

UBC FOOD INSECURITY ACTION SYMPOSIUM

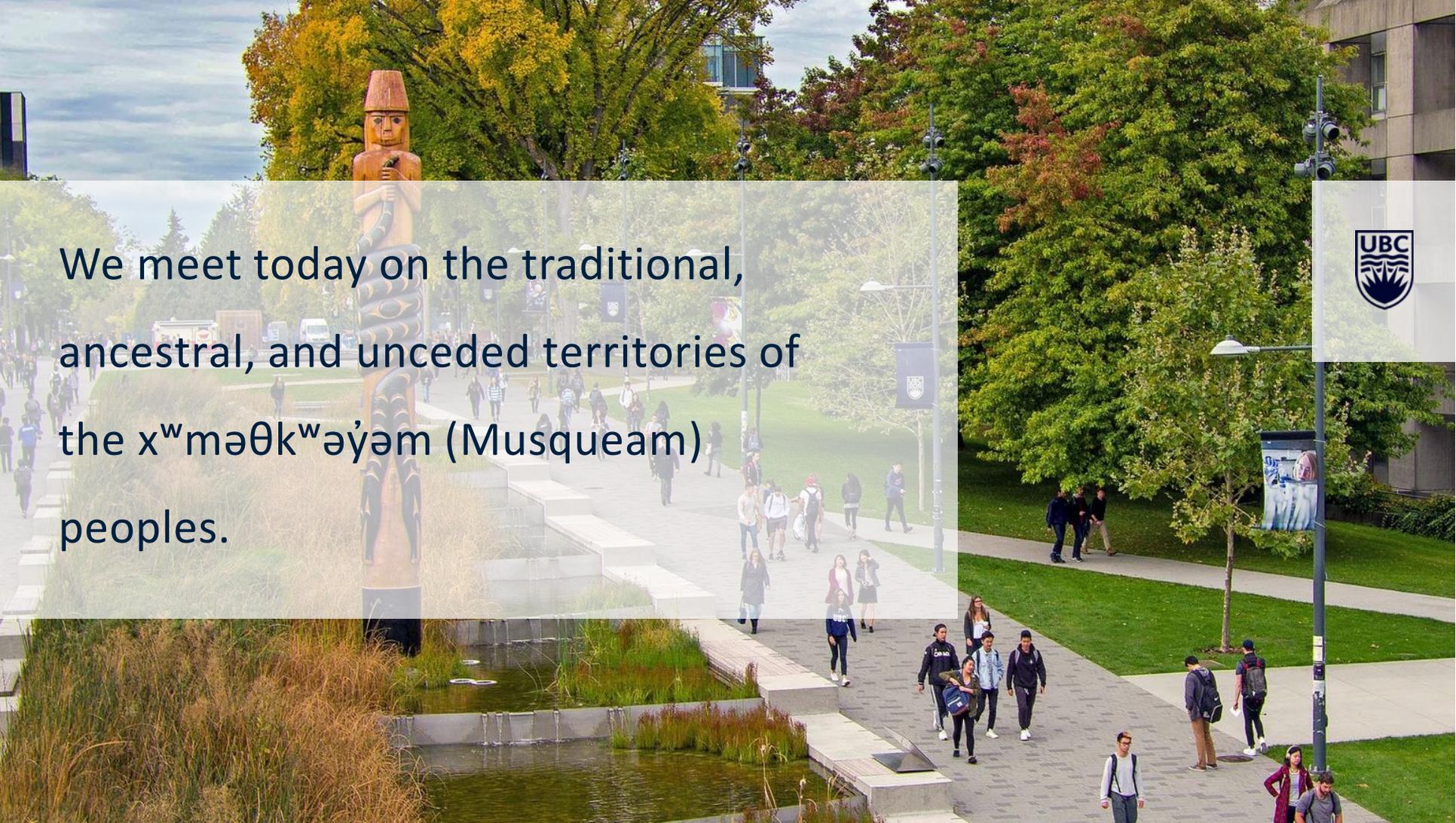
April 29, 2019

SEEDS Sustainability
Program

UBC wellbeing

CENTRE FOR INTERACTIVE RESEARCH ON SUSTAINABILITY, HYDRO THEATRE





We meet today on the traditional,
ancestral, and unceded territories of
the x^wməθk^wəy̓əm (Musqueam)
peoples.



