

Tuesday, November 17, 2020

6:00PM

[Zoom](#)

We would like to respectfully acknowledge that our University and our Students' Union are located on Treaty 6 Territory. We are grateful to be on Cree, Dene, Saulteaux, Métis, Blackfoot, and Nakota Sioux territory; specifically the ancestral space of the Papaschase Cree. These Nations are our family, friends, faculty, staff, students, and peers. As members of the University of Alberta Students' Union we honour the nation-to-nation treaty relationship. We aspire for our learning, research, teaching, and governance to acknowledge and work towards the decolonization of Indigenous knowledges and traditions.

LATE ADDITIONS (SC-2020-15)

2020-15/1 **SPEAKERS BUSINESS**

Join Zoom Meeting

<https://us02web.zoom.us/j/88037533279>

Meeting ID: 880 3753 3279

2020-15/2 **PRESENTATIONS**

2020-15/3 **EXECUTIVE COMMITTEE REPORT**

2020-15/4 **BOARD AND COMMITTEE REPORT**

2020-15/5 **OPEN FORUM**

2020-15/6 **QUESTION PERIOD**

2020-15/7 **BOARD AND COMMITTEE BUSINESS**

2020-15/7a **KIDD/DHILLON MOVES TO** approve First Principles of the Health and Wellness Policy.

See SC-2020-15.16

2020-15/7b **LEY/DRAPER MOVES TO** approve the First Principles of the Nonpartisan Policy.

See SC-2020-15.17

2020-15/7c **LEY/DRAPER MOVES TO** approve the Second Principles of the Deferred Maintenance Policy.

See SC-2020-15.18

- 2020-15/8 GENERAL ORDERS
- 2020-15/9 INFORMATION ITEMS
- 2020-15/9a Board of Governors Report
 See SC-2020-15.15
- 2020-15/9b Council Submissions
 See SC-2020-15.06-09.16-18
- 2020-15/9c Presentations
 See SC-2020-15.10-11.19 (includes Campus Food Bank Presentation)

Date: 11/17/2020

To: Students' Union Council

Re: BoG Rep 2020/2021 Report 12 - **Appointment and Affairs**

Dear Council,

Board

1. **Vice-President External Relations Appointment:** on Monday of last week the board met to discuss and vote on the candidate, Elan MacDonald's, appointment. More information can be found on [UAlberta's Quad blog](#). Her portfolio will amalgamate all university communications to streamline messaging to the public which may be helpful as long as all voices are considered.
2. **Board Reputation and Public Affairs Committee:** meeting this Friday, we will be updated on UAlberta's brand development initiative, which the Students' Union will be consulted about. We will also discuss UAlberta's [innovation website](#) that was launched to emphasize the university's importance in this time of provincial post-secondary review which I think is incredible as long as the website is well visited. Demonstrating value is critical at this juncture. If ever you are interested in current or past open session minutes for this committee, let me or university administration know at my email below, juli.zinken@ualberta.ca or erin.plume@ualberta.ca.

Not Board

1. **Edmonton City Councillor Forum:** several weeks ago discussions centred around people coming to and leaving Edmonton, an energy transition, student housing and how municipal elections can now be funded anonymously, changing the game and making local support more important. A big takeaway was volunteering for the candidates you believe in and starting this process of engagement earlier rather than later.

Thanks for reading!



University of Alberta Undergraduate Board of Governors Representative
Dave Konrad

2020-21 - Council Submissions

UASU Students' Council Agenda Submission

Council Meeting Date Tuesday, November 17, 2020

Mover KIDD

Email amonteir@ualberta.ca

Action Requested Approval

Approval

Motion KIDD/DHILLON MOVE TO approve first principles of the Health and Wellness Policy

Abstract

First Principles of renewal for the Health and Wellness Political Policy.

Attachments



First Principles - Health and Wellness Policy (...)

Political Policy

Health and Wellness

1st Principles

Policy Support Team: Katie Kidd, Talia Dixon, Simran Dhillon, Christian Fotang

Policy Facts:

Old Policy		New Policy (General Facts)	
1.	University experience is not limited to academia. Students need support in all aspects of their lives in order to be successful.	1.	University experience is not limited to academia. Students need support in all aspects of their lives in order to be successful.
2.	Student health and wellness of an individual includes emotional, mental, physical, spiritual, and sexual health.	2.	Student health and wellness includes emotional, mental, physical, spiritual, and sexual health. All these aspects must be respected and acknowledged by both the University and Students' Union for students to achieve academic success.
3.	Student health and wellness is impacted by externalities such as, but not limited to, accessibility of physical environments, addictive behaviour, availability of clinical services, food security, financial security, inclusivity, physical fitness and health, positive build environments, and social community	3.	Student health and wellness is impacted by externalities environmental stressors such as, but not limited to, accessibility of physical environments, addictive behaviour, availability of clinical services, food security, financial security, inclusivity, physical fitness and health, positive building environments, and social community, personal loss, surrounding health crises and the status of public health.
4.	Health and wellness significantly impacts student academic success and social well being.	4.	Student health and wellness is impacted by social stressors such as, but not limited to, availability of clinical services, food security, financial security, inclusivity, and social community.
5.	Students are increasingly susceptible to high levels of stress due to heavy workloads.	5.	Student health and wellness is impacted by individual stressors such as, but not limited to, accessibility, addictive behaviours, mental health and physical health.
6.	Services supporting student health and wellness include more than just clinical services.	6.	Services supporting student health and wellness include, but is not limited to, University Health Centre, Peer Support Centre, the Landing, The Sexual Assault Centre, Community Social Work Team, Counselling & Clinical Services, Healthy Campus Unit, Pharmacy, First People's House, and the Campus Food Bank.
7.	The current levels of service and availability of facilities on campus do not adequately address student need.		
8.	Awareness of health and wellness services		

