

SPRING 2023 END OF TERM IMPACT REPORT

**May 14, 2023 - July 28, 2023*

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ABOUT FOOD SUPPORT SERVICE

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.



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)

(1) Meal Exchange. (2021). 2021 National Student Food Insecurity Report. Retrieved from: <https://www.mealexchange.com/resources>

(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.

HAMPER CONTENTS



What's in a Hamper?

Each hamper weighs approximately 15 lbs and contains the following:

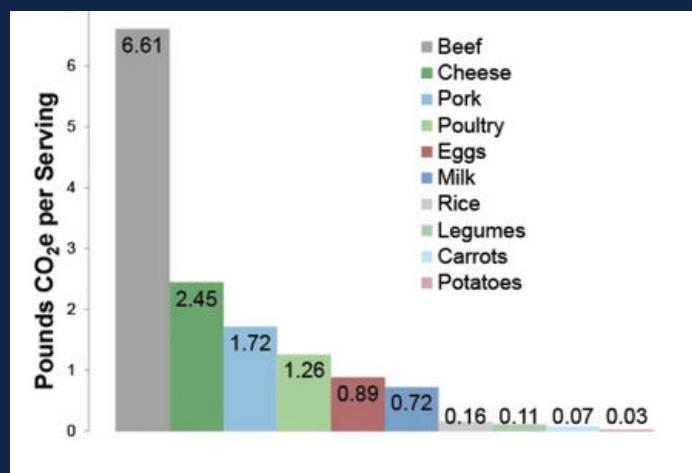
- 3-4 protein items
- 2-3 vegetable items
- 1-2 fruit items
- 3-4 meal items
- 1-2 snack items

*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)

Carbon Emissions Per Serving of Food (3)

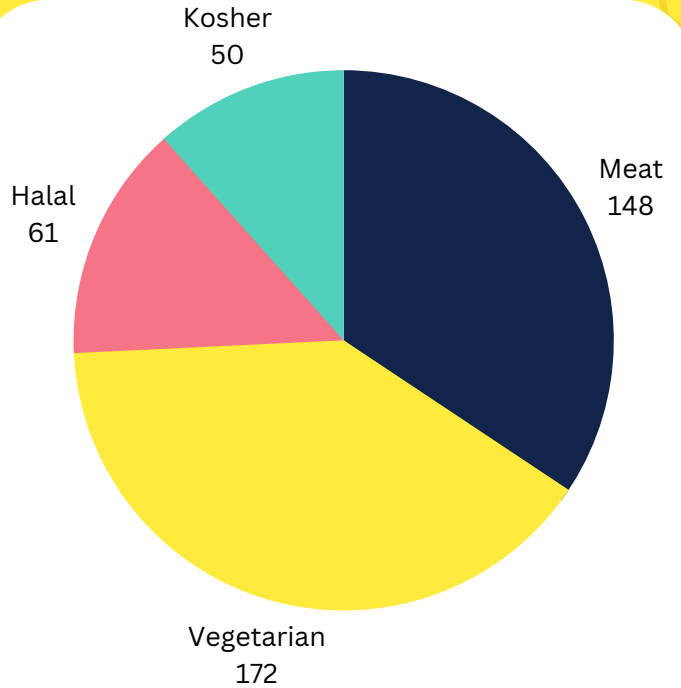


(3) University of Michigan Center for Sustainable Systems. Retrieved from: <https://css.umich.edu/publications/factsheets/sustainability-indicators/carbon-footprint-factsheet>

