

2021/22 Wellbeing Strategic Initiative Fund - Summary Report

UBC Wellbeing Strategic Initiative Funds are granted to departments and units at UBC's Vancouver and Okanagan campuses to support our commitment to the Okanagan Charter to become a health and wellbeing-promoting institution, as outlined in UBC's Wellbeing Strategic Framework. This year, funding supported 15 projects across the six Wellbeing Strategic Priority Areas: Mental Health & Resilience, Collaborative Leadership, Food & Nutrition, Physical Activity, Social Connection, and Built & Natural Environments.

Project Title	Unit Lead	Partners	WBSF Priority Areas	Amount Granted	Description
Beyond the Plate: Recipe Competition	UBC Student Housing & Community Services	UBC Student Health Promotion & Education, UBC Food Services, Counselors in Residence	FN, SC	\$1,500	Event strengthening food literacy and security by encouraging students to cook, share cultural recipes, and prepare budget-friendly plant-based recipes.
BIPOC Students' Stories of Food	UBC Wellbeing	University of Guelph, University of Waterloo	FN, SC	\$2,100	Participatory workshop where BIPOC students explored their ideas and experiences in relation to food and food (in)security by creating a digital story.
Bringing Nature into the UBC Okanagan Library	UBC Okanagan Library	UBCO Facilities Management	BNE, MHR	\$1,750	Initiative bringing potted plants and vibrant images of trees inside the Okanagan Library to provide indoor exposure to nature and positively impact physiological and psychological health.
Climate Emergency Week	UBC Sustainability Hub	Alma Mater Society, UBC Climate Hub, UBC Campus & Community Planning, UBC Recreation, UBC Wellbeing	MHR, SC, CL, PA	\$5,000	Week of events celebrating and reaffirming UBC's commitment to advancing climate justice, centering student engagement and prioritizing BIPOC students and those most impacted by the climate crisis.
Food Recovery Program to Tackle Food Insecurity	SEEDS Sustainability Program, Campus & Community Planning	UBC Food Services, Collaboration Enactus (The Seeder) and UBC Sprout, UBC Wellbeing, AMS Catering and outlets	FN	\$5,000	Initiative supporting food recovery and waste reduction by re-distributing unsold but still edible food in a weekly lunch.
Indigenous Rights, Reconciliation, and Climate Change with Kyle Whyte	UBC HR		SC	\$4,000	Webinar with Kyle Whyte, George Willis Pack Professor of Environmental Justice and Climate & Energy at the University of Michigan, exploring the importance of relationships and reciprocity in relation to Indigenous land rights and the impacts of climate change.
Lateral Kindness - Train the Trainer	UBC Strategic Indigenous Enrolment Services	CTLT Indigenous Initiatives Team	MHR, SC	\$5,000	Train-the-trainer pilot workshop where Indigenous staff and students are led through relational practices and lateral kindness teachings to become subject-matter experts to in turn deliver an adapted version of the workshop with others.

Move UBC	UBC Athletics & Recreation	Physical Activity Committee	PA, SC	\$9,000	Micro grants for student groups, departments or units to host an event promoting physical activity during Move UBC month.
Nature Prescribing with Dr. Melissa Lem	UBC Climate Hub	UBC Athletics & Recreation	PA, SC	\$200	Event with Dr. Melissa Lem, one of Canada's leading voices on the growing significance of Nature Prescribing, to explore how nature is central to wellbeing.
NourishU	UBC Food Services and Student Housing & Community Services	UBC Wellbeing Food & Nutrition Committee	FN, SC	\$725	31-day nutrition journey with virtual resources and events to transform participants' relationship with food.
Supporting Faculty Wellbeing through CoP	UBC Food, Nutrition & Health	UBC Student Health Promotion & Education, CTLT	CL, SC	\$4,945	Student administrative role to help organize events that connect those involved in teaching roles, showcase effective teaching practices that support learner wellbeing, create a forum for dialogue, explore emerging issues, and identify proactive strategies for the Community of Practice.
Thrive Micro-Grants	UBC Student Health Promotion & Education, UBC HR	Office of Wellbeing Strategy, partners across campus receiving funds	MHR, SC	\$5,000	Micro grants to enable UBC units, groups and faculties to host events that promote mental health literacy during November's Thrive month.
United Way Champions Fund	UBC Ceremonies and Events	Partners across campus receiving funds	SC	\$2,000	Funding initiatives that help support community building and social connection at UBC, while also raising funds for the UBC United Way Campaign.
Weaving Wellness	University Neighbourhoods Association	UBC Performing Arts School	MHR, SC	\$2,000	Mindfulness, meditation and art therapy workshops to help make mental health resources more accessible and improve wellbeing among UBC community members.
xʷčičəsəm - Musqueam Community & Medicine Garden	UBC Centre for Sustainable Food Systems, UBC Faculty of Land and Food Systems	Musqueam community	FN, SC	\$5,000	A garden space to support Indigenous socio-cultural resurgence and building reciprocal approaches to address Indigenous decolonization while focusing on food security, land-based education, and wellness.

TOTAL FUNDS DISBURSED	\$53,220
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