	does not sufficiently extend across the student body		
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NEW POLICY (All Facts):

General

1. University experience is not limited to academia. Students need support in all aspects of their lives in order to be successful.
2. Student health and wellness includes emotional, mental, physical, spiritual, and sexual health. All these aspects must be respected and acknowledged by both the University and Students' Union for students to achieve academic success.
3. Student health and wellness is impacted by environmental stressors such as, but not limited to, physical fitness and health, positive building environments, personal loss, surrounding health crises and the status of public health.
4. Student health and wellness is impacted by social stressors such as, but not limited to, availability of clinical services, food security, financial security, inclusivity, and social community.
5. Student health and wellness is impacted by individual stressors such as, but not limited to, accessibility, addictive behaviours, mental health and physical health.
6. Services supporting student health and wellness include, but it not limited to, University Health Centre, Peer Support Centre, the Landing, The Sexual Assault Centre, Community Social Work Team, Counselling & Clinical Services, Healthy Campus Unit, Pharmacy, First People's House, and the Campus Food Bank.

Food and Nutrition

7. Most reports on nutrition at the University of Alberta report a lack of access to and consumption of healthy foods including fruits and vegetables
 - a. 45.4% of students report eating 3 or more servings of fruit and vegetables.
8. Food insecurity is a concern at University of Alberta as, "12.4% qualified as highly food insecure, while another 758 qualified as moderately food insecure, for a total food insecurity rate of 31.6%"¹
 - a. This insecurity is comparable to other universities.
9. Food insecurity is a growing concern as the Campus Food Bank usage has doubled from 2015 to 2020²:
 - a. These increases took place before the COVID-19 pandemic, but food insecurity grew worse following the pandemic²; and
 - b. This food insecurity is impacted by intersecting identities, for example, international students make up a significant portion of food bank users².
10. Students have common concerns surrounding food including quality of food on campus, cost, and accessibility to varied kinds of food such as vegetarian and Halal food³.
11. 1.9% of students report struggling with eating disorders⁴

- a. This low reporting number may be correlated with the fact that eating disorders are largely considered to be ignored by universities, in both reporting and treatment⁵.
12. There is a lack of information about students satisfaction with meal plans, however, student movements have shown wide dissatisfaction with meal plans provided at the University of Alberta.
13. Students report a lack of access to sustainable food options¹.

Mental Health

14. Mental health can have a large impact on how students participate in their academic experience.
15. There are numerous factors that contribute to a students' mental health. This could include but is not limited to: gender and gender identity, sexual orientation, race, indigeneity, disability, residency status, etc.
- a. The World Health Organization states that:
 - i. Mental health and many common mental disorders are shaped to a great extent by the social, economic, and physical environments in which people live; and
 - ii. Social inequalities are associated with increased risk of many common mental disorders⁶.
16. The Mental Health Commission of Canada developed a National Standard for Mental Health and Well-Being for Post-Secondary Students. This lays out the roles and responsibilities institutions should follow for their students⁷
- a. This includes calling for culturally appropriate mental health and well-being support for students.
17. The National College Health Assessment survey found that between 2013 and 2019⁸:
- a. Students' feelings of: overwhelming anger, overwhelming anxiety, so depressed were difficult to function, very sad, very lonely, overwhelmed by everything to do and that things were hopeless, all significantly increased;
 - b. Treatment for panic attacks, depression and anxiety doubled;
 - c. Students who attempted suicide, seriously considered suicide, and intentionally self-harmed nearly doubled.
18. Students' feelings of: overwhelming anger, overwhelming anxiety, so depressed it was difficult to function, very sad, very lonely, overwhelmed by everything to do and that things were hopeless, all significantly increased;
- a. Treatment for panic attacks, depression and anxiety doubled; and
 - b. Students who attempted suicide, seriously considered suicide, and intentionally self-harmed nearly doubled.
19. Canada's Mental Health Strategy includes the following First Nation-specific mental wellness priorities:
- a. Close critical gaps in the continuum of mental wellness services, treatments and supports for First Nations, including traditional, cultural, and mainstream approaches;

- b. Disseminate and share knowledge about promising traditional, cultural, and mainstream approaches to mental wellness, such as mental wellness teams and recognizing the role of Elders;
- c. Support and recognize the community as its own best resource by acknowledging local knowledge and by developing community capacity to improve mental wellness;
- d. Enhance the knowledge, skills, recruitment and retention of the range of service providers able to provide effective and culturally safe services, treatments and supports for First Nations mental wellness; and
- e. Strengthen collaborative relationships among federal, provincial, territorial and First Nations governments to improve policies, programs and services related to mental wellness⁹.