UBC FOOD INSECURITY ACTION SYMPOSIUM: **AGENDA**

- 10:00 am** Welcome and opening statements
- 10:15 am** Student presentations – Campus Food Insecurity
- 10:45 am** Interactive Group Activities and Roundtable Discussion
- 12:00 pm** Next steps and meeting close



Core Facilitation Team

NATASHA MOORE

PLANNING & EVALUATION
ADVISOR | UBC WELLBEING



DAVID GILL

PROGRAM AND POLICY PLANNER | SEEDS
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SALLY LIN

PROJECT COORDINATOR | SEEDS
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COMMUNITY PLANNING



A **big** thank you to all our student facilitators and presenters:
Verena, Sara, Iris, Megan, Mimi, Kathy, Kimia



TO START US OFF, A PODCAST

Credit: Iris López Ramírez



FOOD INSECURITY: CHANGING DEFINITIONS

Food Security is a flexible concept with six dimensions, (LFS Core Series):

Affordability

Availability

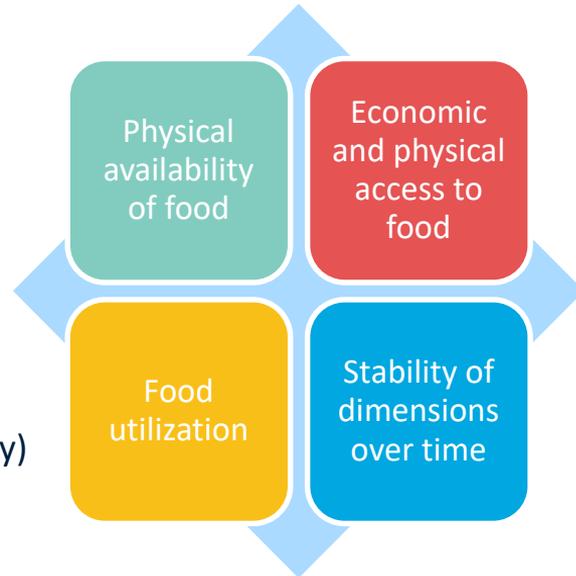
Accessibility

Appropriateness

(nutritionally, culturally, and morally)

Safety

environmental Sustainability



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**.



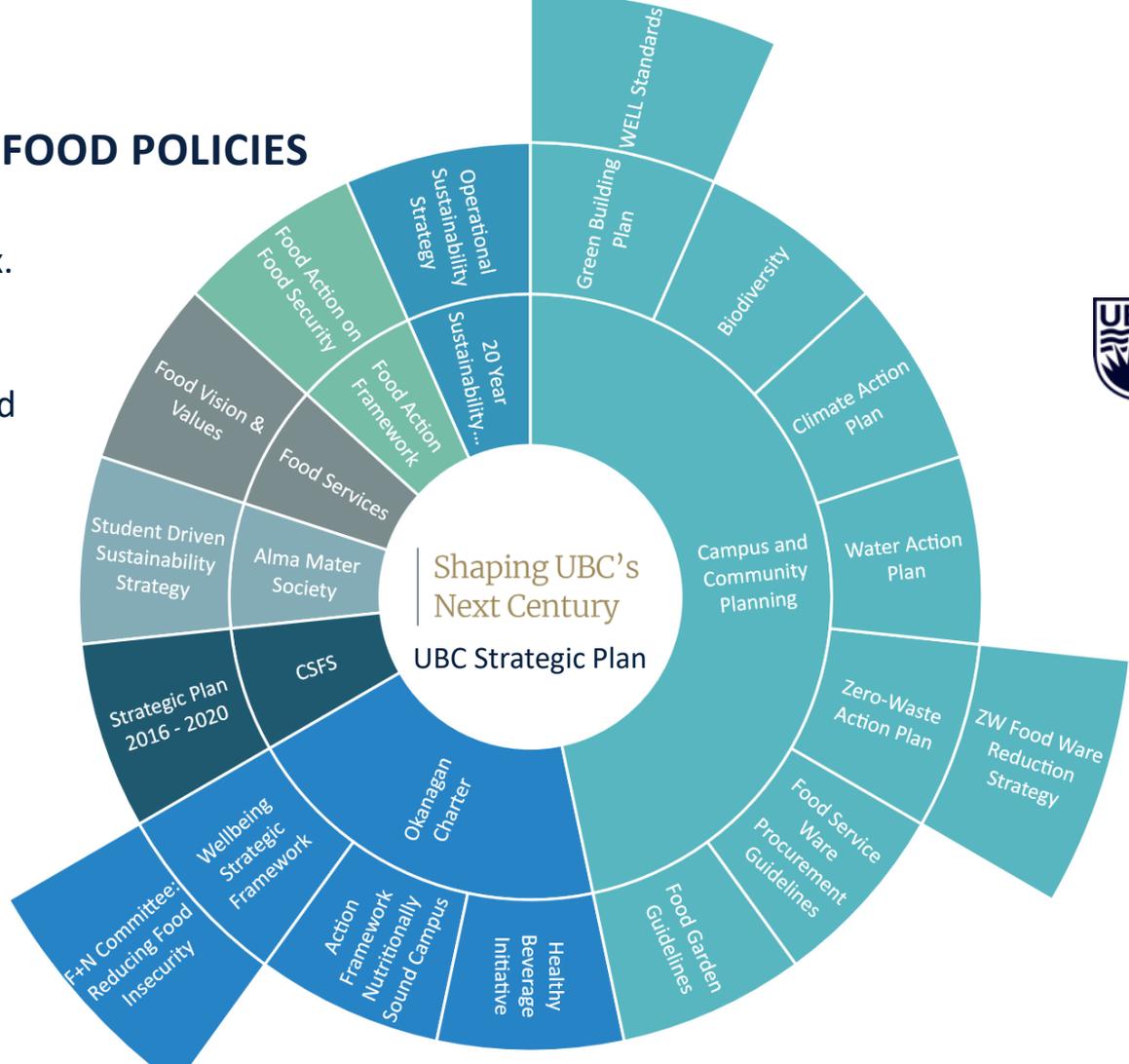
UN Food and Agriculture Organization (FAO, 2016)

