



# Food & Nutrition

## **LONG-RANGE DESCRIPTION OF SUCCESS**

At UBC, it's easy to choose healthy food options. We can all find delicious, wholesome food we can afford and safe tap water to drink. Food served on campus is nutritious and diverse, and it reflects the university's goals to reduce waste. Labels indicate ingredients, source, certifications, and nutrition facts. At our dining halls, restaurants, and events, we celebrate diverse cultures and locally grown ingredients.

We all value the role of food in our lives, and we understand and appreciate how it enriches our ability to work, learn, and play. We are all food literate. In farms, gardens, kitchens, and other spaces on campus, we gather to learn, eat together, and share food traditions from a variety of cultures. These experiences help us lead healthier and happier lives at UBC and beyond while supporting both local and global food systems that continually strive to be more equitable and just.

A leader in food and nutrition, UBC shares its knowledge, practices, and research widely, and it challenges itself and the community to implement even more innovative, effective, and resilient food systems.

## **WHY IT MATTERS**

Currently, one in 12 Canadians over 20 years old live with heart disease and 11 million Canadians live with diabetes or prediabetes. Improving the quality of our food and what we drink will not only benefit individual and population health but enhance academic and workplace performance outcomes.

Household food insecurity, defined as the inadequate or insecure access to food due to financial constraints, is a serious public health issue in Canada. It negatively impacts physical, mental, and social health, and costs our healthcare system considerably.<sup>3</sup> Adequate physical and economic access to safe, sufficient, and nutritious food can be a challenge for students. The largest cross-campus study in Canada found 39% of students surveyed experienced some degree of food insecurity.<sup>4</sup> At UBC Okanagan, the VOICE 4 research project found that 42% of student respondents were sometimes or often worried that food would run out before they got money to buy more. Similarly, at UBC Vancouver, a study conducted in the Faculty of Land and Food Systems found that 40% of students surveyed reported food insecurity. A thriving campus community requires that we understand and address food insecurity.

## TARGETS

## INDICATORS

---

### Increase Food Security<sup>5</sup>

Reduce food insecurity for UBC community members by 2025\*

Baseline and target established

% students, staff & faculty reporting food insecurity

---

### Healthy Beverage Consumption

50% reduction in sugar-sweetened beverage consumption on our campuses by 2025\*\*

% SSB sales

% SSB availability in outlets/vending

% buildings that have at least one tap water fixture with bottle filling capacity

---

\* Targets to be developed based on 2019 baseline data

\*\* Using a 2019 baseline

## SAMPLE ACTIONS IN PROGRESS

### Food Insecurity Baseline and Action Plan Project

The Food & Nutrition Committee will bring together stakeholders to develop a food insecurity baseline for the UBC community. Outcomes include creating food insecurity reduction targets, as well as advocacy and program activities to address the issue.

### Swipe Out Hunger Feasibility Project

Conducted in Winter 2019 by Student Housing and Hospitality Services to determine how a meal sharing program could work in UBC residence dining rooms. This will be based on the “Swipe Out Hunger” program implemented on almost 50 campuses in the US, which provides a platform for students with left over meal dollars to donate to students in need.

### Healthy Beverage Initiative

UBC has identified the promotion of drinking water and the reduction of sugar-sweetened beverage consumption as a priority on both campuses. Our major food and beverage providers are collaboratively participating in a Healthy Beverage Initiative launched in Fall 2018 to promote healthier beverages choices.

### Making Healthier Options Available

UBC Okanagan is transitioning to an in-house food service delivery model. This will give UBC Food Services the ability to emphasize fresh, nutritious foods, prepared in-house and in alignment with UBC’s sustainability and wellbeing goals. UBCO will also be hiring a Manager, Nutrition & Wellbeing, to lead programs and initiatives to enhance students’ health and wellbeing, with a focus on food and nutrition.

## ASSOCIATED STRATEGIES AND PLANS

[UBC Action Framework for a Nutritionally Sound Campus](#)

[Food Vision and Values](#)

[UBC Sustainable Campus Food Guide](#)

[AMS Student Driven Sustainability Strategy](#)

[UBC Centre for Sustainable Food Systems Strategic Plan](#)

[UBC Land and Food Systems Action Plan](#)

<sup>3</sup> Source: PROOF Food Insecurity Policy Research

<sup>4</sup> Source: 2016 Meal Exchange Hungry for Knowledge Report

<sup>5</sup> Supports UN Sustainable Development Goal #2: End hunger and ensure access by all people, to safe, nutritious and sufficient food all year round by 2030