20. Canada's Mental Health Strategy includes the following Métis-specific mental wellness priorities:

- a. Consult and engage Métis people to develop a Métis-specific mental health and substance-use strategy;
- b. Build Métis knowledge through research to understand fully the intergenerational effects of colonization and the mental health needs of Métis people today;
- c. Develop, increase and sustain Métis mental health human resources;
- d. Improve access to a full continuum of culturally competent and culturally safe mental health services, treatments and supports for Métis people; and
- e. Develop and strengthen collaborative relationships at all levels of government to advance and improve Métis mental health and well-being⁹;

21. Canada's Mental Health Strategy includes the following Inuit-specific mental wellness priorities:

- a. Close critical gaps in the continuum of mental wellness services, treatments and supports for Inuit, including traditional, cultural, and clinical approaches;
- b. Support Inuit to respond to their mental health needs by drawing on the knowledge and strengths in their communities;
- c. Provide adequate, sustained funding and support to develop the mental health work-force and strengthen recruitment and retention of mental health workers;
- d. Increase the availability of Inuit-specific mental wellness data, research, information, knowledge and training; and
- e. Bring about transformation in mental wellness services through strong partnerships with government, non-government organizations, foundations and the private sector⁹.

Sexual Health

22. Sexual wellness is part of maintaining overall health. This includes but is not limited to: having access to and utilizing contraception, testing for STIs and treatment and vaccinations for Hepatitis A & B and HPV. As well as having access to information about your sexual health¹⁰.
23. The University of Alberta provides access to sexual health services to all members of the university community regardless of sexual orientation or gender identification. This includes access to STI and pregnancy testing, contraception, and examinations¹⁰.
24. When surveyed about their birth control and contraceptive habits:
 - a. 15.7% of University of Alberta students report using the morning after pill⁴;
 - b. University of Alberta students report using birth control methods including birth control pills and condoms⁴; and
 - c. 0.5% of students have reported having an STI and 1.6 % of University of Alberta students report having an unexpected pregnancy within the last year⁴.

Physical Health

25. A lack of exercise, adequate sleep and poor eating habits contribute to increased health risks for university students.
26. While it is recommended that university students have 6-8 hours of sleep a night, university students in North America report not getting enough sleep. Lack of sleep or inadequate sleep leads to poor academic performance.
27. University of Alberta Students report a lack of exercise.
28. A minimum of 2 hours of exercise a week is recommended for university students. Balancing extracurriculars, socializing, and academics, means that students will often prioritize these activities over exercise.
29. Diseases such as the common cold, the flu, stomach viruses, and orthopedic injuries were reported as the most common health issues for university students.

Addiction

30. 19% of college students use an illicit drug each year¹¹.
31. College students are also known for misusing prescription stimulants, with 6.9% of college students stating they used them for nonmedical reasons such as for a study aid¹².
32. Students who are part of the Greek system are up to 26 percent more likely to binge drink¹³.
33. Four out of five college students drink alcohol, according to a report by the National Institute on Alcohol Abuse and Alcoholism.
 - a. Two out of five college students met the qualifications of heavy drinkers, meaning at some point in the past two weeks they drank five or more drinks in a row¹⁴.

Spiritual Health

34. During the first three years of university, many students show significant spiritual growth. This can impact other outcomes such as academic performance, satisfaction with university, leadership, psychological well-being, and intellectual self-esteem¹⁵.
35. The University of Alberta website provides a faith directory that outlines spiritual care providers for the following religions: Buddhism, Christianity, Islam, Judaism, and Unitarian Universalism¹⁶.
36. The University of Alberta community includes the Interfaith Chaplains Association. It serves the University of Alberta from the understanding that life, including academic life, is a spiritual journey. The Interfaith Chaplains Association at the University of Alberta is made up of chaplains from a variety of denominations who cooperate with one another to care for the unique needs of the University community.
37. Spiritual care has positive effects on individuals' stress responses, spiritual well-being, sense of integrity and excellence, and interpersonal relationships¹⁷.

