



f CHI doesn't have its own 'server room', **Outcomes Report of Activities Supported by Campus Alberta HOPH Meeting Grant**

Please provide brief responses below, expanding as necessary to not exceed 2 pages.

Date of Report	June 2020
Date of Meeting	March 2nd, 2020
Title of Meeting	Practicing what we teach: advocating for food security amongst post-secondary students in Alberta
Team Lead(s)	Carina Zhu, Silvia Koso
Amount of Award	\$1962.46

1. Please append the program/agenda for your HOPH-sponsored meeting.

Please see **Appendix A**

2. Meeting attendance (total number of attendees, affiliations represented, *etc*):

Total of twelve attendees.

Donohue, Stasha (Alberta Health Services, South Zone)
 Hamilton, Keltie (University of Lethbridge- U of L, undergraduate student)
 Handy, Adrian (University of Calgary, coordinator) - Joined by teleconference
 Harrowing, Jean (U of L, Faculty of Health Sciences)
 Hodgson, Cory (University of Alberta, Food Bank Executive Director)
 Koso, Silvia (U of L, Faculty of Health Sciences)
 Mills, Lansing (U of L, recorder)
 Phillips, Erin (U of L, University Chaplain)
 Shortridge, Krista (U of L Student Association Representative, undergraduate student)
 Silberer, Melissa (U of L, Research Assistant)
 Yurris, Aimee (U of L Student Association Representative, undergraduate student)
 Zhu, Carina (U of L, Faculty of Health Sciences)

3. Outline the meeting expenses covered by the awarded funding:

Undergraduate Research Assistant: lump sum of \$540.4 for 27 hours of work

Flight from Edmonton to Lethbridge: \$173.38

Flight from Lethbridge to Edmonton: \$162.88

Lunch catering cost (min. order is for 15 people): \$311.36

Stipend to 3 ULSA representative (\$100 for the day): \$300

Administrative support to coordinate logistics (8 hours at \$25/hour x 15%): \$230

Total Expenses: \$1718.02

4. List, link, provide, or explain existing or planned products from the meeting (reports, publications, etc):

Please see **Appendices B and C**.

5. List (with projected timelines and names of participants) what activities or next steps are ensuing from the meeting (follow-up meetings, etc):

Next Step: Apply to the Food for Thought initiative at the University of Lethbridge for a pilot food bus to transport students to more affordable grocery stores. Melissa Silberer (undergrad student) will apply for an independent study under Carina Zhu so she may receive academic credit from her ongoing work

Lead(s): Melissa Silberer, Carina Zhu

Timeline:

August 9 th , 2020	Independent study proposal submitted to the Faculty of Health Sciences for approval
Sept. 2020	Literature review on the impact of access improvement strategies (such as food bus) on food insecurity
Oct. 2020	Proposal submitted to Food for Thought initiative for funding
Nov. to Dec. 2020	Planning and logistical coordination of the food bus; development of an evaluation framework for the food bus pilot
Jan. 2021	Implementation of the food bus pilot; evaluation of the food bus pilot; final report to the Food for Thought initiative

6. Please provide any additional commentary on the benefits or unexpected consequences arising from the meeting:

This was the first meeting hosted by the Faculty of Health Sciences at the University of Lethbridge in canvassing existing initiatives within the U of L and outside of U of L that address food insecurity amongst post-secondary students. Of particular note, one of the benefits from the meeting was learning from our attendees that factors that contribute to food insecurity were common across our campuses – graduate student status, international student status, and students with dependents. Further, there are innovative existing initiatives born out of and delivered through campus foodbanks that addressed structural issues such as access, transportation, and stigma. Subsequently, we have chosen to pursue the food bus pilot within the U of L community.



Appendix A: Meeting Agenda

Campus Alberta Health Outcomes & Public Health (HOPH) Meeting
Advocating for food security

March 2nd, 2020

Markin Hall M3003 (University of Lethbridge)