Credit: Sara Kozicky, 2019

FOOD INSECURITY: CAMPUS FOOD POLICIES

The campus food system is complex.

Here is a brief look at some of the many plans, strategies, priorities and frameworks relevant to the campus food system.



WELLBEING STRATEGIC FRAMEWORK

The **Wellbeing Strategic Framework** will:

- Implement actions that promote wellbeing in 6 priority areas.
- Work to embed wellbeing into organizational plans, including academic and operational policies, practices, workplans, and everyday decision making.
- Articulate and build understanding of UBC's role in relation to wellbeing

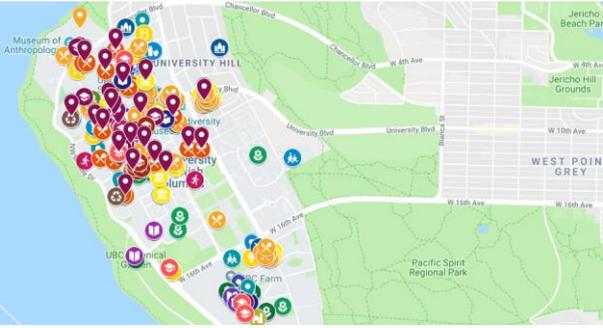


UBC is a health and wellbeing-promoting university where all people, places and communities can flourish.

Legend			
			
UBC Community Members All who work, study, play, and live on our campuses.	UBC Strategic Plan Themes Cross-cutting principles that guide the university's work.	UBC Strategic Plan Core Areas These capacities represent UBC's work as a public institution.	UBC Wellbeing Priority Areas We are collaborating to address challenges and enact meaningful change in these areas, which we identified through research and consultation with the UBC community.

UBC FOOD SYSTEM PROJECT: MISSION + GOALS

“To serve as UBC’s collaborative, cross-campus initiative that brings together partners in academics, operations, and research to further advance UBC’s food sustainability initiatives and food system”



1 To move UBC campus food system towards sustainability

2 To positively impact the movement towards the sustainability of larger BC, Canadian, North American and global food systems

3 To offer students hands-on learning opportunities in a multi-disciplinary project with potential for positive impact on ecological and human health

FOOD ACTION FRAMEWORK

9 Food Action Areas:

- 1) Production – Gardens and Farms
- 2) Procurement
- 3) Preparation
- 4) Waste management and Packaging
- 5) Education, Marketing & Promotion
- 6) Guidelines, Policies, Best Practices
- 7) Community and Wellbeing
- 8) Food Security and Access
- 9) Food Trucks

policy related to food/ SEEDS projects	and desirability in UBC context.
	2. Seek certification and recognition of food policy accomplishments
Climate-friendly food	3. Recognizing the food mandate outlined in the new Climate Action Plan (CAP) 2020, reconvene the Food Action Team to identify opportunities to expand low-carbon food systems on campus between 2016 and 2020.
	4. Improve understanding of the role of biodiversity in the food system
	5. Understand and increase the resiliency of UBC's food system
	6. Improve understanding of the carbon impact of food on campus
Sustainable Water Consumption	7. increase access to drinking water (access, infrastructure, retrofits, spa water)
	8. awareness and education of choosing tap water over SSB
Community and Wellbeing (FA-07)	
Food Community	1. Increase plant-based, vegetarian, and vegan food offerings
	2. Develop a sense of food community
	3. Food system adapt to the changing identities and cultures of campus (e.g. increasingly international)
	4. Determine types of healthy food products that are desired by campus community
	5. Increase availability of healthy food providers on campus
	6. Create opportunities within the food system to promote physical, mental and social health
	7. Increase allergy-friendly food offerings (e.g. gluten, eggs, soy, dairy-free foods).
	8. Improve education about healthy and high quality foods
Food Security and Access (FA-08)	
Hunger on Campus	1. Increase the food security of members of the UBC community (e.g. conduct hunger survey, support AMS food bank).
Food Recovery	2. Reduce wasted food by coordinating food recovery among campus units.
Food Trucks (FA-09)	
Food trucks	1. Reduce Food Truck Energy and Water consumption
	2. Increase sustainable offerings in food trucks
	3. Promotion and marketing



