

# FOOD SECURITY

Educational workbook  
for post-secondary  
students.



CONCORDIA  
UNIVERSITY  
OF EDMONTON

# What is food security?

**Food security means having sufficient and reliable access to enough good, healthy, nutritious, and culturally/lifestyle appropriate food.**

**Enough** = enough food to meet your energy needs to be active and healthy

**Good** = food that you think is good to eat and that you enjoy eating, this is different for everyone

**Healthy & Nutritious** = sustaining and satisfying, full of essential minerals, fibers, vitamins, and energy we need for our bodies to be healthy

**Culturally/lifestyle appropriate** = this is different for everyone but it means having food that you are familiar with, know how to cook and prepare. For lifestyle, it means having access to foods that meet specific dietary restriction needs, or ethical choices, for example, access to gluten free foods or vegan foods.



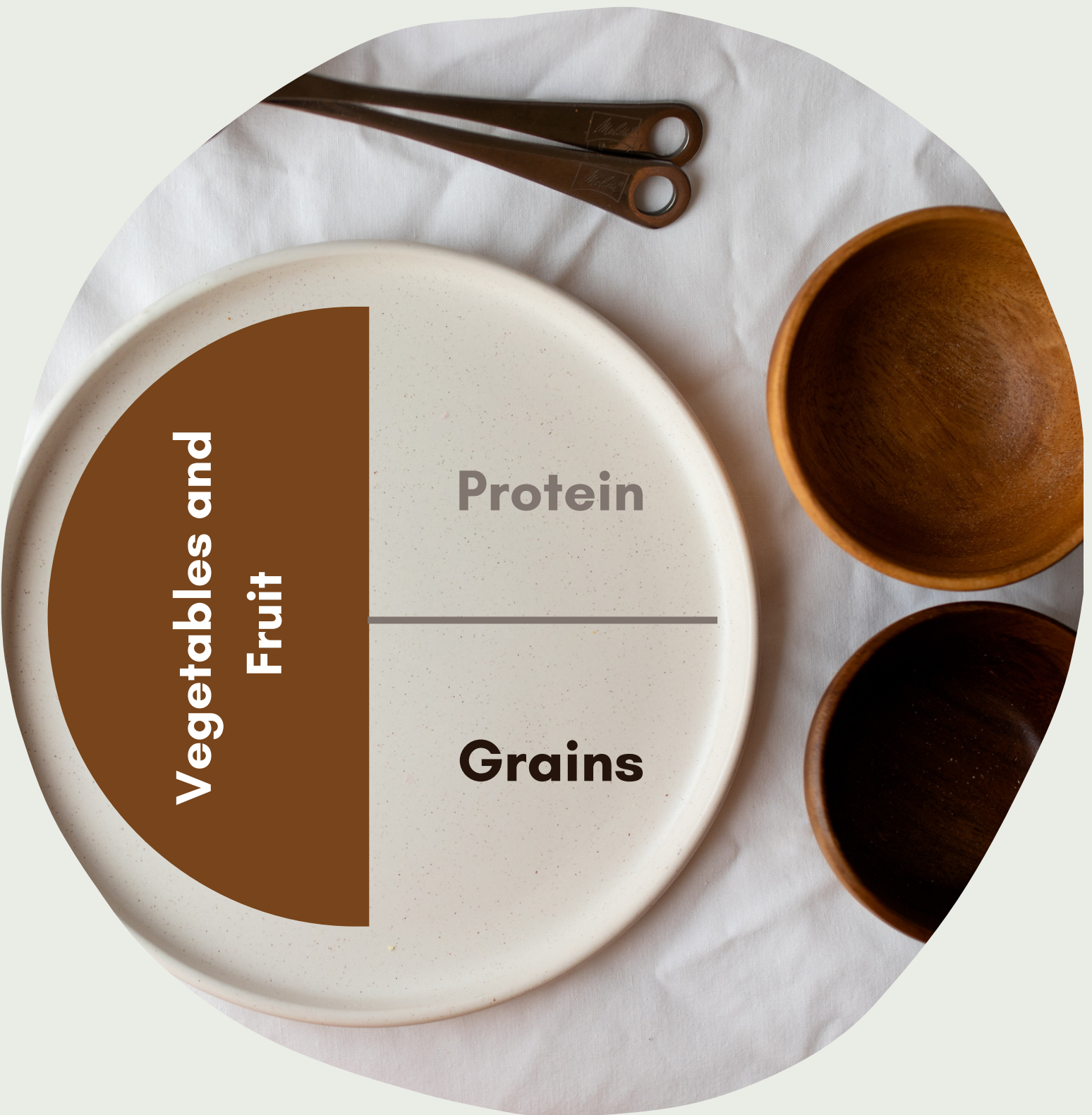
# What is food insecurity?

**Food insecurity means not having sufficient or reliable access to enough good, healthy, nutritious, and culturally/lifestyle appropriate food.**

Food insecurity can be more prevalent than people think. If you do not have adequate access to healthy food, and are having to rely on cheap processed food, this counts as food insecurity since it is not meeting the need of having good, healthy, nutritious food. Having an apple for breakfast – though good, healthy, nutritious – does not meet the energy needs required for a meal to have in order to sustain energy for a healthy balanced life. Therefore, this qualifies as food insecurity since it is not meeting the "enough" category.



# The Canadian Food Guide Plate



According to Canada's food guide, half of your plate should be vegetables and fruit, 1/4 should be whole grains, and the last 1/4 should be protein. This is a simple way to make meals meet your nutrition needs. For info on what to eat go to the resource page of this booklet.

# What happens if I am food insecure?

*Know you are not alone!*

Unfortunately food insecurity is a huge issue facing university students. A Fall 2021 national survey found that 56.8% of students experienced food insecurity (Meal Exchange). That equates to approximately 3 in 5 students experiencing food insecurity.

Though these statistics are alarming, past research has shown that food insecurity has been a normalized experience for university students, since eating quick processed noodles, drinking a coffee for breakfast, or being regulars at the vending machine is seen as part of the student experience. There is thus a culture of food insecurity that is an additional layer of why this is a big issue but one with no simple solution.

At Concordia specifically, our 2021 Canadian Campus Wellness Survey (CCWS) indicated that 19.21% of CUE students were dealing with some level of food insecurity. This equates to 1 in 5 students.



# What steps can I take to be more food secure?

Here are some steps you can take to be supported to move towards a more food secure position!

Reach out to your campus resources that are set up to support you!

1.1) At CUE we have the CUE Cupboard which has options for non-perishable food baskets, WECAN baskets (baskets with fresh produce), and our tower gardens.

1.2) The Financial Aid office - There are scholarships and bursaries that you can apply for for some extra income.

1.3) Career Services office - This office can help you with your resume, interviews, and job applications.

Get involved! This can be done through joining our food and nutrition working group, education, and other activities.

## Steps I can take:

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