Social Connection

38. In 2016 more than 66% of Canadian students reported feeling "very lonely"¹⁸.
39. In addition to academic performance, social connectedness has an impact on students' physical and mental health.
40. Physical spaces such as classroom spaces, outdoor spaces and social spaces have the ability to increase or decrease social connectedness on campus¹⁹
 - a. Location of multicultural centres or faith centres on campus or outside of campus influences the use of these spaces by students²⁰.
41. Language and cultural barriers factor in international students ability to foster more social connectedness on campus. Breaking down these barriers can assist in reducing the social and academic isolation international students report experiencing²⁰.
42. Research reports show that students of colour are twice as likely, in comparison to white students, to indicate feeling more isolated on campus²¹.

RESOURCES:

1. <https://www.su.ualberta.ca/media/uploads/1143/2019%20Annual%20Survey%20Report.pdf>
2. Campus Food Bank Year in Review 2019/2020 Report
3. 2018-2019 Student Satisfaction and Learning Survey Overview
4. NCHA University of Alberta Executive Summary Spring 2019
5. <https://www.universityaffairs.ca/features/feature-article/support-for-eating-disorders-overshadowed-by-larger-campus-mental-health-demands/>
6. https://apps.who.int/iris/bitstream/10665/112828/1/9789241506809_eng.pdf
7. <https://www.mentalhealthcommission.ca/English/studentstandard>

8. <https://higheredstrategy.com/are-the-kids-all-right/>
9. https://www.mentalhealthcommission.ca/sites/default/files/MHStrategy_Strategy_ENG.pdf
10. <https://www.ualberta.ca/services/health-centre/services/sexual-health.html>
11. Palmer, R. S., McMahon, T. J., Moreggi, D. I., Rounsaville, B. J., & Ball, S. A. (2012). [College student drug use: Patterns, concerns, consequences, and interest in intervention](#). *Journal of College Student Development*, 53(1).
12. McCabe, S. E., Knight, J. R., Teter, C. J., Wechsler, H. (2005). [Non-medical use of prescription stimulants among US college students: Prevalence and correlates from a national survey](#). *Addiction*, 100(1), 96-106.
13. (U.S. Department of Education's Higher Education Center)
14. O'Malley, P. M. & Johnston, L. D. (2002). [Epidemiology of alcohol and other drug use among American college students](#). *Journal of Studies on Alcohol and Drugs*.
15. (Astin & Astin, 2010)
16. <https://www.ualberta.ca/current-students/interfaith-chaplains/faith-directory/index.html>
17. Cavendish R, Konecny L, Mitzeliotis C, Russo D, Luise B, Lanza M, et al. Spiritual care activities of nurses using Nursing Interventions Classification (NIC) labels. *Int J Nurs Terminol Classif*. 2003;14(4):113-24.
18. <https://www.cbc.ca/news/canada/manitoba/university-loneliness-back-to-school-1.3753653#:~:text=among%20students%20%E2%80%94%20loneliness-.A%20new%20study%20of%20Canadian%20university%20students%20found%20more%20than,students%20at%2059%20per%20cent>
19. <http://www.socialconnectedness.org/wp-content/uploads/2018/03/Building-Connectedness-in-the-Classroom-and-on-Campus-A-Look-at-McGill-University%E2%80%99s-Architecture-and-Infrastructure.pdf>
20. <https://books.google.ca/books?hl=en&lr=&id=G-yXqFNB5FcC&oi=fnd&pg=PA37&dq=Environmental+influences+on+college+culture&ots=30s1Mu1k33&sig=cCh1nMmYF83IdbR4cWlQYCaLS8#v=onepage&q=international%20students&f=false>
21. <https://www.jedfoundation.org/steve-fund-jed-launch-equity-mental-health-framework-support-college-students-color/>

CONSULTATION PATHWAYS:

2020-21 - Council Submissions

UASU Students' Council Agenda Submission

Council Meeting Date Tuesday, November 17, 2020

Mover LEY

Email amonteir@ualberta.ca

Action Requested Approval

Approval

Motion LEY/DRAPER MOVE TO approve the First Principles of the Nonpartisan Policy.

Abstract

First Principles of renewal for the Nonpartisan Political Policy.

Attachments



First Principles - Nonpartisan Policy (2022) .p...

Political Policy

Nonpartisan

1st Principles

POLICY SUPPORT TEAM: Talia Dixon, Rowan Ley, Andrew Batycki

POLICY FACTS:

Preamble: The University of Alberta Students Union (UASU) represents all undergraduate students regardless of their political opinions. Similarly, the UASU represents undergraduate students to all levels of government (municipal, provincial, and federal) regardless of the political party in power. For these reasons, it is imperative that the UASU is a non-partisan organization and is perceived as nonpartisan in order to effectively work for all undergraduate students and with government stakeholders. on-partisanship is not analogous to being apolitical. The work of the UASU is inherently political. As an organization, the UASU is committed to fight for students, and represent their needs in a non-partisan manner..

