
Awareness to Action: **Building a Hunger-Free Campus**

Presented by: Jason Funkhouser

Welcome

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REVIEW OF LAST WEEK

Food insecurity is not an individual issue, **It's a social justice problem.**

40% of post secondary students are food insecure

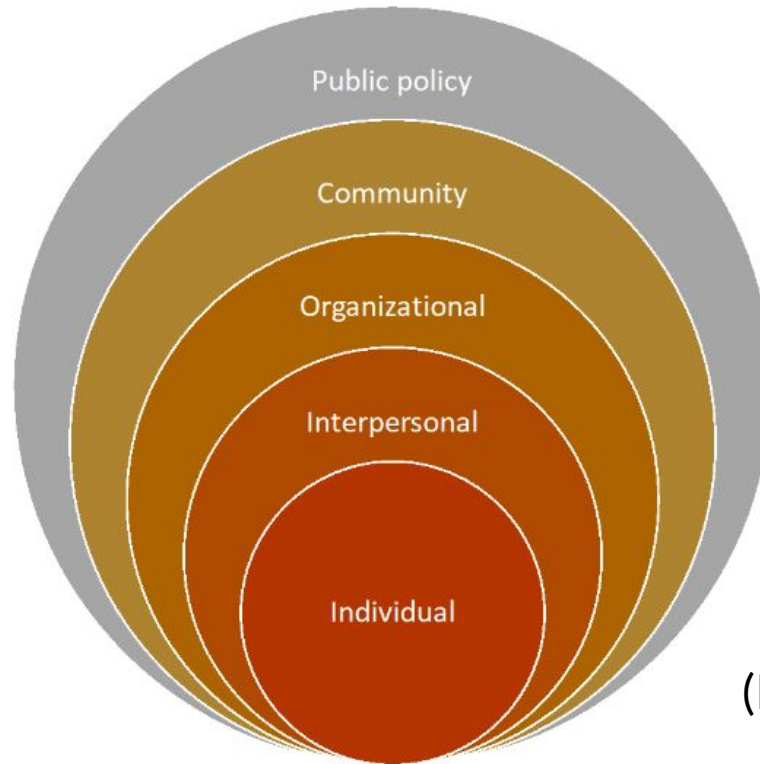
- The “hungry student” narrative
- Priorities: housing THEN tuition THEN food
- Rising food costs, rising tuition, same minimum wage.
- Student mosts at risk: International students, graduate students, students who are caregivers

Any questions?

Today, we will cover...

- Discuss the sociological models we can use to address student food insecurity.
 - Identify multiple, research-based interventions and resources at multiple levels of influence.
 - How to organize, volunteer, and advocate.
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Addressing the issue at multiple levels of influence: The socio-ecological model (SEM)



(Bronfenbrenner, 1979)



BRAINSTORM– Interventions across the socio-ecological model



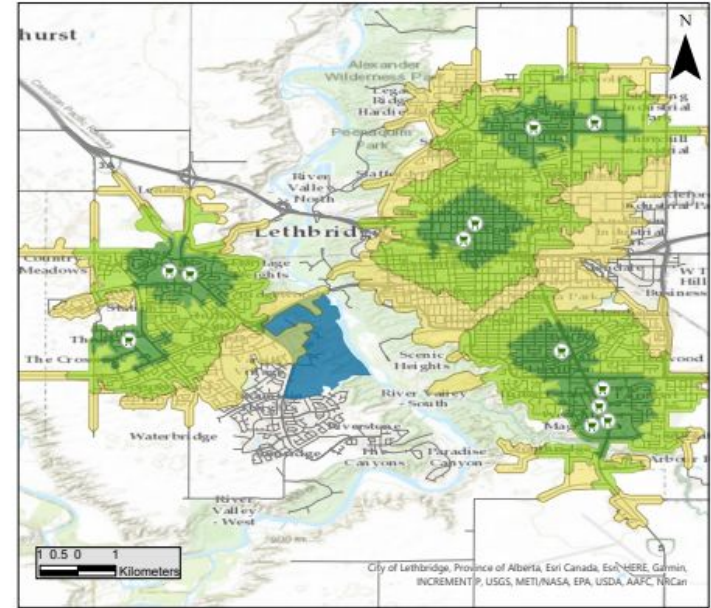
What are some actions or interventions that could be done at each level?

