SPRING 2023 END OF TERM IMPACT REPORT

WUSA FOOD SUPPORT SERVICE

*May 14, 2023 - July 28, 2023*
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CONTACT INFORMATION
WUSA Food Support Service (FSS) is a non-profit, student-run service that provides confidential assistance to members of the University of Waterloo community experiencing food insecurity. We offer both emergency food and emergency hygiene hampers to students and staff. In addition, we run events and campaigns to raise awareness of food insecurity.
Surveys across 13 Canadian post-secondary institutions found that around 40% of students faced food insecurity. (1)

Food insecurity is "the disruption of food intake or eating patterns because of lack of money and other resources". (2)


(2) https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/food-insecurity
CURRENT OPERATIONS

1. COLLECT DONATIONS
Collect donations from donation bins located across campus and external partners both monetary and physical.

2. CREATE & DISTRIBUTE HAMPERS
Hampers are currently distributed by the Turnkey Desk in SLC. Individuals can access up to four food hampers and one hygiene hamper per month. They can choose from:

- 5 types of food hampers: Meat, Vegetarian, Kosher, Halal, and Custom
- 1 type of hygiene hamper

3. Advocacy & Awareness
Raise awareness of food insecurity on campus and advocate for better support via public awareness campaigns and events. Advocacy efforts also include community engagement to raise awareness about hunger and food insecurity.

Note: As of July 2023, menstrual hygiene products are no longer available from WUSA FSS. Distribution of menstrual hampers has been taken over by the Women's Center.
What's in a Hamper?

Each hamper weighs approximately 15 lbs and contains the following:

- 3-4 protein items
- 2-3 vegetable items
- 1-2 fruit items
- 3-4 meal items
- 1-2 snack items

*Note that these numbers are based on the amount of food available at a given time and may vary.

The environmental impact of each hamper depends on the type of hamper and the contents within it. Generally,

"meat products have larger carbon footprint per calorie than grain or vegetable products". (3)

HAMPER DATA

431
Food hampers distributed

146
Total hygiene hampers distributed
DONATION NUMBERS

4562 lbs collected from external partnerships

~1114 lbs from donation bins across University of Waterloo campus and residence contributions

*as of July 24th 2023
SURVEY RESULTS

415
Total survey responses

577
Hampers given out

72%
Response rate
International 75.4%
Canadian 21%
Other 3.1%

33% Undergrads
67% Graduate Students

94% of hampers given to students
2% of hampers given to faculty or staff members
4% of hampers given to Non-UW Affiliates

*Following statistics based on FSS survey responses from May 14 2023 - July 28 2023
24% hampers given to students using FSS for the first time

"Is this your first time using the WUSA Food Support Service?"

Yes 23.4%
No 76.6%

Usage By Faculty

Faculties Ranked by FSS Usage

1. Engineering
2. Arts
3. Math
4. Science
5. Environment
6. Health
7. Other
1. **HAMPER DISTRIBUTION LOCKERS**

Hamper distribution will be streamlined through the addition of distribution lockers across campus that will improve the service's discretion and accessibility. Lockers are being installed at the following locations:

- Hagey Hall
- Student Life Center
- Mathematics 3

2. **COMMUNITY FRIDGE**

A community fridge initiative will promote food sharing, reduce food waste, and improve food insecurity within the University of Waterloo community. The fridge will be located at Renison University College and contain perishable as well as non-perishable items.

3. **OTHER BIG PROJECTS**

"Stock the Bank" will be returning to rally the University of Waterloo community to collectively fight food insecurity.
How To Get Involved

The Food Support Service is entirely student run. Before the beginning of each term the following positions can be applied to via the WUSA website:

**COORDINATORS**
- hire and oversee all other executives and volunteers, ensure all FSS operations are running smoothly, and work with WUSA

**DONATIONS & RESEARCH EXECS**
- collect and organize donations, gather unused food for university colleges

**ANALYTICS EXEC**
- create user survey, analyze data, and produce EOT report

**OFFICE & LOGISTICS EXECS**
- oversee office and general volunteers, make hampers

In addition to the above executive team, Food Support Service also has a dedicated group of general volunteers who work under the office execs completing daily tasks.
Learn more about us:

https://wusa.ca/services/food-support-service

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