

FALL 2023 END OF TERM IMPACT REPORT

WUSA FSS



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About Us


WUSA Food Support Service is a non-profit and student-run service that assists University of Waterloo community members experiencing food insecurity. All actions are confidential, prioritizing the end user's safety and identity. WUSA FSS provides food and hygiene hampers as our primary form of combating food insecurity. Executives host outreach and community events to ensure that our community knows of our purpose and that there is always somewhere to go when needing help. Hampers are located behind the Turnkey desk in SLC which are available 24/7. Our mission is to help tackle food insecurity within our community and break the stigma surrounding asking for assistance with food insecurity.



Food Insecurity



Food insecurity is "the disruption of food intake or eating patterns because of lack of money and other resources". (1)



Food insecurity is something that exists both on and off our University campus. WUSA Food Support Service is dedicated to making a change and helping those who need food support, no matter where or when it is required.

Food insecurity is often tied with bias, as many feel as if they will be judged for admitting that they require assistance with affording food. FSS is dedicated to changing this belief as food is a human necessity and not something to be ashamed of. By offering hampers to our community, we are taking steps towards eradicating the bias surrounding food insecurity.

Ignoring food insecurity can lead to dire consequences for those living with food insecurity and those who are not. Both mental and physical health can be affected by the lack of certainty surrounding food. While a hamper might not be enough to pull someone out of a state of food insecurity, it can assist them when they need extra help and support. The judgement-free process of our hamper system allows individuals to thrive and fight the food insecurity they may face.

Food Insecurity: Why Care

Food insecurity leaves long-lasting mental and physical impacts on the body of the individual experiencing this situation. Some side effects of food insecurity include...

Chronic Diseases

are more commonly found in individuals who have experienced food insecurity between the ages of 18-65*

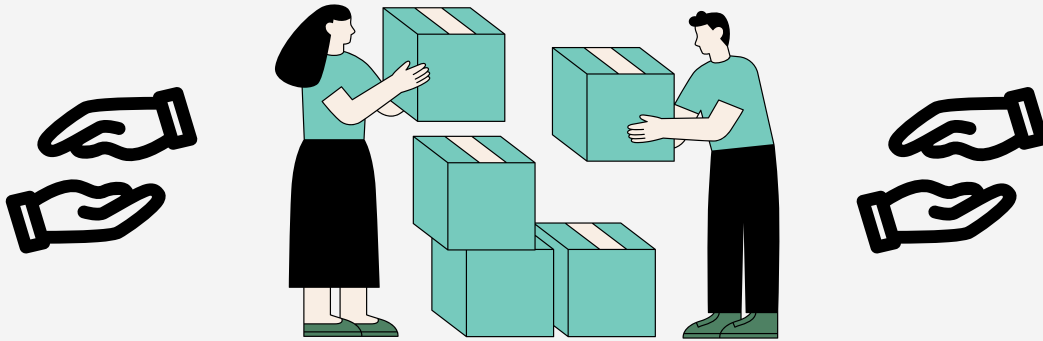
Obesity

is a common long term side effect of having experienced food insecurity, which effects longevity and physical health.*

Developmental Delays

are a side effect of experiencing food insecurity. These delays can be passed on to offspring, whether or not the offspring experiences food insecurity themselves.*

Current Operations



01 | Collect Donations

Collect donations from bins located around campus and University Colleges, as well as those provided from external sources. Both physical and monetary donations are collected.

