

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.

Executive Summary

The 4 X H H Q ¶ V 8 Q L Y H U V L W \) P a R d e v e l o p e d f o r t h e O f f i c e o f t h e S t u d e n t F o o d P a n e l i n o r d e r t o r e v i e w c u r r e n t p r a c t i c e s a n d t r e n d s , a s w e l l a s t o p r o v i d e r e c o m m e n d a t i o n s r e s p o n d i n g t o s t u d e n t f o o d i n s e c u r i t y . A s t h e u n d e r s t a n d i n g o f t h i s i s s u e w i t h i n C a n a d i a n u n i v e r s i t i e s e v o l v e s , w e a r e c o m m i t t e d t o a d j u s t i n g o u r r e s p o n s e a p p r o p r i a t e l y .

P a r t o f t h e w o r k i n t h e g r o u p w a s t o d e e p e n t h e u n d e r s t a n d i n g o f t h e r e l a t e d t o f o o d i n s e c u r i t y D V W K H \ S H U W D L Q H G W R R Q K W H H [4 X H T H Q U ¶ R X S Q L Y H U F X L W M L R g r o u p a n d w i t h k e y s t a k e h o l d e r s , a n d f r o m r e v i e w o f a v a i l a b l e d a t a i t w a s n o t e d t h a t c u r r e n t i n i t i a t i v e s o n c a m p u s p r i m a r i l y a d d r e s s f o o d a c c e s s r a t h e r t h a n f o o d i n s e c u r i t y . T h e w o r k i n g g r o u p r e c o g n i z e s t h a t f o o d i n s e c u r i t y i n C a n a d a a n d o n p o s t - s e c o n d a r y c a m p u s e s i s

Further to these goals, it is recommended 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 culture that recognizes 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 4 X H H Q ¶ V 8 Q L Y n s e c u r i t y R e p o r t W a s D e v e l o p e d f o r t h e O f f i c e o f t h e P r o v o s t i n o r d e r t o r e v i e w c u r r e n t p r a c t i c e s a n d t e n d s , a s w e l l a s t o p r o v i d e r e c o m m e n d a t i o n s r e s p o n d i n g t o s t u d e n t f o o d i n s e c u r i t y a t X H H Q ¶ V

decisions that support health. 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

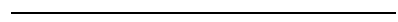
The Food Insecurity Working Group was established in June 2019 to evaluate current trends, scan current practices, and make recommendations. The X H H Q ¶ V Working Gro

In spring 2018, Student Affairs and Hospitality Services launched the **Swipe It Forward** program. 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** program is believed to be the first of its kind in Canada. The program gives students the option of donating one meal a week to the program (five meals). During the academic year, students experiencing food insecurity can receive up to 25 meals per term from program partners across Student Affairs. These meals can be loaded on to their student card. These meals are used in the dining halls or at retail food locations on campus. When meals are

Environmental Scan of Services and Supports

Between July and October 2019, student food researcher Mikayla Sebest worked within the mandate of the working group to produce an environmental scan of the programs and services that focus on food insecurity. This review examined approaches employed by ten other postsecondary institutions located in Ontario and Quebec that address food insecurity. She also met with campus partners to discuss student experiences of food insecurity.

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 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, 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 help to mitigate the impacts of food insecurity, they do not directly address the problem. Programs that truly reduce food insecurity address the root cause of poverty leading to food insecurity.