SEEDS SUSTAINABILITY PROGRAM: OVERVIEW



PROJECTS OVER THE YEARS: MEASURING FOOD INSECURITY

2015-2016: Student Hunger at UBC Point Grey Campus

- Interdepartmental collaboration between the AMS Food Bank, UBC Food Services, and Land and Food Systems.
- Analysis of Food Bank Clients found **graduate and international students disproportionately over-represented**. Visitations more than doubled (100%+) in one year.
- Hunger is a growing issue on campus, and there is a lack of systemic data.



FOOD BANK

The AMS Food Bank is an emergency food relief service for UBC students in need. We offer various non-perishable foods, personal hygiene supplies, budgeting tips and information on additional resources in and around Vancouver. We receive supplies from a number of generous sponsors, but otherwise rely on donations from students and staff to stock the food bank. We go by the motto of: give when you can, take when you need.



PROJECTS OVER THE YEARS: MEASURING FOOD INSECURITY

2016-2017: *Sociodemographic Predictors of University Students' Food Insecurity: Insights From a Large University in Canada*

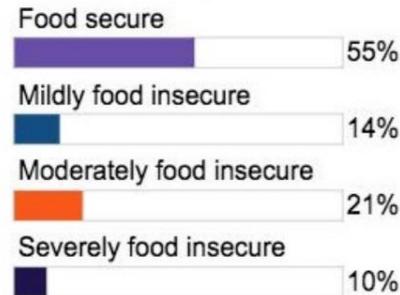
- *First attempt* to quantify prevalence of food insecurity amongst UBC students, focused on LFS.
- Need more longitudinal and cross-campus research.

OUR STUDY'S PURPOSE:

To estimate the prevalence of food insecurity among undergraduate students enrolled in the Faculty of Land and Food Systems (LFS) at UBC and identify factors that may predict students' food security status

BASED ON OUR SURVEY OF 138 UNDERGRADUATES...

Food Security Status



Students classified as food insecure did not often use services such as the campus food bank: only 6 reported using emergency food programs.

LFS Students are:

- 39%** less likely to be food insecure for every additional completed year of post-secondary education
- 80%** less likely to be food insecure if their parents purchase food for them
- 279%** more likely to be food insecure if they moved to Vancouver recently (within the last 3 years)

PROJECTS OVER THE YEARS: MEASURING FOOD INSECURITY

2017-2018: AMS Food Bank Strategy to Support all Members

Students (cohort)	UBC Student Population (%)	AMS Food Bank Clients (%)	Top 15 Clients (>15 visits each)
Domestic	76	50	80
International	24	50	20
Undergraduates	79	66	53
Graduate	21	34	47
On Campus	22	40	40
Off Campus	78	60	60

Found lack of awareness and desire for knowledge about:

- 1 Programs to purchase food cheaply
- 2 Financial Support
- 3 Career and Employment
- 4 Mental Health
- 5 Counselling Services



PROJECTS OVER THE YEARS: ALLEVIATING IMPACTS OF FOOD INSECURITY

2016-2017: Food Recovery Program Implementation



- Results identified food recovery options and routes, and led to Food Services-AMS Food bank food recovery partnership.



Established in 2016, the Agronomy Garden is a student-run community food garden located at the corner of Main Mall and Agronomy Road at the UBC Vancouver campus. The vision of the garden is to serve as "a model for environmental and social stewardship through plant and food." <https://blogs.ubc.ca/agronomygarden/>

How to create a campus garden:

1. Speak with **groups** who have created food gardens
2. **Consult** the Campus Landscape Architect @ C+CP
3. Create a **garden committee**
4. **Draft a proposal**
 - ↳ Garden Layout
 - ↳ Budget
 - ↳ Maintenance and Management Plan
5. **Demonstrate support** from your Dean or Department director
6. **Seek input** from Campus Landscape Architect
7. Get a Streets and Landscape **Permit**
8. Plan, design, build, plant and launch a garden party!

growing your future farmers

organically grown

"Plants and food are what bring us together, but what we aim to cultivate is **community and ideas** for thinking about the food system differently."

