

Hungry for Knowledge

A Roundtable on Food Insecurity Amongst Post-Secondary Students at Ontario's Universities. Oct 30th, 10am - 3pm. University of Guelph

As Senior Student Affairs Leaders, we play a significant role in fostering a supportive campus environment that promotes student wellbeing and success.

Unfortunately, there is growing evidence that significant numbers of students attending our universities are facing some level of food insecurity. A number of recent studies¹ suggest between 30 and 45% of all Canadian students experience some form of food insecurity, and 8 to 15% experience *severe food insecurity*. This means that many of our students are forced to choose low quality food or even go without food because of financial constraints.

We recognize that there are complex underlying causes of food insecurity – income, tuition costs, living costs, access to good food, food and financial literacy – and each of our universities is grappling with how best to support our students.

Why Does This Matter?

Strong connections exist between food insecurity and risk of chronic disease and poor mental health and students experiencing food insecurity are more likely than food-secure students to: have a low grade point average (Maroto et al. 2014); reduce course load or drop out (Gallegos et al. 2013); have difficulty concentrating (Munro et al. 2013); struggle accessing adequate fruits and vegetables (Gallegos et al. 2013); and, rate their general health as fair or poor (Hughes et al. 2011).

A Shared Challenge

Research suggests Canadian students experience food insecurity no matter what kind of community they live in - whether studying in large urban centres, mid-sized cities or in more rural communities. In this context, and given the systemic causes that underly food insecurity, there is both the need and opportunity for coordinated efforts across our campuses.

An Opportunity to Discuss Current and Emerging Strategies to Address Food Insecurity

In partnership with Meal Exchange, the Community Engaged Scholarship Institute and the Arrell Food Institute, U of G invites you to join us for a collaborative roundtable to:

- Engage with the latest research on food insecurity among postsecondary students
- Share learning about what is (and isn't) working on our campuses
- Explore opportunities for collaborative action between our institutions

[Click Here to Register **](#)**



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¹ See, for example, the "ADDRESSING FOOD INSECURITY AT UBC" report to the UBC board 2019; Blundell et al. 2019 (Memorial); Silverthorn, D. 2016 (Brock, UCalgary, Dalhousie, Lakehead, Ryerson); Reynolds et al. 2018 (St. Francis Xavier); Olauson et al. 2018 (U Saskatoon); as well as recent surveying at both U of Guelph and McMaster (due to be published soon)