10 am–4 pm Monday-Thursday

Resources

- keepcampusdelicious.wixsite.com/prd-rpd
- seuo-uosu.com/services/food-bank/

University of Saskatchewan

Food Insecurity-Related Resources

University of Saskatchewan Student's Union Food Centre – uFood

- Customizable emergency food hamper program created and developed by the USSU
- Available to students exclusively
- Only allowed 4x per term

CHEP Good Food Box Program

- Community program available to students that provides good food boxes to students
- Available 2x per month

Fresh Food Market

- USSU Food Centre offers a fresh food market in Place Riel. This program provides fresh fruits and vegetables at extremely low prices to accommodate students' health needs

Resources

- ussu.ca/main-page/centres/food-centre/fc-programs/

Western University

Food Insecurity-Related Resources

Food Support Services (undergraduate)

- USC student service
- Food Hamper Service (Digital Food Bank)
 - Students in need can request a hamper using our online form and pick it up in a locker located in the basement of the UCC
 - Food hamper service provides students in need with a grocery bag of food for 1–2 days
 - [Online request form or visiting office](#)
 - Asks for listing of dependents
 - Dietary preferences
- Hours of operation:
 - Food Bank hours are Monday to Friday from 10 am to 3 pm. Extended hours are Wednesdays from 10 am to 5 pm.
 - Only undergraduate

Food Bank Program (graduate studies)

- The SOGS food bank provides grocery store gift cards of \$75 per applicant (plus \$25 for each dependant) that can be used at Loblaws and Metro brand grocery stores.

- [Apply using online order form](#)
- If approved, the gift card is sent via email

Resources

- westernusc.ca/services/food-support-services/

University of Toronto

Food Insecurity-Related Resources

University of Toronto Student's Union Food Bank

- Food Bank providing bi-weekly food access to students
- Requires University of Toronto student card to access
- Pick-up procedures only during COVID-19

University of Waterloo

Food Insecurity-Related Resources

WUSA Food Support Services

- Food and hygiene hampers are currently available 24/7
- Pre-Packaged Hampers
 - With choices of meat, vegetarian, halal, kosher, hygiene and menstrual
- Custom Hampers
 - [Submitted using online form](#)
 - For specific dietary restrictions
- For both hampers:
 - Individuals may pick up a total of four food hampers plus one hygiene hamper per month
 - Hamper pick up: Monday–Friday 7:30 am–7 pm at turnkey desk in student life center
- Resources
 - wusa.ca/services/food-support-services

Appendix E: 2021–22 Queen’s University Food Insecurity Advisory Committee Membership

Food Insecurity Advisory Committee 2021–22

Membership	Position	Name
Vice Provost and Dean of Student Affairs delegate (chair)	<i>Assistant Dean, Student Life and Learning</i>	Corinna Fitzgerald
Food Collective Student Coordinator	<i>Food Collective Student Coordinator</i>	Max Moloney
Representative from Student Wellness Services	<i>Health Promotion Coordinator, Student Wellness Services</i>	Kathryn Humphrys
Representative from Hospitality Services	<i>Associate Director, Housing and Ancillary Services</i>	Jennifer Pete
Representative from the School of Graduate Studies	<i>Manager, Recruitment & Events</i>	Colette Steer
Representative from Student Financial Aid	<i>Associate University Registrar, Student Awards</i>	Teresa Alm
Representative from the Division of Student Affairs	<i>Executive Assistant to the Vice-Provost and Dean</i>	Jessica Whiting
Representative from the Alma Mater Society	<i>Vice-President of Operations, Alma Mater Society</i>	Tiana Wong
Representative from the Society for Graduate and Professional Students	<i>Vice-President Community, Society for Graduate and Professional Students</i>	Anthony Lomax
One Graduate Student at Large	<i>Student delegate</i>	Allen Tian
One Undergraduate Student at Large	<i>Student delegate</i>	Paige Redmond
Community Member	<i>President & CEO, United Way KFLA</i>	Bhavana Varma
Community Member	<i>Urban Agriculture Organizer, Loving Spoonful</i>	Ayla Fenton

Appendix F: 2021–22 Queen’s University Student Food Collective Membership

2021–22 Queen’s University Student Food Collective Membership

Membership	Position	Name
Food Collective Student Coordinator	<i>Food Collective Student Coordinator</i>	Max Moloney
AMS Food Bank	<i>Head Manager</i>	Paige Redmond
ASUS Good Times Diner	<i>Co-President</i>	Cailey Ng
Society of Graduate and Professional Students	<i>Wellness Commissioner</i>	Kassandra Coyle
Queen’s Project on International Development	<i>General Director</i>	Sandrine Jacquot
Queen’s Students for Systems Change	<i>Food Systems Portfolio Lead</i>	Food Systems Portfolio Lead
Queen’s Health Promotion	<i>Peer Health Educator</i>	Erin Burns



Queen's
UNIVERSITY

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