Closed loop system
Compost = "Black Gold"

Meet **Julian**
garden founder, student

staff + students working **TOGETHER**

Food skills learned here - soil health, biodiversity, DIY, food security

relax or study here

Inverting our classrooms and expanding our labs

Tara and Shannon study native pollinators (CRITICAL for global food production)

Gardens produce **MORE THAN FOOD**; they also contribute to **community building**, serve as places of **sanctuary** and **socialization**

Hug a tree

surplus crops donated here

PROJECTS OVER THE YEARS: ALLEVIATING IMPACTS OF FOOD INSECURITY

0:00



1 of 12 campus food gardens and growing

0:00:34



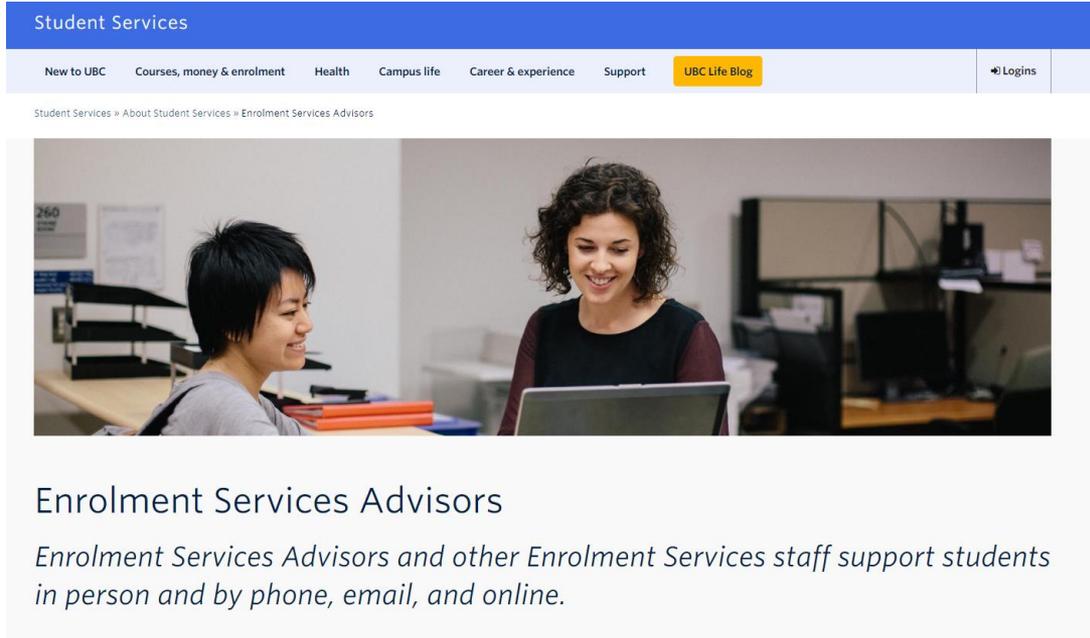
PROJECTS OVER THE YEARS: ALLEVIATING THE IMPACTS OF FOOD INSECURITY

2018-2019: *Building Food Skills and Food Knowledge: Financial Resources*

Confirmed rates of food insecurity amongst international, graduate, and first year students is higher than that of the general UBC population.

Undergraduates: large barriers of time; cost of meal plan and distance from class; dietary restrictions.

Graduate: lack of funding or consistent source of income and food literacy.



The image shows a screenshot of the UBC Student Services website. The top navigation bar is blue with the text "Student Services" in white. Below this, a light blue bar contains several navigation links: "New to UBC", "Courses, money & enrolment", "Health", "Campus life", "Career & experience", "Support", "UBC Life Blog" (highlighted in yellow), and "Logins" (with a user icon). Below the navigation bar, a breadcrumb trail reads "Student Services » About Student Services » Enrolment Services Advisors". The main content area features a photograph of two women, likely staff members, smiling and looking at a laptop screen. One woman is seated and the other is standing next to her. The background shows an office environment with desks and computers.

Enrolment Services Advisors

Enrolment Services Advisors and other Enrolment Services staff support students in person and by phone, email, and online.

STUDENT PRESENTATIONS



LITERATURE AND BEST PRACTICES REVIEW: MEASURING FOOD INSECURITY AT THE UNIVERSITY OF BRITISH COLUMBIA



Sara Kozicky, Registered Dietitian, MPH Student

Sustainability Scholar: UBC Wellbeing + SEEDS

LITERATURE REVIEW PURPOSE



To review methods for
measuring food insecurity
in the University setting
(including staff and faculty)

To make evidence
informed
recommendations for
measuring food insecurity
at UBC (UES, CCWS)

APPROACH

- Literature review with a systematic approach
 - Medline and Google Scholar
- Inclusion criteria: peer reviewed and grey literature, quantitative measurement methods of food insecurity, universities, countries comparable to Canada (development), all members of the university community (contractors, faculty, staff, graduate and undergraduate students).
- Exclusion criteria: food banks, qualitative research (due to no measure of food insecurity), colleges (specifically two year), countries that were not comparable to Canada (in terms of development).