Teleconference information: TBA

11:00 am to 3:00 pm

11:00-12:30 – Setting the stage & introductions

1. Impetus for meeting & initial intended outcomes
 - a. See pg. 2 “Campus Alberta HOPH meeting grant”
2. Stakeholders around the table
 - a. United Way Lethbridge: Connolly Tate-Mitchell
 - b. Alberta Health Services, South Zone: Stasha Donohue
 - c. University of Alberta:
 - i. U of A Food Bank: Cory Hodgson, Executive Director
 - d. University of Calgary:
 - i. U of C Food bank: Adrian Handy & Janice Jiang, Coordinators
 - ii. Cummings School of Medicine: Dr. Dana Olstad
 - e. University of Lethbridge:
 - i. Undergraduate students: Krista Shortridge, Keltie Hamilton, Melissa Silberer
 - ii. Graduate students: Aimee Yurris, Asnate Fomina
 - iii. Faculty of Health Sciences: Chaplain Erin Phillips, Dr. Jean Harrowing, Silvia Koso, Carina Zhu
3. Scope of food insecurity on our campuses
 - a. Food bank utilization stats & demographic data (aggregate): Cory, Adrian, & Janice
 - b. Poverty study at U of L: Chaplain Erin & Jean Harrowing
4. Factors that impact food security
 - a. Dana Olstad
5. Existing programs/initiatives across our campuses/communities

12:30-13:30 – Lunch

13:30-15:00 – Next Steps for Advocacy

6. Key messages on briefing note to Minister of Education re: tuition increases
7. Key messages on briefing note to the Ministry of Labor re: graduated minimum wage
8. Op-ed to local newspapers (??) – see pg. 3-5 “Op-ed Lethbridge Herald Feb. 24th, 2020”
9. Potential funding sources for student-led initiatives?



Appendix B: Letter to Minister of Advanced Education

May 20, 2021

Hon. Demetrios Nicolaides
Minister of Advanced Education
10030 107 St NW
Edmonton, AB, T5J 4X7

Re: impact of rising tuition on food insecurity amongst post-secondary students

Dear Minister Nicolaides,

We are a group of campus leaders, students, and academics concerned about the impact of rising tuition on food insecurity amongst post-secondary students in Alberta.

For university students, food insecurity negatively affects attendance, academic performance, diet, and health. This is significant given that almost two out of five university students experience some degree of food insecurity (Shen, 2019). Factors such as limited income, tuition cost, racialization, international student expenses, Indigenous status, and graduate student status further exacerbate this issue (Silverthorn, 2016). While food banks help alleviate immediate needs, there is compelling evidence to suggest that they do not reduce food insecurity (Riches, 2003; Tarasuk, Dacher, & Loopstra, 2014; Prange, 2016; Mendly-Zambo & Raphael, 2019), and the provisions from food banks do not meet daily nutritional requirements (Tarasuk & Beaton, 1999; Tse & Tarasuk, 2008).

From 2006 to 2016, tuition fees at Canadian universities increased by an average of 40% (Statistics Canada, 2016). In the provincial government's MacKinnon Report, the Panel recommended that more post-secondary funding should come from tuition and alternative revenue sources (Government of Alberta, 2019). We are concerned about the negative impacts that tuition increases will have on our students, particularly those from low-income households or marginalized communities. Not everyone needs to go to university, but those who do should not have to go hungry in order to complete their education.

Please abandon the misguided approach that increasing tuition is an ethical stream of revenue. Education is a human right, and the erosion of public funding to our post-secondary institutions will further exacerbate food insecurity in the students of our future.

Respectfully,

Carina Zhu, Faculty of Health Sciences, University of Lethbridge
Dr. Silvia Koso, Faculty of Health Sciences, University of Lethbridge
Erin Phillips, University Chaplain, University of Lethbridge
Dr. Jean Harrowing, Faculty of Health Sciences, University of Lethbridge
Keltie Hamilton, undergraduate student, University of Lethbridge



Faculty of Health Sciences



Krista Shortridge, undergraduate student, University of Lethbridge
Melissa Silberer, undergraduate student, University of Lethbridge
Aimee Yurris, undergraduate student, University of Lethbridge
Adrian Handy, Coordinator, Students' Union Campus Food Bank, University of Calgary
Cory Hodgson, Executive Director, Campus Foodbank Society, University of Alberta

