



# UBC STUDENT FOOD INSECURITY



## Did you know?



~43%

of UBC students were concerned about running out of food at least once **per year**

~19%

of UBC students were concerned about running out of food at least once **per month**



AMS of UBC. (2021). Academic Experience Survey (AES). Vancouver. Retrieved from [https://www.ams.ubc.ca/wp-content/uploads/2020/10/2020\\_aes\\_v2.pdf](https://www.ams.ubc.ca/wp-content/uploads/2020/10/2020_aes_v2.pdf)

## Our Perspective

We refuse to believe that going hungry or eating instant noodles every day due to financial constraints is simply "part of the student experience".

If you can't access a **nutritionally adequate** and **culturally appropriate** diet that **meets your dietary restrictions** and adequately **sustains you during your studies**, you should feel completely valid in reaching out for support.

### Chronic food insecurity =

Long-term, constant food insecurity. Living from paycheque to paycheque.



### Acute food insecurity =

Temporary or sudden food insecurity. May have been financially stable before, but something changed.



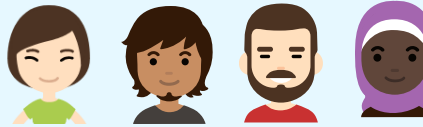
**It may look different for everyone, but you're never alone!**



## AMS Food Bank

Open Mondays & Thursdays 12pm - 7pm  
Located in room 0032 of the Life Building

**Free and confidential service for UBC students and staff**

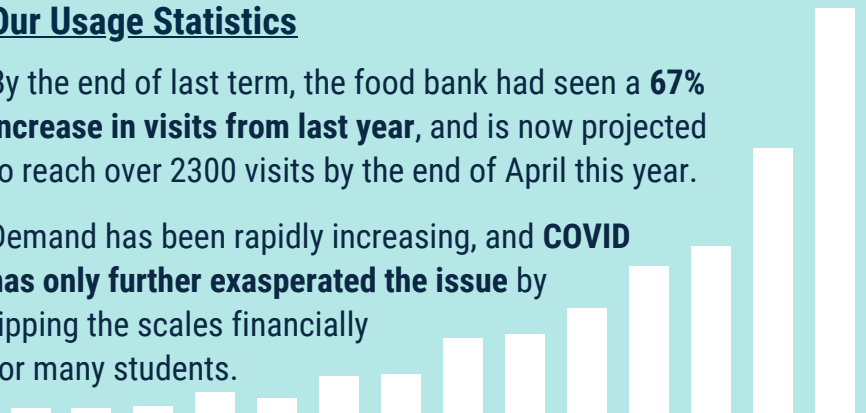


**16 visits** per semester, no application needed!

## Our Usage Statistics

By the end of last term, the food bank had seen a **67% increase in visits from last year**, and is now projected to reach over 2300 visits by the end of April this year.

Demand has been rapidly increasing, and **COVID has only further exasperated the issue** by tipping the scales financially for many students.



AMS Food Bank (2021). Annual "visits" for the AMS Food Bank from 2006/07 - 2020/21. Vancouver.

We provide a variety of **non-perishables**, **fresh foods**, personal **hygiene items**, resources, and community programs such as the BC Farmer's Market Nutrition Coupon Program



## Who are our clients?

Our clients come from a wide variety of demographics, and experience different levels of food insecurity.

However, many are overrepresented when compared to the UBC population, such as: graduate students, mature students, BIPOC students, and students with families. In fact, **50%** of our clients support dependents such as children.

AMS Food Bank (2021). AMS Food Bank Usage Data from 2019 - 2021. Vancouver.

## How can I help?

We wouldn't be able to do what we do without our generous **donors** and **volunteers!** Find out how to get involved:

- Website: [www.ams.ubc.ca/foodbank](http://www.ams.ubc.ca/foodbank)
- Email: [foodbank@ams.ubc.ca](mailto:foodbank@ams.ubc.ca)