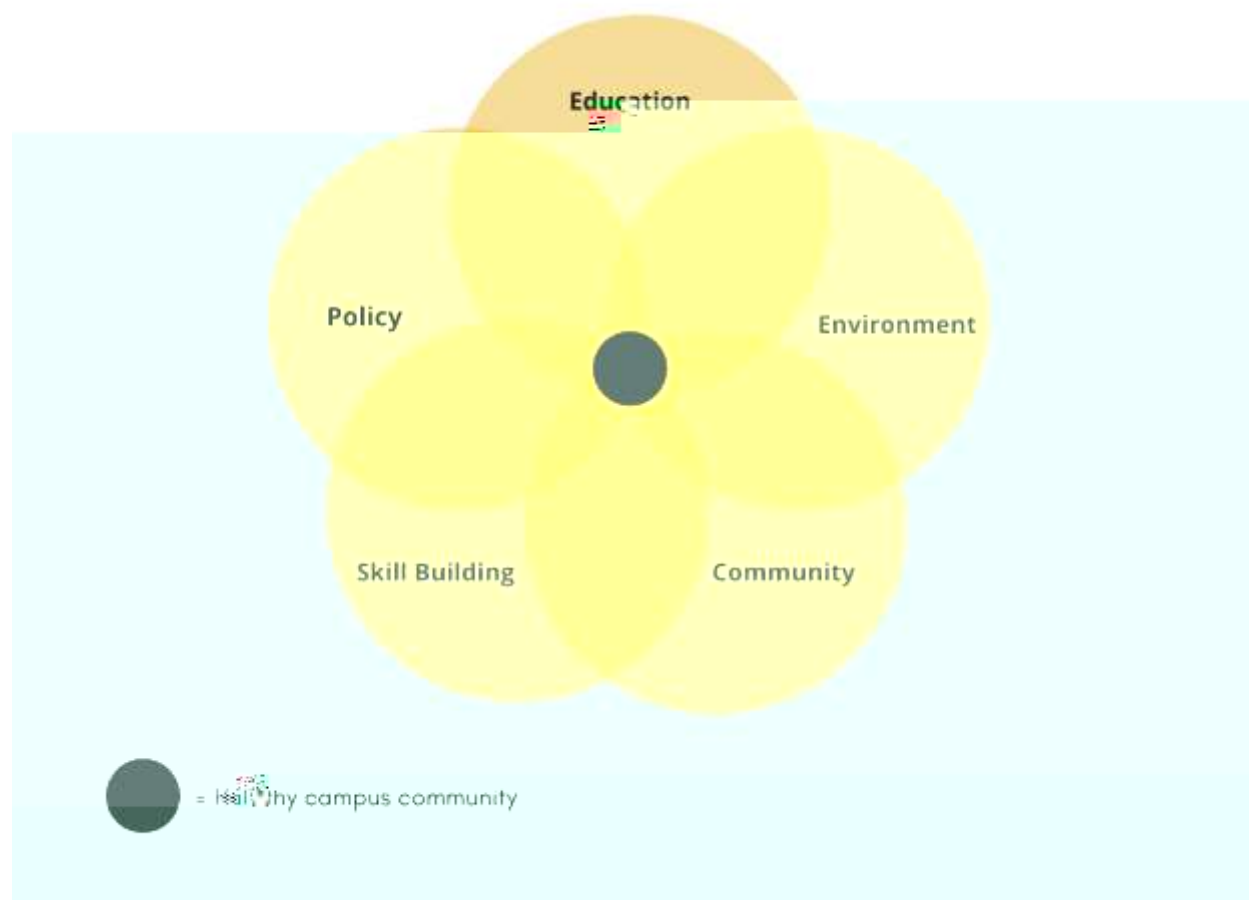


intuitive responses. There also was an interest in sharing the research projects being conducted across the province

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

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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.

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

It was also highlighted in meetings with campus partners that the issue of food insecurity at 4 X H H Q ¶ V L V P R V W O W L D Q Y d t e x p e r i e n c e i s t a f f, 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

- x 5 DLVLQJ DZDUHQHVV DERXW WKH LVVXH Existing LQVHF 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) 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

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

- x Providing students with opportunities to learn how to prepare healthy, affordable meals for themselves and their families
- x 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. 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.

- x 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 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

- x Create a student food insecurity committee to monitor and report annually about campus food insecurity. Terms of Reference and membership to be determined
- x 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
- x Develop a centralized database of available resources and programs that address food insecurity leading to an enhanced communication strategy to raise awareness of supports and services

Environment

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

Community

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

Skill Building

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

Policy

- x Encourage tracking of food bank and other program usage, where appropriate, share data annually
- x Advocate for consideration of student food insecurity in all policies and programs that focus on the undergraduate and/or graduate student experience
 - o 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
 - o Advocate for the inclusion of food insecurity questions on the National College Health Assessment survey in future iterations and in other

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 that recognizes 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.

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

Kate Johnson, Intef~~er~~faith Chaplain

ProfessoElaine Power, PhD, School of Kinesiology and Health

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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.