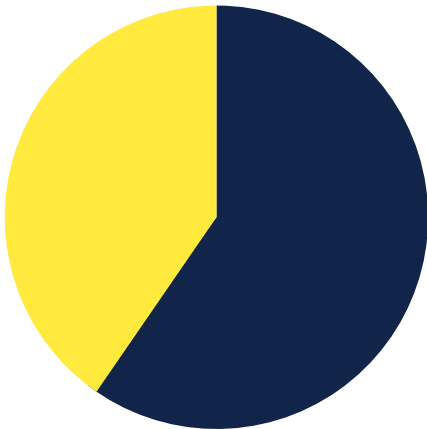
HAMPER DATA

431

Food hampers distributed



Menstrual Hygiene
40.4%



Basic Hygiene
59.6%

146

Total hygiene hampers distributed

DONATION NUMBERS

4562 lbs

collected from external
partnerships

**as of July 24th 2023*



~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

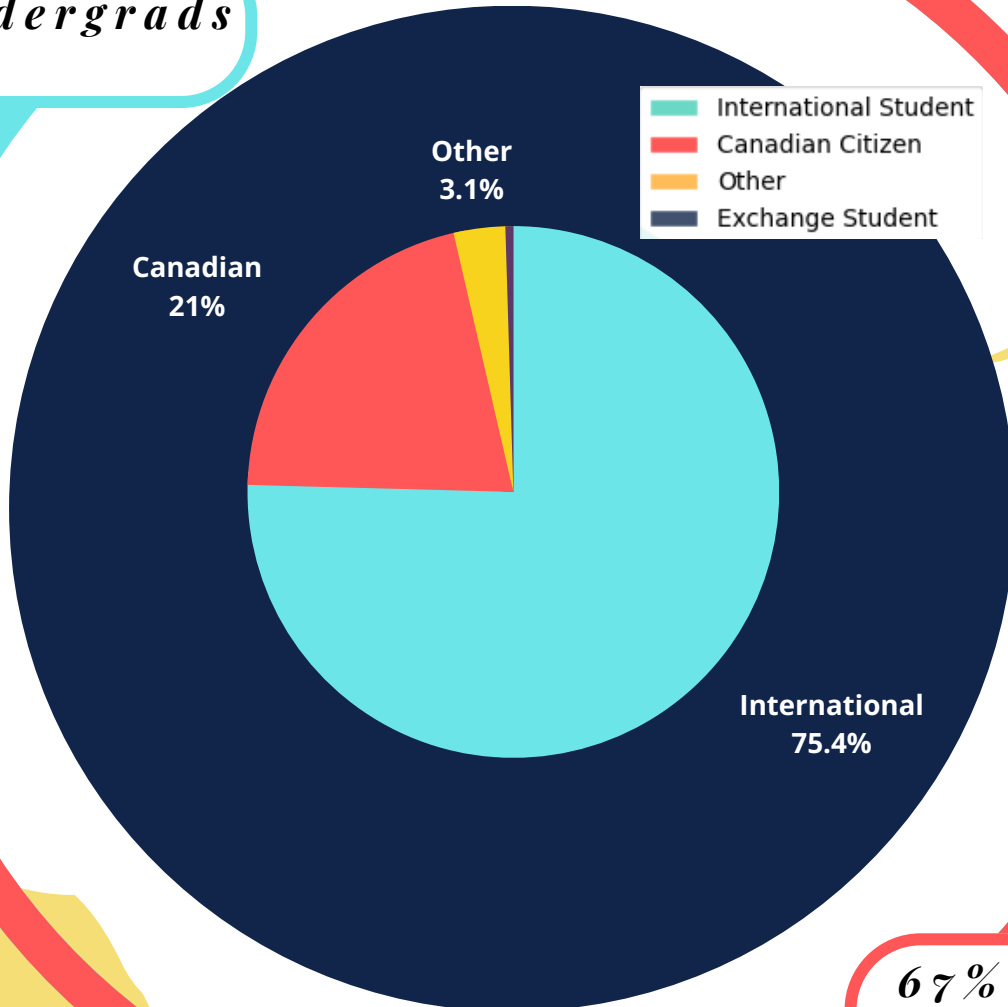
72%

Response rate

WUSA FOOD SUPPORT SERVICE

*Following statistics based on FSS survey responses from May 14 2023 - July 28 2023

33% Undergrads



67% Graduate Students

94%

*of hampers given to
students*

2%

*of hampers given to
**faculty or staff
members***

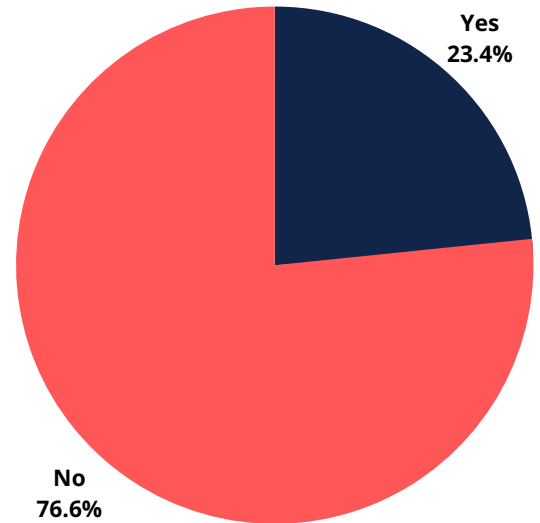
4%

*of hampers given to
Non-UW Affiliates*

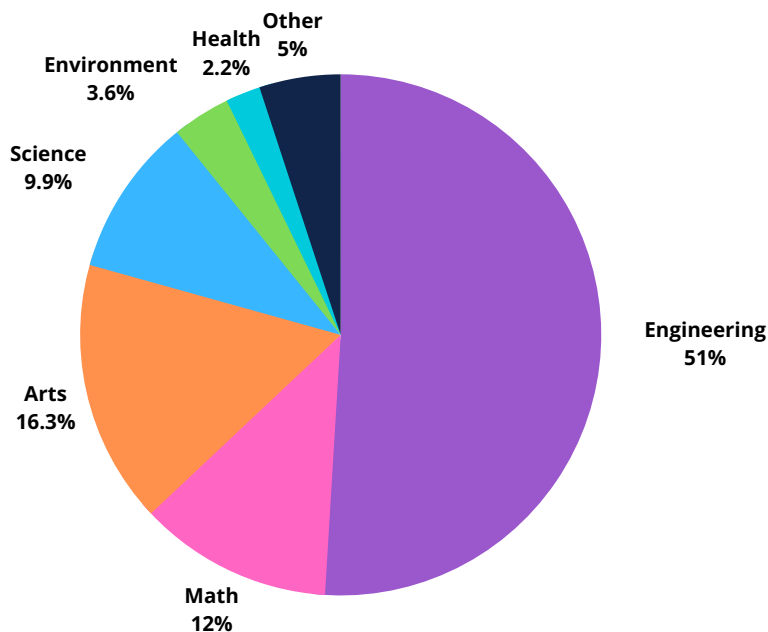
24%

hampers given to students
using FSS for the first time

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



Usage By Faculty



Faculties Ranked by FSS Usage

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

Future Goals & Projects

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

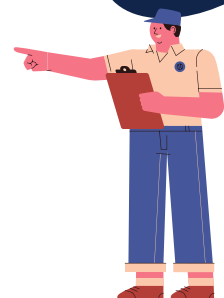
ANALYTICS EXEC

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.



CONTACT INFORMATION



Learn more about us:

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



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