Definitions:

Nonpartisan - “free from party affiliation, bias, or designation”¹

OLD POLICY		RENEWED POLICY	
1.	Undergraduate students at the University of Alberta have diverse political views and ideologies.	1.	Undergraduate students at the University of Alberta have diverse political views and ideologies.
2.	The Students’ Union represents all undergraduate students at the University of Alberta.	2.	The Students' Union represents and provides services for all undergraduate students at the University of Alberta.
3.	The Students’ Union would not be representing the perspectives of all students by endorsing political parties or candidates.	3.	The Students’ Union would not be representing the perspectives of all students by endorsing political parties or candidates.
4.	Student associations are legislated corporations under the Post-Secondary Learning Act (2003) of the Government of Alberta.	4.	Student associations are legislated corporations under the Post-Secondary Learning Act (2003) of the Government of Alberta.
		6.	Opposing or supporting policies is not a partisan decision, as long as it is done in a nonpartisan manner.
		7.	Opposing comments or actions that are harmful to undergraduate students is not a partisan decision as long as the opposition is done in a non-partisan manner.
		8.	Representatives from, or within, the Students’ Union should not use their role for partisan purposes.

¹ <https://www.merriam-webster.com/dictionary/nonpartisan>

RESOURCES:

1. <https://www.merriam-webster.com/dictionary/nonpartisan>

CONSULTATION PATHWAYS:

None

2020-21 - Council Submissions

UASU Students' Council Agenda Submission

Council Meeting Date Tuesday, November 17, 2020

Mover LEY

Email amonteir@ualberta.ca

Action Requested Approval

Approval

Motion LEY/DRAPER MOVE TO approve the Second Principles of the Deferred Maintenance Policy.

Abstract

Second Principles for renewal of the Deferred Maintenance Political Policy.

Attachments



Second Principles - Deferred Maintenance P...

Political Policy

Deferred Maintenance

2nd Principles

Policy Support Team: Rowan Ley, David Draper, Andrew Batycki, Nathan Brandwein

Policy Facts:

Old Policy		New Policy	
1.	The University of Alberta Students' Union advocates to the provincial government for one-time, project-specific capital funding packages to the University to remedy the accumulated deferred maintenance liability.	1.	The University of Alberta Students' Union advocates to the provincial government for: <ol style="list-style-type: none"> a. One time, project-specific capital funding packages to the university to remedy specific instances accumulated deferred maintenance liability; b. The institution of an ongoing predictable deferred maintenance funding model to remedy the general accumulated deferred maintenance liability; c. The institution of an ongoing operational funding envelope to the University, designed to provide for adequate ongoing preventive maintenance.
2.	The University of Alberta Students' Union advocates to the provincial government for the institution of an ongoing, predictable, deferred maintenance funding model to remedy the accumulated deferred maintenance liability.	2.	The University of Alberta Students' Union advocates to the University to prioritize preventative maintenance in future budgets.
3.	The University of Alberta Students' Union advocates to the provincial government for the institution of an ongoing operational funding envelope to the University, designed to provide for adequate ongoing preventive maintenance.	3.	The University of Alberta Students' Union advocates to the University to follow construction practices that minimize future maintenance costs, prioritizes preventative maintenance in order to identify and remedy potentially serious problems while it is easiest and cheapest, and prioritizes environmental, social, and economic sustainability as well as student well-being and accessibility.
4.	The University of Alberta Students' Union advocates to the University to prioritize preventative maintenance in future budgets.	4.	The University of Alberta Students' Union shall advocate to the University to prioritize academic units that are less likely to receive sponsorship money or have been historically underfunded in reference to maintenance costs, and thus have greater need.
5.	The University of Alberta Students' Union advocates to the University to follow construction practices that minimize future maintenance costs.	5.	The Student's Union shall advocate to the University of Alberta to prioritize student spaces, spaces used for teaching, learning, and those that directly enhance the student experience, when dealing with deferred maintenance funding. Relevant spaces include but are not limited to:

			<ul style="list-style-type: none">a. Physical recreation facilities;b. Student lounges;c. Libraries;d. Residences;e. Classrooms and lecture halls;f. Laboratories/research facilities.
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Fact #xx: Students are not only affected by the building where their academic unit is based, as many programs have courses in spaces spread across campus.

RESOURCES:

None

CONSULTATION PATHWAYS:

None

2020-21 - Council Submissions

UASU Students' Council Agenda Submission

This form is intended to be used by members of Students' Council to submit items for Council meetings.

Council Meeting Date Tuesday, November 17, 2020

Mover Kidd

Email katie.kidd@su.ualberta.ca


Action Requested Information Items

Information Items

Abstract

Slides for Campus Food Bank Presentation

Attachments

 Student Council Presentation 2020.pdf



Campus Food Bank

Cory Rianson

Executive Director

ed@campusfoodbank.com

Campus Food Bank History

- Created in response to increases in international student tuition in 1991
- Students from all backgrounds began accessing the service, not just anticipated group
- Moved from being a small service to a independent non-profit organization
- Supported by the campus community and alumni

What is Food Security?

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life.

