

University of
Guelph

Hungry?

Scan the QR code for help

The food access map
allows gryphons and
community members
alike to access no-
cost or low-cost food
in Guelph



There is no shame in
reaching out for assistance



Next meal on your mind instead of your studies?

Scan the QR Code for resources in
Guelpph...
Because Food Is Brain Fuel...



STOP THE STIGMA

The Starving Student: Food Insecurity

What Is The Starving Student Stereotype?

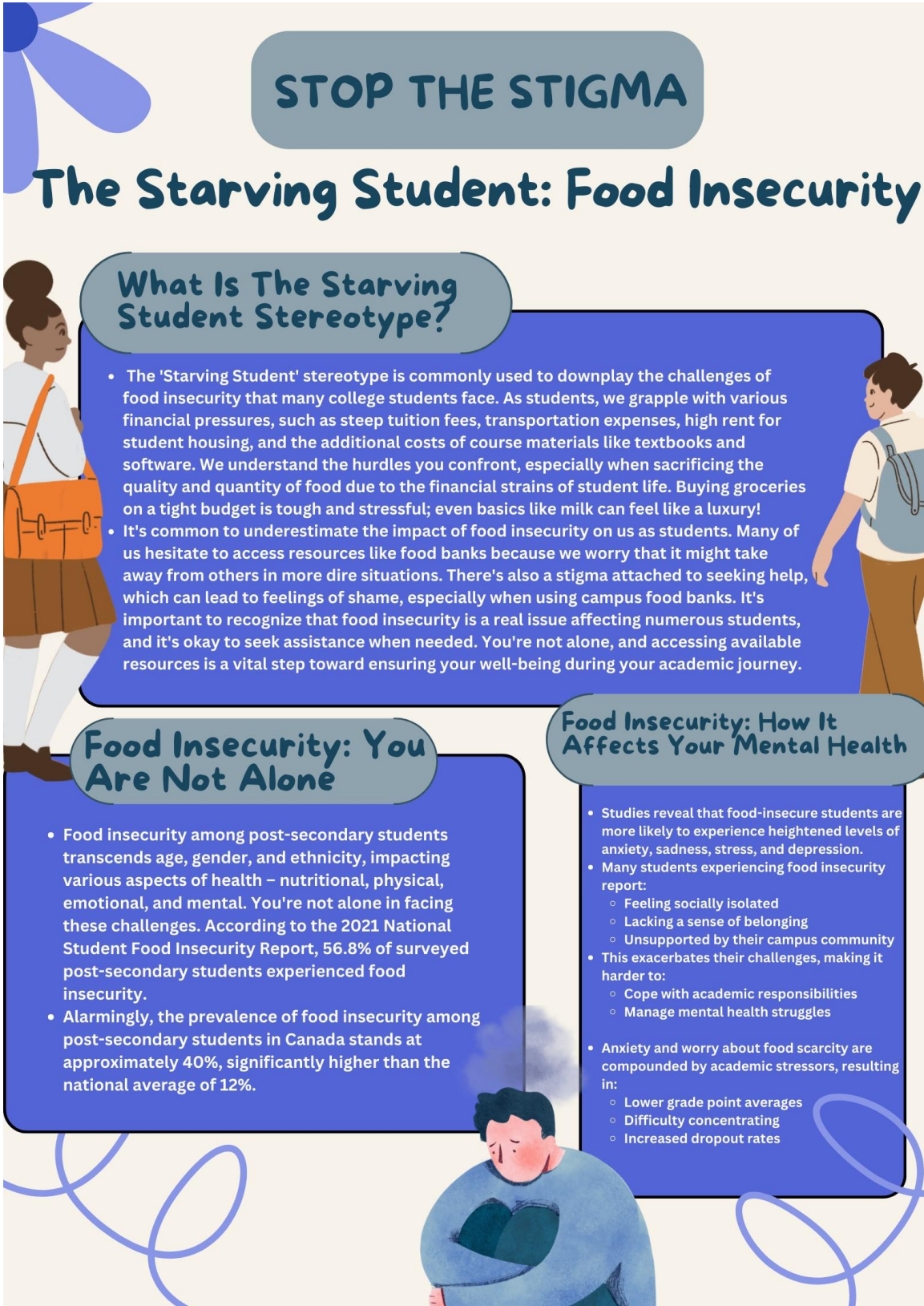
- The 'Starving Student' stereotype is commonly used to downplay the challenges of food insecurity that many college students face. As students, we grapple with various financial pressures, such as steep tuition fees, transportation expenses, high rent for student housing, and the additional costs of course materials like textbooks and software. We understand the hurdles you confront, especially when sacrificing the quality and quantity of food due to the financial strains of student life. Buying groceries on a tight budget is tough and stressful; even basics like milk can feel like a luxury!
- It's common to underestimate the impact of food insecurity on us as students. Many of us hesitate to access resources like food banks because we worry that it might take away from others in more dire situations. There's also a stigma attached to seeking help, which can lead to feelings of shame, especially when using campus food banks. It's important to recognize that food insecurity is a real issue affecting numerous students, and it's okay to seek assistance when needed. You're not alone, and accessing available resources is a vital step toward ensuring your well-being during your academic journey.