KEY LEARNINGS



1

At UBC, a variety of inconsistent methods have been used to measure food insecurity.

2

35/40 (88%) of studies reviewed used a version of the Household Food Security Survey Module (HFSSM).

3

The HFSSM survey tool should be used at UBC for the purpose of comparability with other measures in the university population.

If possible, support the validation of the Canadian HFSSM survey tool in the University population.

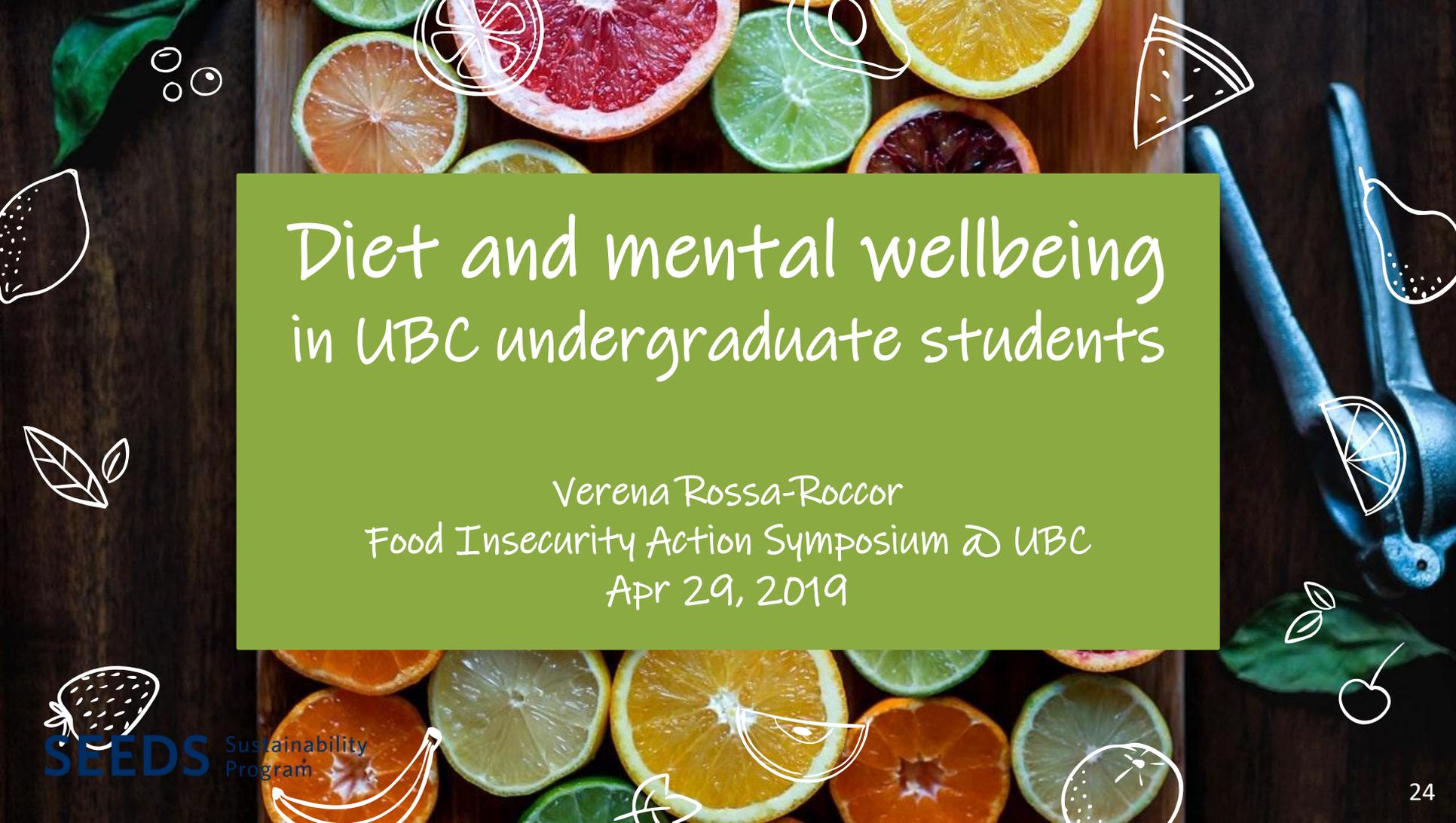
4

Continue to support the regular inclusion, analysis and dissemination of results from a food insecurity module in campus community surveys (ex. UES, CCWS).