- Informational resources for students
 - Programs to feed students
 - Reducing barriers within our systems/community
 - Policy changes
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Food Deserts in Lethbridge

Bryanne Wandler


Lethbridge Food Desertification




Legend

Grocery Store Walking Distances

- 1 km
- 2 km
- 3 km

 Grocery Store Locations

 University of Lethbridge Grounds

 Street Network

This map depicts the walking distances to grocery stores within Lethbridge using the existing street networks. There are three scales 1, 2, and 3 kilometers away all fading in color intensity to signify increased walking distances and time required to reach one.

Created By: Bryanne Wandler

Date: November 26, 2023

Data Sources: Open Data Lethbridge and Google Maps for street addresses.

Mitigating student food insecurity

Addressing food desertification
throughout the SEM

Individual: food knowledge and
resource knowledge

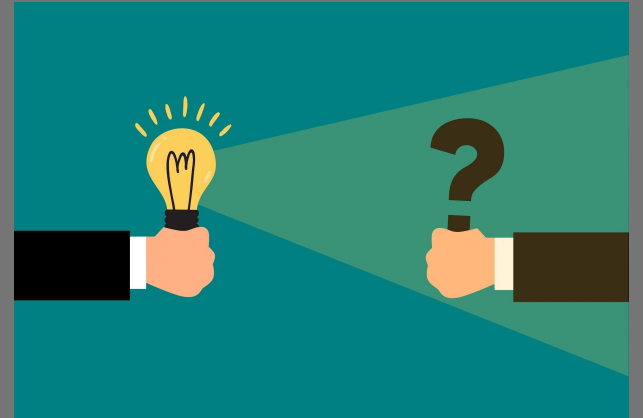
Interpersonal: carpooling and food
sharing

Organizational: Food options on
campus, Fresh food programs, campus
gardens

Community: Program
creation/development, community
advocacy

Policy change: transportation system
change, new grocery stores

Interventions: what works and what doesn't?



Food, Nutrition, and Health Literacy: Supporting Resilience

Food Literacy- “defined as the ability to make healthy food choices by having the skills and knowledge necessary to buy, grow, and cook food with implications for improving health.” (Thomas & Irwin, 2011, p.2)

Nutrition Literacy- “the degree to which individuals have the capacity to obtain, process, and understand nutrition information and skills needed in order to make appropriate nutrition decisions.” (Moore et al, 2020, p.612)

- **Builds resilience** (Vidgen & Gallegos, 2014)
 - **Increases Fruit and Veggie Consumption** (Oberne et al, 2022)
 - **High nutrition literacy DOES NOT equate lower rates of food insecurity on university campuses** (Moore et al, 2020)
 - **WHY?**
-

Campus food programs & Alternative Food Initiatives (AFI)

<https://www.ulethbridge.ca/food-for-thought>

Alternative Food Initiatives on Campus

Advantages

- Feeds students in need
- Increases awareness / destigmatizes
- Reduces food waste
- Food literacy often included
- Can be a building block to a larger initiative

Disadvantages

- Tough to staff
 - Student turnover
 - Trained staff
- Mostly non-perishables
 - Storage
 - Cost
 - donations
- VERY little research on effectiveness in addressing food insecurity and health impact

(Bazerghi et al, 2016)
(Murphy et al, 2022)

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Structure-based Activism, Advocacy, and Organizing: The basics

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Lets celebrate this!

EDUCATION

Alberta government to cap tuition increases, reduces student loan interest rates



By **Paula Tran** • QR Calgary

Posted February 16, 2023 12:07 pm · Updated February 16, 2023 9:44 pm

Personal transformation

- Treat your body the best you can
 - You can't change the world unless you change yourself
 - Self-care as activism
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Volunteer (when you can)

- Many opportunities on campus, USE THEM
 - Builds your Resumes and CV's
 - It's a learning process
 - Increases your access to grants
 - Networking, relationship building
-

Organizing

- Programs, initiatives, campaigns, events.
 - It's about building power
 - Not as intimidating as it sounds
 - Fill in gaps that let students fall through the cracks
 - Uses your creative muscles
-

Power mapping

- Identifying stakeholders in your organization and community that you can collectivize to address an issue or create an alternative.
 - Who are your allies in organizing?
 - LPIRG
 - Campus Collective Center
 - Q-space
 - Food For Thought
-

Some Final Notes

- It takes ALL kind of people
- You ARE qualified
- You will make a mistake (and probably a lot of them)

Questions?

Thank you for joining us!

Have questions? Have ideas? Want to chat?
Email me: [**jason.funkhouser@uleth.ca**](mailto:jason.funkhouser@uleth.ca)

References

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