Food Insecurity: You Are Not Alone

- Food insecurity among post-secondary students transcends age, gender, and ethnicity, impacting various aspects of health – nutritional, physical, emotional, and mental. You're not alone in facing these challenges. According to the 2021 National Student Food Insecurity Report, 56.8% of surveyed post-secondary students experienced food insecurity.
- Alarmingly, the prevalence of food insecurity among post-secondary students in Canada stands at approximately 40%, significantly higher than the national average of 12%.

Food Insecurity: How It Affects Your Mental Health

- Studies reveal that food-insecure students are more likely to experience heightened levels of anxiety, sadness, stress, and depression.
- Many students experiencing food insecurity report:
 - Feeling socially isolated
 - Lacking a sense of belonging
 - Unsupported by their campus community
- This exacerbates their challenges, making it harder to:
 - Cope with academic responsibilities
 - Manage mental health struggles
- Anxiety and worry about food scarcity are compounded by academic stressors, resulting in:
 - Lower grade point averages
 - Difficulty concentrating
 - Increased dropout rates



MENTAL HEALTH RESOURCES:



PHONE RESOURCES:

- **Crisis Phone Line:** CMHA's Here 24/7 line at 1-844-HERE-247 (437-3247) or TTY 1-877-688-5501
- **Compass Community Service Distress Line:** Trained volunteers to provide free, anonymous and confidential emotional support through active listening and empathy.
 - Call 1-888-821-3760 or 519-821-3760
- **Compass Community Services LGBTQ+ Support Line:**
 - Call or text 226-669-3760 (8 am-10 pm)
- **Black Youth Help Line:** 1-833-294-8650 (everyday 9 a.m. - 10 p.m.)
 - Multicultural helpline prioritizing Black youth, offering tailored services for all youth, families, and communities, ensuring access to culturally appropriate support.
- **Hope for Wellness Hotline:** Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada.
 - 1-855-242-3310



RESOURCES FOR UNIVERSITY OF GUELPH STUDENTS:

THE CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH):

- CAMH is committed to delivering free online education focusing on addictions and mental health.
- Enhance learning opportunities for practitioners who provide services to people with addictions and mental health, as well as for clients and their families.