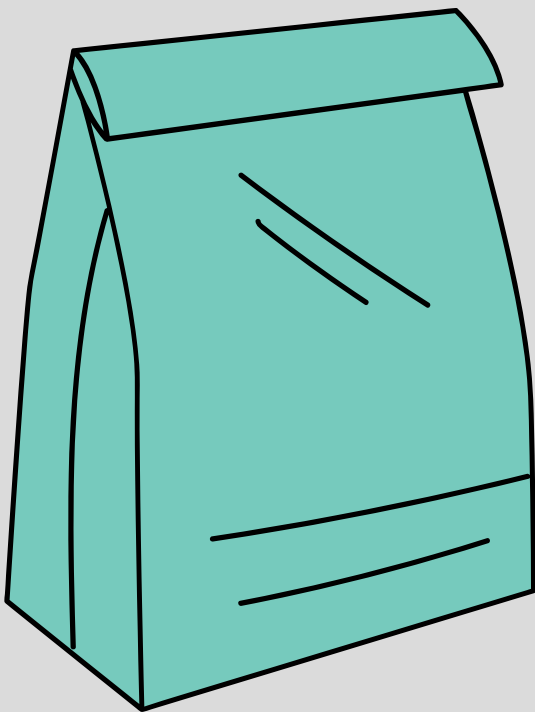
02 | Create & Distribute Hampers

FSS puts forward a variety of different hampers, with your standard meat or vegetarian, to specialty diet hampers. Hygiene hampers are also available. All hampers can be collected at the turnkey desk in SLC 24/7.

03 | Advocacy and Awareness

FSS strives to drive the awareness of food insecurity across campus through community outreach events and campaigns. Our community engagement allows us to spread the word regarding our services and break the stigma surrounding food insecurity.

Hamper Contents



What's In A Hamper?

Each hamper contains...

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

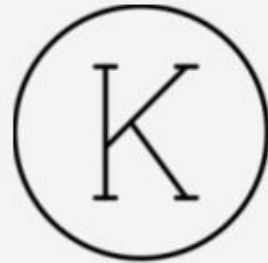
Hamper quantities are subjected to change based on availability.

Different specialty hampers are offered, as well as meat and vegetarian.

Specialty Hampers

01 | Kosher Hamper

Kosher hampers feature the same quantities as regular hampers, but with the addition of kosher certified products. Kosher certified products must have certain logos in order to ensure that they follow Kosher laws for consumers.



02 | Halal Hamper

Halal hampers feature the same quantities as regular hampers, but add in certain halal items. Halal items do not always have a certification, but follow a set of rules such as being free from blood and being ingredient based.