THANK YOU!

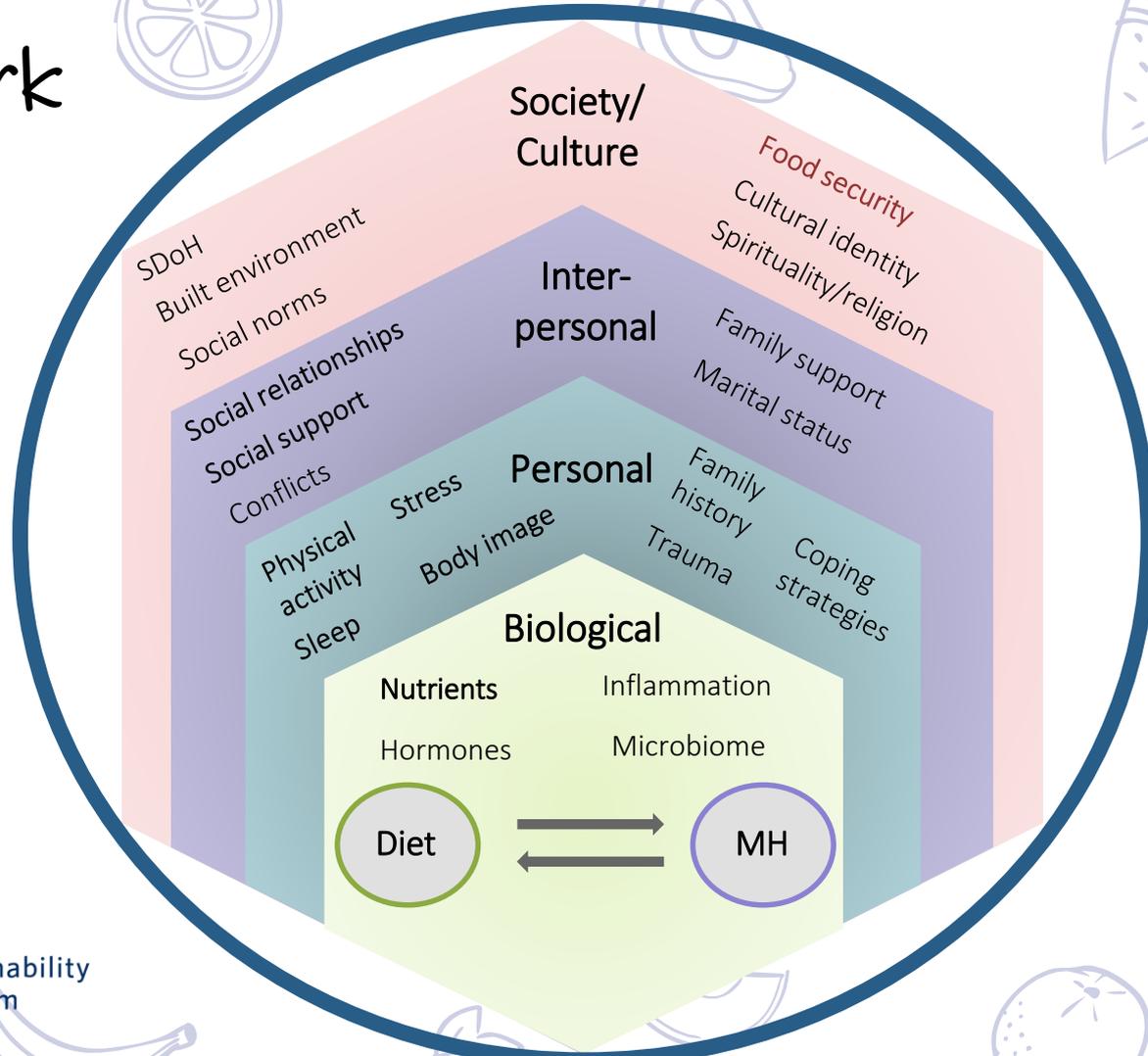
Full report available on SEEDS and Sustainability Scholars website.



