



Campus Food Bank

Poverty at the
University and in the
Greater Community

What is the Campus Food Bank?

Registered non-profit organization that provides emergency food hampers to hundred of students every year

The first of our kind in Canada.

Last year we filled 671 requests, distributing enough food to feed over 1500 individuals

Monetary donations are used to purchase food when donations are low or to purchase food items that aren't typically donated.

History of the CFB

- originally an initiative of the GSA.
- Using the creation of a 'one time' food bank as a media stunt to protest rising tuition fees- particularly the decision to double international tuition.
- The long line outside the office prompted the creation of a permanent service.
- In 1991, the first Post Secondary Food Bank in Canada opened. By 1993 we were a joint service of the SU & GSA.
- In our first year we, distributed enough food to feed over 250 individuals. Last year, this number had risen to 1500.

What we offer

“Emergency food hampers containing about a 4 day supply of food.

Clients are permitted to make requests every two weeks. Since hunger is a persistent problem for many, about 65% of our users visit us every two weeks.

The remaining 35% are typically one/two time users in a tight spot.

Hamper Contents- non perishable

One Person Hamper

- 2 cans beans
 - 2 cans tuna, salmon, turkey or other meat
 - 2 cans of soup (or dried soup)
 - 2 cans of vegetables (e.g./ mixed, corn, etc.)
 - 2 cans of fruit (A 796 mL can counts as 2)
 - 1-398 mL of pasta or tomato sauce
 - 1 x Mac & cheese
 - 500g of pasta
 - 500g of rice
 - 300g of powdered milk
 - 500g rolled oats
 - 1L of juice (if any)
- 1 bag of bagels/ loaf of bread (if available)

Hamper Contents- Perishable

This past year, we have begun to provide farm eggs, bread, fresh fruits and some veggies—albeit in a very limited supply.

- Fruit (apples & oranges)
2 per person
- Veggies (carrots & onions)
3-4 servings per person
- Yogurt with Fruit (175 g)
1 per person
- Eggs (large)
4 per person

Hamper Contents- Miscellaneous

Money saving tip sheets & low cost recipes

- ◆ In hampers and resources available online at

Non-menu items

- ◆ Like spices, coffee or tea, baked goods, etc. On request, as available

Toiletries & personal care items

- ◆ On request, volunteers use discretion

Laundry detergent

- ◆ Average of about 1.5 loads per person

Hampers- Good Nutrition?

Negatives

reliance on canned goods means that hampers will tend to be high in fat and sodium.

- oOur menus only meet (or barely exceed) meet the minimum requirements for the recommended servings.

- oOur hampers are deficient in dairy products (500 g of powdered milk—2 litres). Many clients reject it altogether.

- Don't provide the variety of items necessary for ensuring a healthy diet.

- We typically do not have a great variety of ethnic foods--

Hampers- Good Nutrition?

Positives

In a one time emergency situation, the hampers provide a good alternative to hunger.

We strive to make substitutions for clients with allergies and/ or cultural or personal preferences

We provide non-food items to clients.

We screen all cans carefully for safety—we discard all badly dented tins and all bulging containers.

We provide information about food safety.

Hampers- Good Nutrition?

The hampers provide reasonable good nutrition in the short term- (i.e./ . As far as emergency hampers go, we are doing quite well).

However, they are a poor choice for a lifestyle diet. Given our patterns of user-ship (about 65% using our food bank to supplement grocery purchase), we need to make even more changes and are currently investigating options to secure more space and adequate food handling facilities.

Confidentiality

There is a Stigma Associated with food bank usage. In a study conducted by the CAFB, 66% of Canadian reported laziness as a reason for needing a food bank.

We do our best to ensure confidentiality by

- oPerson to person contact only once.

- Bags are labeled with numbers instead of names.

- Addition of online requests is the most confidential.

- Pick-up anytime until mid-night.

- Most clients transfer bags to back-pack. We recently pressed the SU to install a door in front of hamper shelves for added privacy—they no longer have to pack food into bags where others can see them easily.

Abuse

- Every system is open to abuse
 - ◆ we don't have the resources to screen all of our candidates
 - ◆ Many clients are referred by SFAIC and thus have been screened
 - ◆ Location contributes to low abuse
 - ◆ Hamper theft was a problem in the past.

Poverty

On Campus and the
greater Community

Poverty & Food Insecurity

- What causes Poverty?
- How is poverty Measured?
- What are the effects of poverty?
- What are some solutions?

Causes of Student Poverty & Food Insecurity

Living Allowances for students on student loan are insufficient and don't reflect actual costs of living in Edmonton

Lack of higher paying part-time employment.

Rising tuition & International Students.

Lack of student Funding

Lack of affordable housing

Emergency situations.

Cause of Poverty in greater Community

Low Welfare rates (known as Supports for Independence or SFI).

Increasing Housing Costs & Costs of Living

Inadequate minimum wage.

Government Cut-Backs to Social Programs

How is poverty measured?

The most common method to measure poverty is to use the Low Income Cut Off (LICO). This is a largely relative assessment of poverty—it assesses economic equality or income disparity—though it is a good indicator of families and individuals at risk. It has never really been accepted as a measure of poverty.

A measure of Poverty?

The Edmonton Social Planning council has created a method of measuring poverty.

The Cost of Healthy Living provides a reliable, comprehensive and easily understood method for measuring poverty