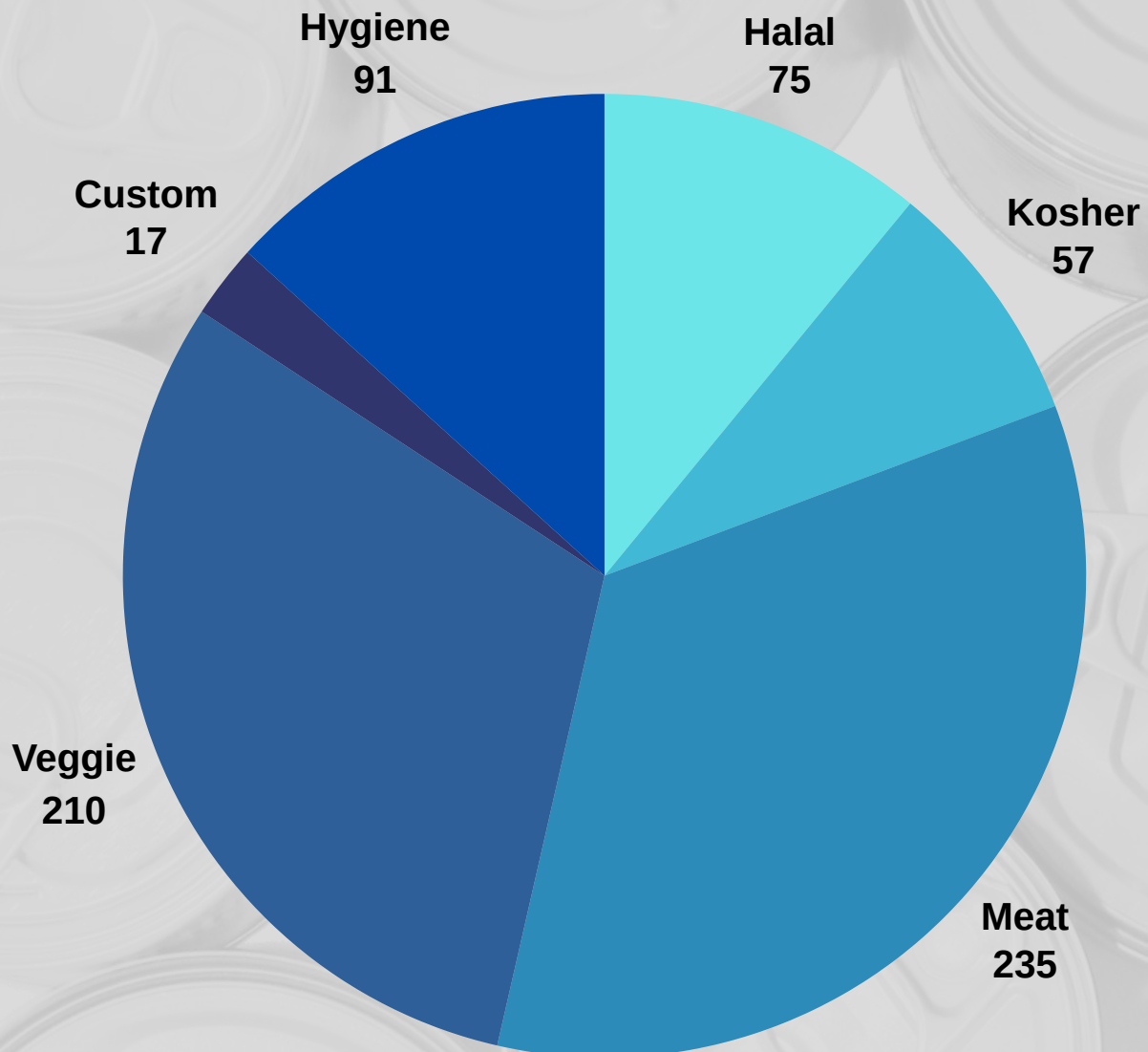


03 | Cultural Hampers

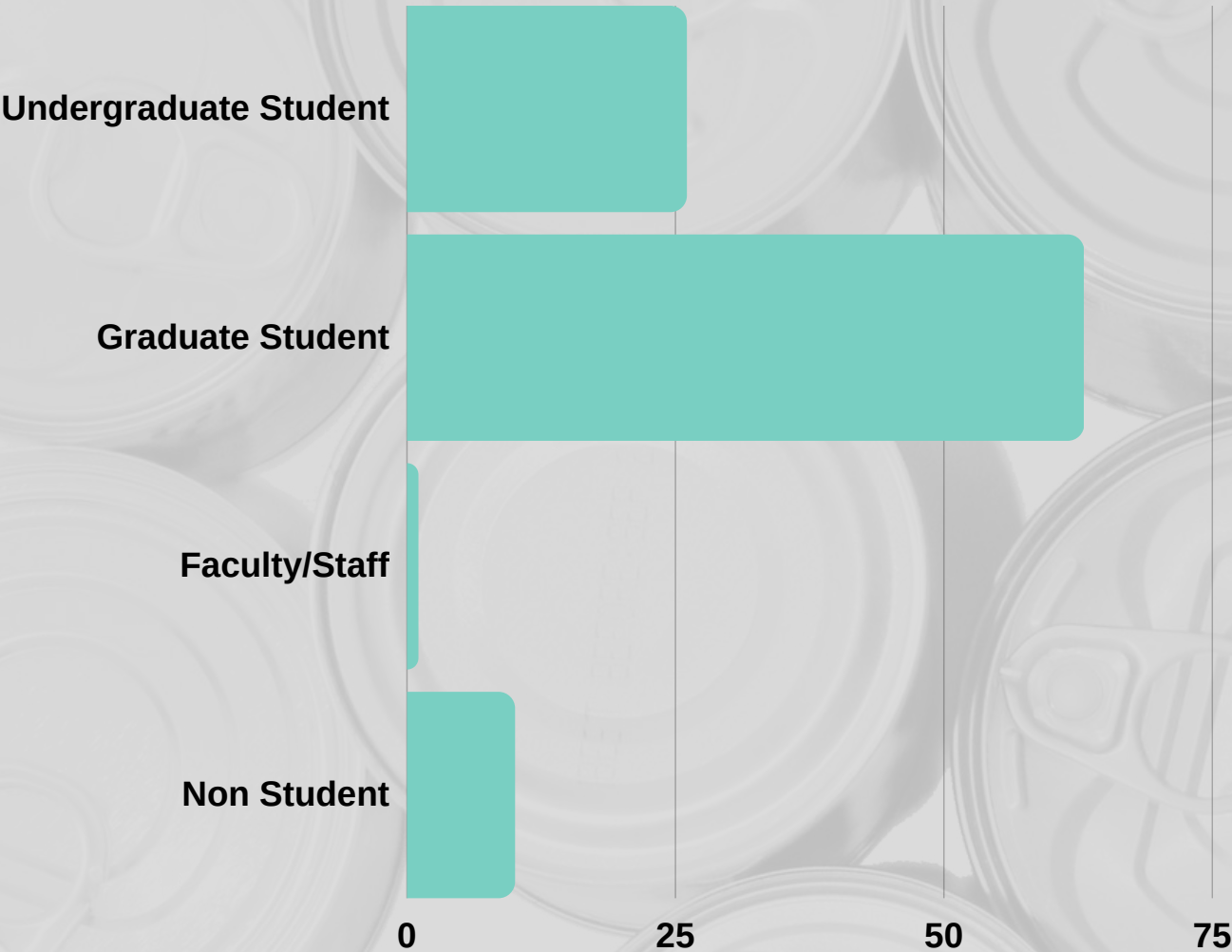
At FSS we understand that not everyone follows the same diets, and some may prefer tastes of home. We offer requestable custom hampers that cater to different flavour profiles, such as South or East Asian.