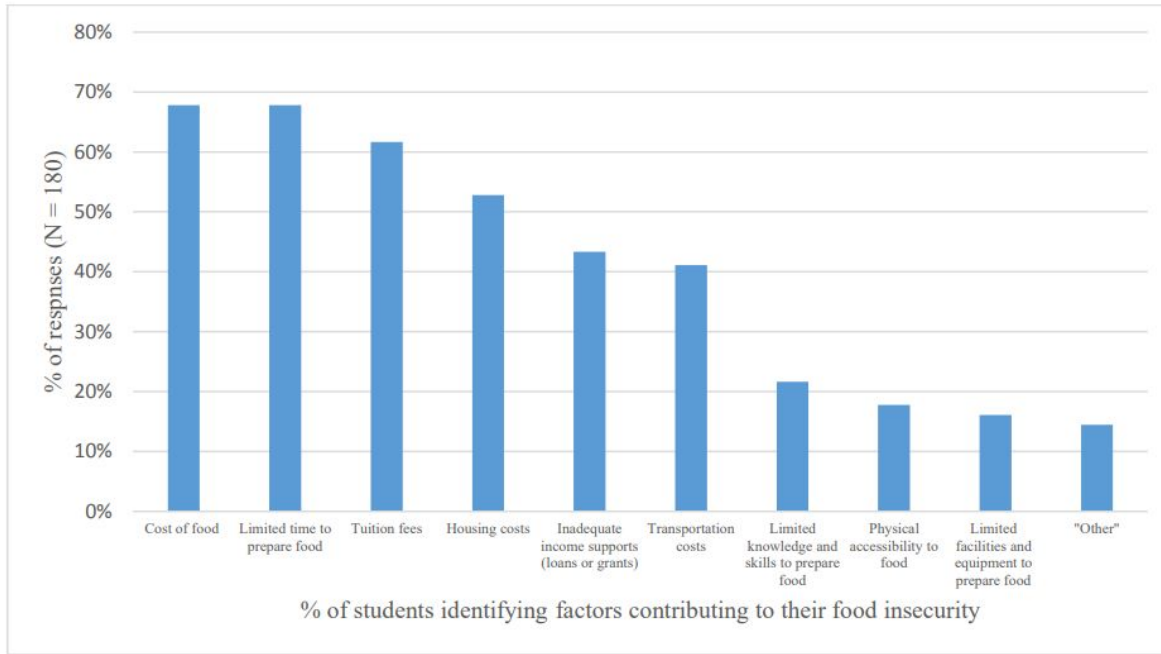
FAO. 2002. The State of Food Insecurity in the World 2001. Rome.

Food Insecurity on Canadian Campuses

- 39% of students moderately or severely food insecure across 5 Canadian campuses (including U of C)
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>
- 35% of students moderately or severely food insecure at University of Manitoba
Entz, Slater, & Desmarais (2017). Student food insecurity at the University of Manitoba. Canadian Food Studies, Vol. 4 No. 1, pp. 139–159 DOI: 10.15353/cfs-rcea.v4i1.204
- 40% of students experience some degree of food insecure at University of Saskatchewan
Caitlin Olauson, Rachel Engler-Stringer, Hassan Vatanparast & Rita Hanoski (2018) Student food insecurity: Examining barriers to higher education at the University of Saskatchewan, Journal of Hunger & Environmental Nutrition, 13:1, 19–27, DOI: [10.1080/19320248.2017.1393365](https://doi.org/10.1080/19320248.2017.1393365)

Education Costs and Barriers

Figure 1: Contributors to food insecurity



Entz, Slater, & Desmarais (2017). Student food insecurity at the University of Manitoba. *Canadian Food Studies*, Vol. 4 No. 1, pp. 139–159 DOI: 10.15353/cfs-rcea.v4i1.204

Stereotypes of Students

- Students are often assumed to be:
 - 18-24 year olds
 - Supported by parents or family
 - Certain amount of privilege
 - International students are wealthy
- Stereotype of how students should live (ex Eating instant noodles and Kraft Dinner)
 - “Starving student” -adversity is just part of the experience of being a student

At Increased Risk of Food Insecurity

- International students have 2 times the increased risk compared to domestic students
- Graduate students have 1.2 times the increased risk
- Students who parent have 1.7 times the increased risk