References

- Government of Alberta. (2019). Report and recommendations: Blue Ribbon Panel on Alberta's Finances. August 2019. Retrieved from: <https://open.alberta.ca/dataset/081ba74d-95c8-43ab-9097-cef17a9fb59c/resource/257f040a-2645-49e7-b40b-462e4b5c059c/download/blue-ribbon-panel-report.pdf>
- Mendly-Zambo, Z. & Raphael, D. (2019). Competing discourses of household food insecurity in Canada. *Social Policy and Society*, 18(4).
- Prange, ME. (2016). Position statement on responses to food insecurity. *Ontario Society of Nutrition Professionals in Public Health, Food security working group*. Retrieved from: <https://opha.on.ca/getmedia/a0a0dcb0-df42-4b51-b9de-d435ea960152/OPHA-Webinar-What-should-we-do-about-food-insecurity-Final-Slides.pdf.aspx?ext=.pdf>
- Riches, G. (2003). Food Banks and Food Security: Welfare Reform, Human Rights and Social Policy. Lessons from Canada? *Social Policy and Administration*, 36 (6).
- Shen, A. (2019). Universities take steps to tackle food insecurity on campus. *University Affairs*. Retrieved from: <https://www.universityaffairs.ca/news/news-article/universities-take-steps-to-tackle-food-insecurity-on-campus/>
- Silverthorn, D. (2016). Hungry for knowledge: Assessing the prevalence of student food insecurity on five Canadian campuses. Toronto, ON: Meal Exchange. Retrieved from: <http://mealexchange.com>.
- Statistics Canada. (2016, September 7). Tuition fees for degree programs, 2016/2017. *The Daily*. Retrieved from: <http://www.statcan.gc.ca/daily-quotidien/160907/dq160907a-eng.htm>
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- Tarasuk, V., Dachner, N. and Loopstra, R. (2014), "Food banks, welfare, and food insecurity in Canada", *British Food Journal*, Vol. 116 No. 9, pp. 1405-1417. <https://doi.org/10.1108/BFJ-02-2014-0077>
- Tse, C., & Tarasuk, V. (2008). Nutritional assessment of charitable meal programmes serving homeless people in Toronto. *Public Health Nutrition*, 11, 1296-1305.

Appendix C: Letter to Minister of Labor and Immigration

May 20, 2021

Hon. Jason Copping
Minister of Labor and Immigration
Legislature Building
Suite 107- 10800 97 Ave NW
Edmonton, AB, T5K 2B6

Re: graduated minimum wage and its impact on food insecurity

Dear Minister Copping,

We are a group of campus leaders, students, and academics concerned about the impact of the graduated minimum wage on food insecurity amongst post-secondary students in Alberta.

From 2006 to 2016, tuition fees at Canadian universities increased by an average of 40% (Statistics Canada, 2016). At the same time, the earning potential of Alberta students working to save for university decreased when the graduated minimum wage was introduced in June 2019. Students under the age of 18 are paid \$13/hour for the first 28 hours of work per week, compared to the general minimum wage of \$15/hour. We are gravely concerned about the combined impact of rising tuition costs and graduated minimum wage for students. Not everyone needs to go to university, but those who do should not have to go hungry in order to complete their education. For university students, food insecurity negatively affects attendance, academic performance, diet, and health. This is significant given that almost two out of five university students experience some degree of food insecurity (Shen, 2019). Factors such as limited income, tuition cost, racialization, international student expenses, Indigenous status, and graduate student status further exacerbate this issue (Silverthorn, 2016).

Please abolish the graduated minimum wage and allow our students to save for their education. A recent poverty report conducted at the University of Lethbridge and Lethbridge College indicated that wages was single most important source of income for 71% of students (J. Harrowing et al, personal communication, March 2nd, 2020). Equal pay for equal work is one way your ministry can support the students of our future.

Respectfully,

Carina Zhu, Faculty of Health Sciences, University of Lethbridge
Dr. Silvia Koso, Faculty of Health Sciences, University of Lethbridge
Erin Phillips, University Chaplain, University of Lethbridge
Dr. Jean Harrowing, Faculty of Health Sciences, University of Lethbridge
Keltie Hamilton, undergraduate student, University of Lethbridge
Krista Shortridge, undergraduate student, University of Lethbridge
Melissa Silberer, undergraduate student, University of Lethbridge
Aimee Yurris, undergraduate student, University of Lethbridge



Faculty of Health Sciences



Adrian Handy, Coordinator, Students' Union Campus Food Bank, University of Calgary
Cory Hodgson, Executive Director, Campus Foodbank Society, University of Alberta

References

- Shen, A. (2019). Universities take steps to tackle food insecurity on campus. *University Affairs*. Retrieved from: <https://www.universityaffairs.ca/news/news-article/universities-take-steps-to-tackle-food-insecurity-on-campus/>
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- Statistics Canada. (2016, September 7). Tuition fees for degree programs, 2016/2017. *The Daily*. Retrieved from: <http://www.statcan.gc.ca/daily-quotidien/160907/dq160907a-eng.htm>