Diet and mental wellbeing in UBC undergraduate students

Verena Rossa-Roccor
Food Insecurity Action Symposium @ UBC
Apr 29, 2019

Framework



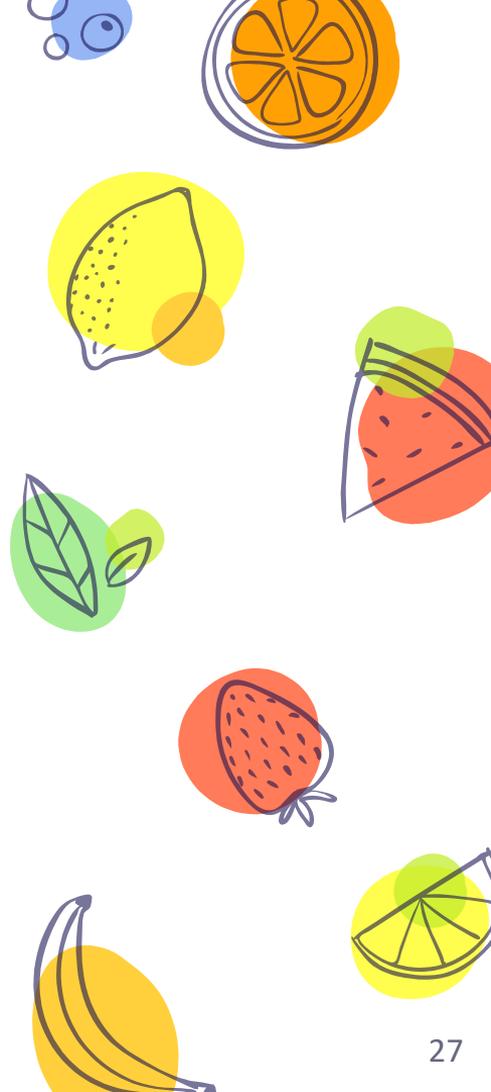
Diet & mental wellbeing – is there an association?

- × N=339 undergraduate students (representative sample)
- × Survey (QoL, depression, anxiety; dietary patterns; covariables)



Key findings

- × High rates of mental health issues
- × Large number of students who eat plant-based
- × Processed/"junk" foods associated with worse mental health
- × Holistic approach!



UNPACKING DEFINITIONS OF QUALITY, AVAILABILITY, AND AFFORDABILITY

Iris López Ramírez



About the Project

Project Goal:

To support UBC Wellbeing Strategy for a nutritionally sound campus through exploring students' perspectives on campus food quality, availability, and affordability.

Approach

- Initial survey of 30 students to gather perspectives on terms
- Two focus groups of 4 participants each to discuss experiences

3 Key Findings

1 While students can find healthy options, cost for value is seen as a barrier

2 Adapt UES questions for clarity to better capture desired data

3 Consider the experiences of commuter students

Food Insecurity

Food Interventions Scan and Evaluation

Megan Clarke, Mimi Kao, Kathy Ma

About the Project

Objective

Conduct an environmental scan on initiatives addressing food security at the post-secondary level

Approach

- Searched for universities similar in size to UBC (and other characteristics such as outside the city, diverse student population, primarily English speaking) across Canada, US, UK and Australia.
- Universities smaller than 15,000 students were excluded
- Split the universities across group members to research

Key Learnings

- **Most interventions were student-run, food banks and/or other emergency relief programs**
 - UBC would be leading potentially more sustainable and long-term programming that would address food insecurity on campus
- **Most interventions lacked evaluation and monitoring of their programs**
 - UBC should place emphasis on an appropriate monitoring and evaluation strategy during program development
- **Response rates from universities were not high**
 - There is more research to be done and potential for UBC to change the discourse on campus food insecurity

ROUNDTABLE ACTIVITIES



ACTIVITY 1: POSTER WALKABOUT

The themes are:

- **Capacity Building**
- **Proactive Interventions**
- **UBC Systemic Change**
- **External Change**

CAPACITY BUILDING

building capacity and resilience amongst individuals, groups, and communities in food knowledge and skills.

Thinking of UBC, what thoughts, challenges, and opportunities come to mind?

Your
ideas

challenges

opportunities



ACTIVITY 1: POSTER WALKABOUT

Consider the guiding questions:

1. Thinking of UBC, what thoughts, challenges, and opportunities come to mind?
2. What existing actions or activities are already happening at UBC around the theme?

CAPACITY BUILDING

building capacity and resilience amongst individuals, groups, and communities in food knowledge and skills.

Thinking of UBC, what thoughts, challenges, and opportunities come to mind?

Your
ideas

challenges

opportunities



ACTIVITY 2: TABLE TALK - DEEP DIVE DISCUSSION

- Each table will house one theme
- Each participate will get the chance to visit two tables.
- 3-4 people per table
- Facilitator/Recorder (say hi!)
- Law of Two Feet
- Rotate to another table after 15 minutes.



TABLE TALK: DEEP DIVE DISCUSSIONS

Review comments and discuss.

THEMES:

Capacity Building

Proactive Interventions

UBC Systemic Change

External Change

What have we done so far that has been successful in helping address the spectrum of food security?

Where are our opportunities to improve, or where/how can we take new action related to the theme to support food security at UBC?





THE UNIVERSITY OF BRITISH COLUMBIA

Thank you & Next Steps!