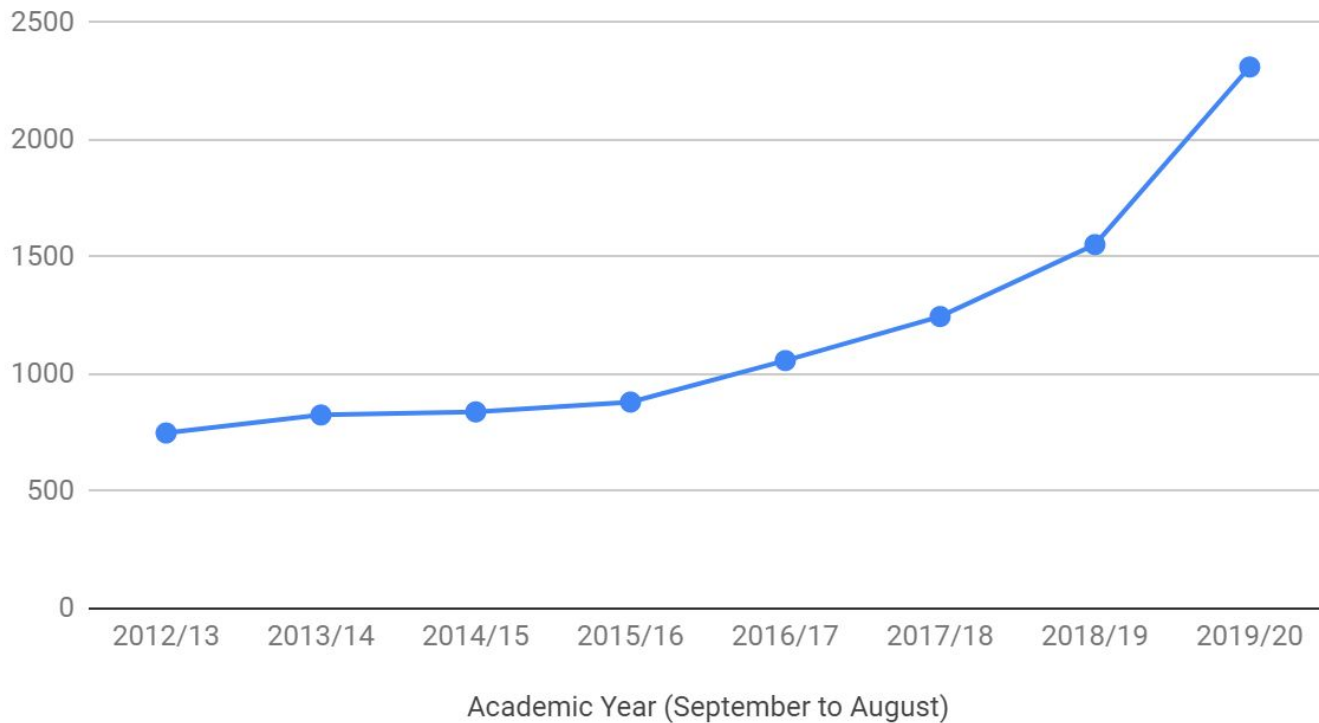
*Based on Odds Ratio (OR) where greater than 1 indicates an increased association with being food insecure.

Caitlin Olauson, Rachel Engler-Stringer, Hassan Vatanparast & Rita Hanoski (2018) Student food insecurity: Examining barriers to higher education at the University of Saskatchewan, Journal of Hunger & Environmental Nutrition, 13:1, 19-27, DOI:

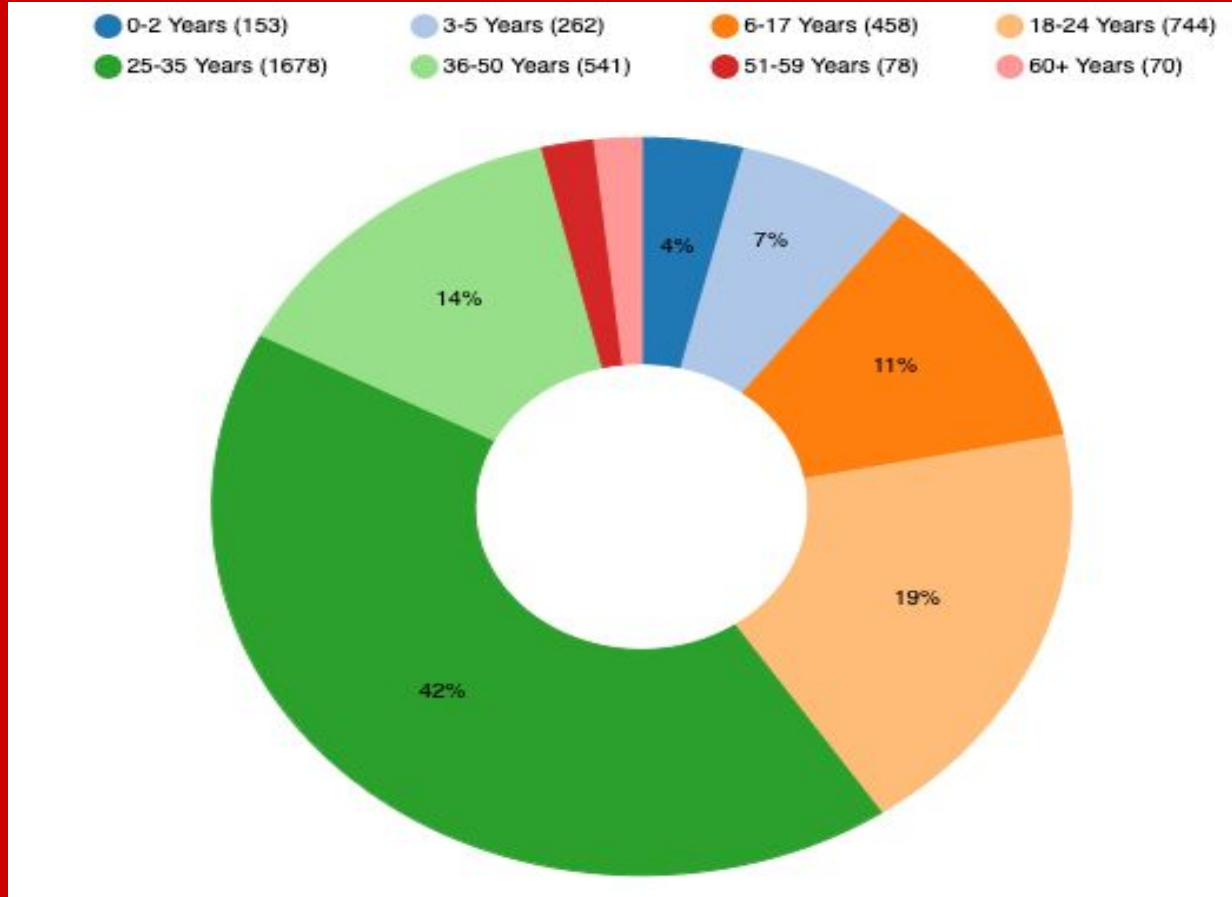
[10.1080/19320248.2017.1393365](https://doi.org/10.1080/19320248.2017.1393365)