Hampers Distributed



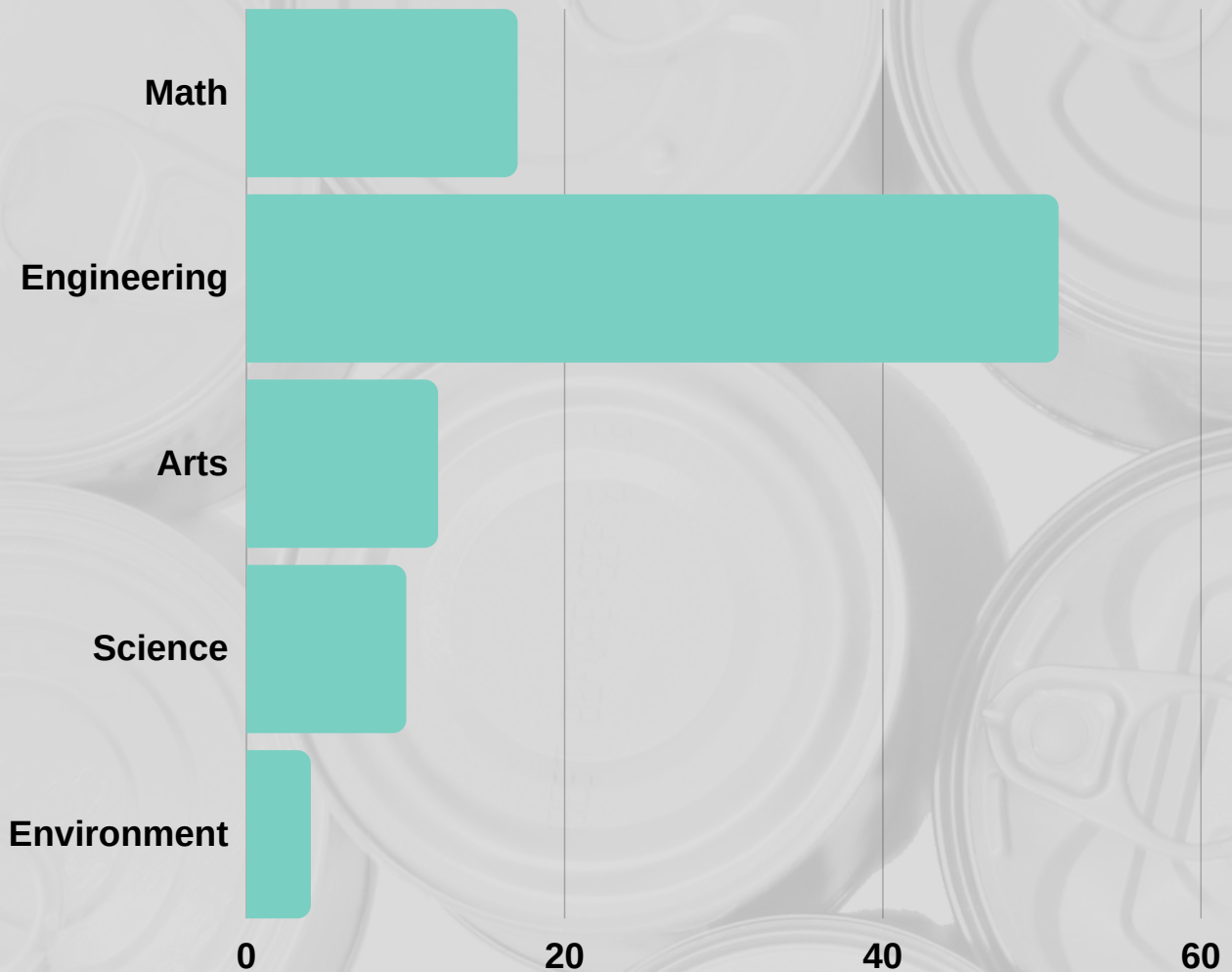
Usage By Study Level



Graduate Students

are the highest collectors of both food and hygiene hampers

Usage By Faculty



Over 1/2

of FSS hampers are collected by members of the engineering faculty

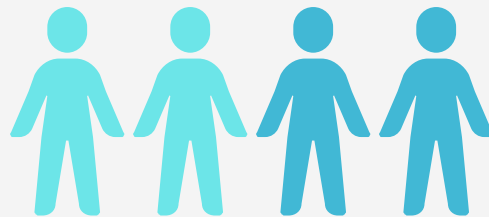
STEM Students

are 3x more likely to pick up a hamper than students in art related programs

Growth

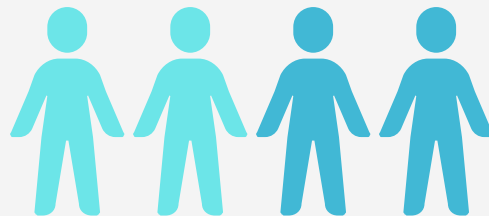
WUSA's Food Support Service has had the chance to grow and reach a larger community over the past few years. Below recaps the growth in usage of our hamper system.

FALL 2019



197 total visits

FALL 2023

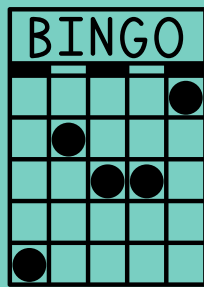


668 total visits

Community Reach

The base of WUSA FSS is our community that supports us and our mission. In return, we offer events and gatherings to connect our community further and to grow into greater numbers.

Past events include...



BinGO Away Hunger!

- A night filled with trivia and bingo
- Plenty of treats and prizes for participants

Cans for S'mores!

- A summer's night at the Laurel Creek Firepit
- Filled with meaningful conversations and s'mores