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Skills Based Programs

Cooking Classes:

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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 Kingstonianst 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 Calendar. (Following information from Food for You website.)

Kingston community members teach students how to cook plant-based meals. They plan the menu, bring the ingredients and facilitate the event and the students help prepare and eat the three course, plant-based meal, cleanup and take home any leftovers. Registration is required in advanced and it costs \$5 at the door (subsidies available).



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 and 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:

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^}u Y μ websites have this service listed as the AMS/SGPS Food bank, others only have it listed as the AMS Food Bank. The website do not explicitly indicate that it is open to undergraduates and P CE μ š l% CE}(••]}v o •šμ v š•X ^ • %o s(•p%a\$to p s(•e }μ CE À } o Ç}μ CE •šμ v š CE š} v•μ CE }μ CE • CEÀ]]•]vP μ• Ç Yμ v[• •šμ v š•Xe_what you h• CE P CE u v U }w oÇ ÁZ š Ç}μ v _X nly for students, not for dependents of students.

The Food Bank is open two times a day for 1 day D-5 (r >.04 0 0 1e1.>.04 0 105 (r)s<)4 (d)13T Q q 0 0 792 612a264 4(h)3 (a0 0 792 6 515.06 0 T80



Appendix 4 Research on other Canadian Post-Secondary Institutions

Google and Facebook searches were conducted to locate food access resources at 10 post-secondary institutions in Ontario and Quebec. While searching for programs/resources I did not go past the second page of Google, or expand Facebook search results 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, York University, and York University.

Key Observations:

No institution had a centralized website that highlighted 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 budgeting classes. Information was frequently scattered across numerous, separate sites 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 search in depth for resources, zero resources appeared.

Community Gardens:

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FoodBanks

Midnight Kitchen

<https://midnightkitchen.org/foodbank>

The building on campus due to construction closing their on campus location. Students and 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 basic services including food storage, cooking classes, and more.

Soup Bar & Free Campus Food

Midnight Kitchen

<https://midnightkitchen.org/mealpick-up>

People can register for the weekly meal pick up service where people can bring their own container to take home food. We run a daily lunch service but this is temporarily replaced by the weekly

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<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, Har



Student Wellness Center for g4 12.9



St. John's University - St. John's University

St. John's University

Student Wellness Center Brown Bag Breakfast

<http://www.stjohns.edu>

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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

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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

s Republic of Delicious

https://keepcampusdelicious.wixsite.com/prdrpd?fbclid=IwAR2USJJG1igPd3Hr5iwA494ImQwxxz2MyvzY1M_eqfuHKkxhWOD00rADG8

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/aboutusppo\(n\)3\(t\)](https://www.utsc.utoronto.ca/aboutusppo(n)3(t))

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.



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/>



Budgeting:

Money Talks Budgeting Program

<https://register.msu.edu/programs/financial-literacy/2019-2020>

Making a Budget Website Financial Wellness Website

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 building provides food to the Soup Bar.

Budgeting N/a

Food Banks

information on it.

Soup Bars & Free Campus Food

IGNITE Soup Bar

<http://ignitestudentlife.com/services/soupbar/>

<https://www.thestar.com/news/gta/2018/09/19/humbercollegesnew-pay-what-you-can-soup-bar-to-feed-studentswhile-diverting-food-waste.html>

(Guelf / Humber Program) Pay what you can soup, Tuesday and Thursday 12pm 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 programs.

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 priority. Website has many resources including those on Canadian Food Policy, reports published by the institute and associated faculty, FoodPrint (an extensive research program on food, agriculture and biodiversity), Feeding 9 Billion (a food security initiative based at 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

- x Has information on budgeting and cost estimation
- x Hosting a Financial Literacy Fair on November 21st, 2019
- x 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/getinvolvedin-communitygardens/>

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 in our culture. 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 v PCE μ š • š μ access to emergency food, anti-poverty resources, and referrals to other food security, anti-poverty and financial assistance groups.

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- x Located on campus the food bank is open Monday-Friday from 12pm to 6pm.
- x Provides max. 30 items per person in the family per month
- x Link on website to the ~~Guel~~Wellington-



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