Hampers per Year

Hampers



Who the CFB Helps: Ages 2019/20



Student Status

	2018/19	2019/2020
Alumni	1%	2%
Staff	2%	3%
Student	97%	95%
Faculty ALES	9%	10%
Faculty Arts	14%	10%
Faculty Engineering	28%	28%
Faculty Science	20%	18%
Identifies As FNMI	5%	2%
Lives In University Residence	16%	12%
Undergraduate Student	32%	26%
Graduate Student	64%	68%
Domestic	35%	24%
Alberta	70%	20%
Out Of Province	43%	9%
International Student	61%	70%

The currency rate has dropped back home so my family is no longer able to help when my savings are running low.

I am taking care of my grandkids while back in school. My program funding has been delayed, so the food bank helps me feed my family.

I am in school full-time and my spouse takes care of our three kids. My part-time income from my program doesn't cover our living costs, so we rely on the Child Tax Benefit and occasional food hampers to cover gaps.

My student loans were delayed, and I have bills such as rent and tuition that have to be paid on time. Paying for food too is tough right now, so using the food bank is helping me afford it.

I am new to Alberta and I have difficulty finding low cost food options that fit my dietary restrictions. I am not used to the food options here yet.

What is the Campus Food Bank Doing
About Food Insecurity in Our
Community?

Hamper Program

- Non-perishables and perishables, available biweekly
- Prioritize dietary restrictions and allergies
- Supplementary, to cover basic items
- 1500 hampers last academic year



Campus Kitchens

- Addressing lack of time to cook, as well as any food knowledge gaps
- Community building, a free meal and basic cooking skills and recipes
- Non-judgemental setting, to learn skills and talk more around food



Grocery Buses



- Provide access to lower cost grocery options, with a broad selection of foods
- Address gaps in available food near campus, such as halal meats, bulk food items, lower cost generally

WECAN Food Basket



BUY FRESH QUALITY FOOD AND SAVE MONEY

- \$15.00 Meat Order consists of 3 varieties of fresh frozen meat
- \$10.00 Produce Order consists of 3 kinds of fruit, 3 kinds of vegetables
- \$5.00 Membership per year

Food Security for All

campusfoodbank.com/wecan

wecan@campusfoodbank.com

780 - 492 - 8677

- Edmonton-based non-profit
- Low cost grocery option
- Bulk-purchasing model (not subsidized by the food bank)
- A way to shop smart and conveniently
- Introduction to the food bank

Campus Food Bank Programs in During COVID-19

Hamper Program - Curbside Pickup and Delivery

- Non-perishables and perishables, available biweekly
- Prioritize dietary restrictions and allergies
- Supplementary, to cover basic items
- 2300 hampers last academic year



Cook with Us

- Virtual cooking class over Zoom
- Participants cook alongside volunteer chef, or can just watch
- Opportunity to ask live questions and develop understanding
- Replaces Campus Kitchens programming

WECAN Food Basket - Curbside Pickup and Delivery



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Upcoming Events

Fast and Studious - November 16th to Dec 5th

- Peer to Peer fundraiser
- Collect donations from friends a family in support of CFB and U of A Safehouse Program
- Fast for 24 hours to raise awareness of hunger
- If you'd like to support visit our website to sign up

Contact Information

Cory Rianson
ed@campusfoodbank.com

Our Website:
campusfoodbank.com