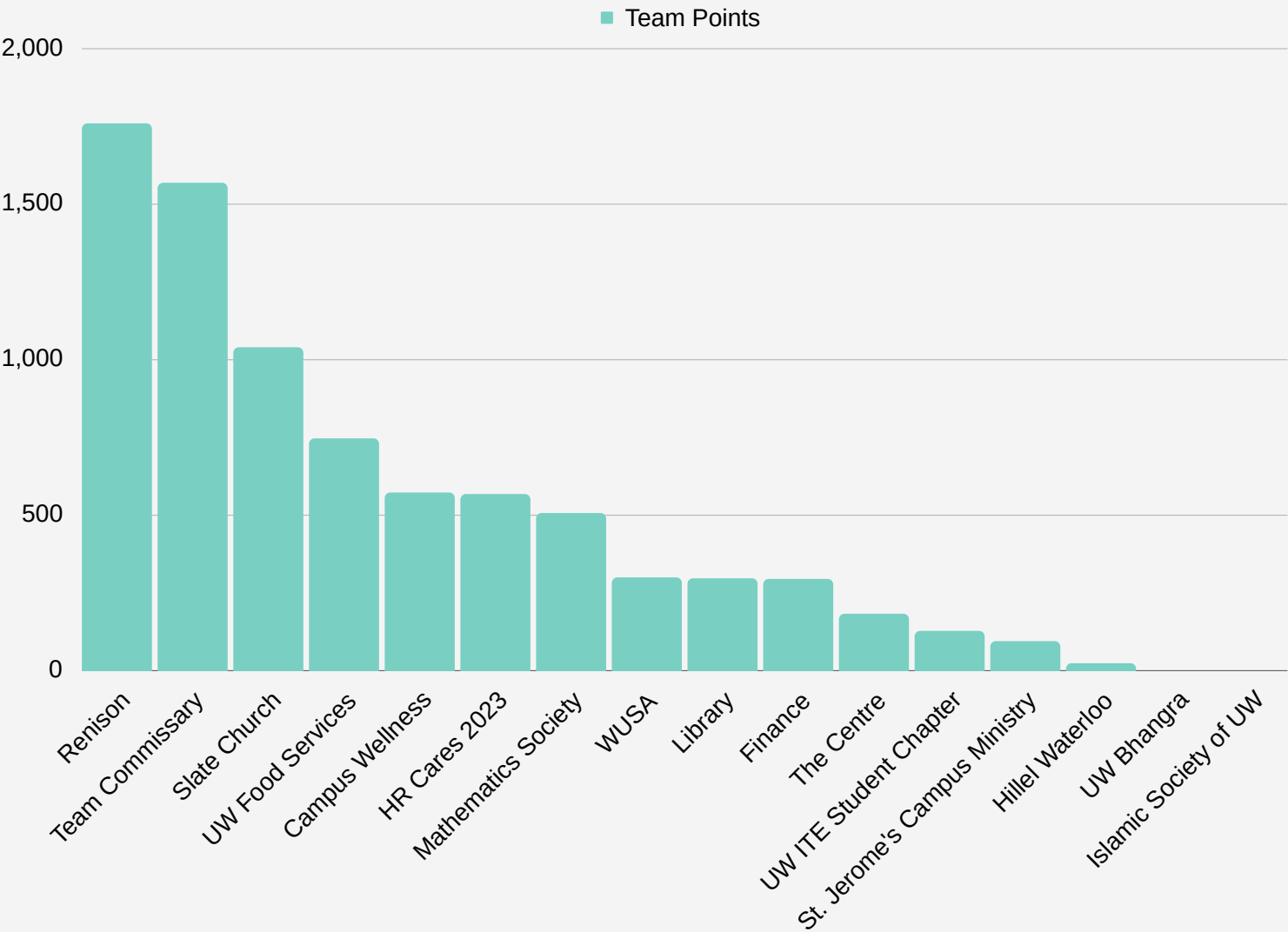


Stock The Bank!

- A food drive team competition to collect the most non-perishable food / money for WUSA's FSS
- A grand prize is awarded for the winning team

Stock The Bank

Stock The Bank is an annual competition that promotes teams to raise money and collect food for the FSS. The team that scores the highest points for collecting food/money wins a prize cumulated from local companies dedicated to giving back. Below encapsulates the 2023 Stock The Bank competition scores in order of highest to lowest points.



We thank each and every one of the participating teams for collecting, donating, and bringing awareness to the importance of food insecurity and our food support service.

How to Get Involved

The WUSA Food Support Service is student run and holds interviews at the beginning of each term for new members and executives. To join our team, apply via WUSA's website at the beginning of each term. Roles offered include...

COORDINATORS

- hire and oversee all other executives and volunteers
- Work alongside WUSA and ensure smooth operations

RESEARCH EXEC

- Organizes contact with outside vendors and partners
- Plans events and community outreaches

ANALYTICS EXEC

- Reports on survey data, social media statistics, and trackers
- Monitors social trends for marketing purposes

OFFICE EXEC

- Oversees general and office volunteers
- Collects Food Bank drop offs weekly

COMMUNICATIONS EXEC

- Communicate between University Colleges and staff
- Run Link 2 Feed and monitor changes

In addition to our executive team, we also offer volunteer positions for both office hamper making and donations collecting. These dedicated individuals work under the office execs to complete vital daily tasks for the service.

Contact Us



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



@WUSAfoodsupport



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