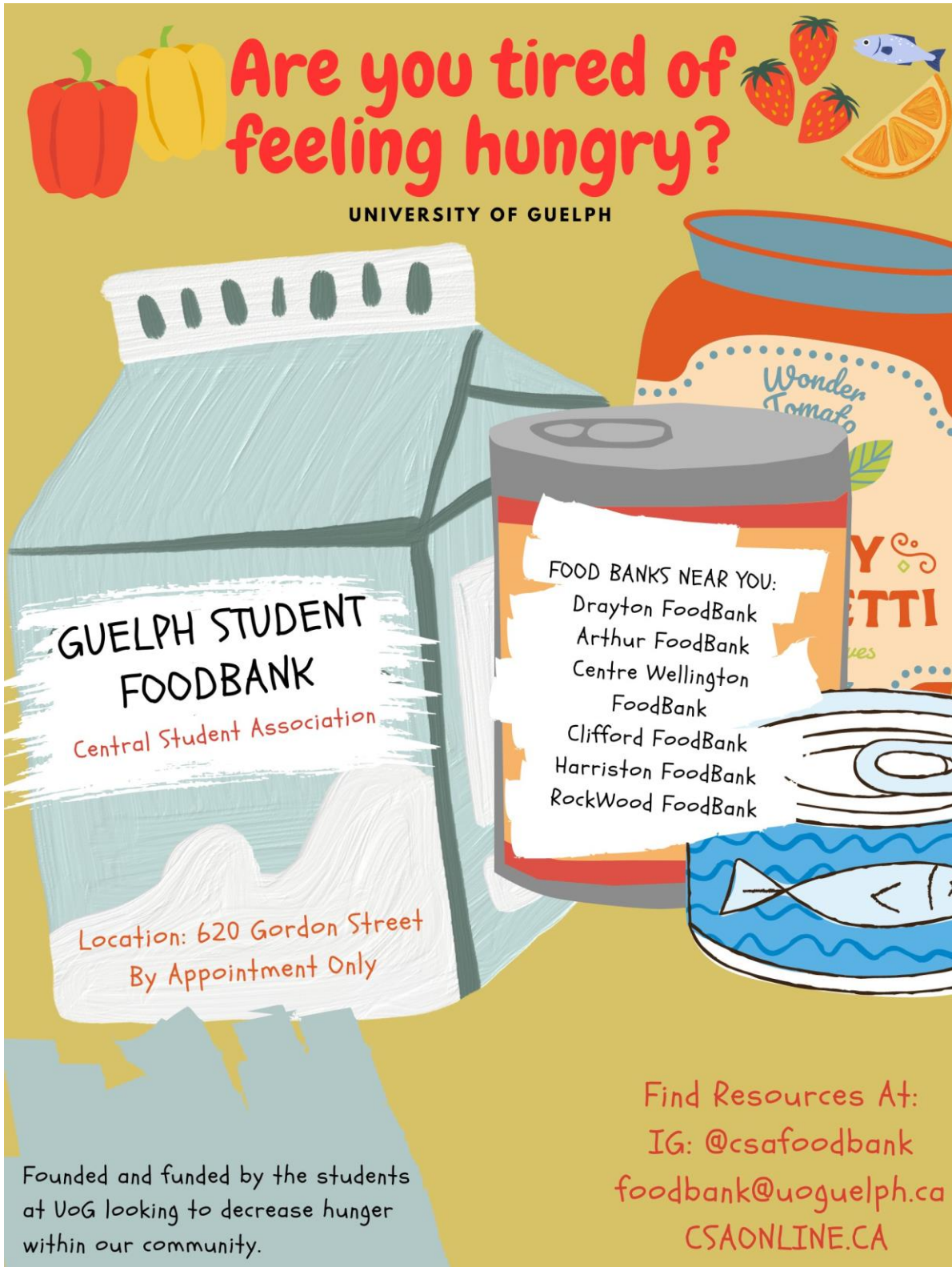
Scan QR code for more information:



- **Individual counselling at the University of Guelph Student Wellness Services**
 - Talk one-on-one with a counsellor to explore, understand and work through personal issues.
 - If you would like to book an appointment, please call 519-824-4120 Ext. 53244 or drop by the front desk on the first floor of the J.T. Powell Building.
- **Same Day Drop-In Counselling at the University of Guelph:** Same Day Drop-In Counselling service provides 1:1 support, information, and referrals to students dealing with various same-day, emerging crises.
 - Fall/Winter Semester Hours: Monday - Friday 1:00 - 3:30 pm
 - Call 519-8244120 x53244 or come to the JT Powell building.
- **International and ELP Student Mental Wellness Student Support Programs:**
 - Keep.meSAFE: 24/7 access to support via chat, phone or ongoing virtual appointments
 - Call 1-844-451-9700

Scan QR Code for more support services offered at UoG:





FOOD INSECURITY

The inability to acquire or consume a sufficient amount of food that is deemed socially acceptable and is attained without uncertainty



WHO IS IMPACTED

Food insecurity impacts marginalized communities.

People with disabilities, people of colour, LGBTQ, Students and people living in poverty.

Humans who face systemic discrimination

HOW STUDENTS ARE IMPACTED

one third of the student population struggles with food insecurity in North America alone

Students struggle due to: rent inflation, tuition prices, grocery inflation, and struggle to maintain work/school /life balance.



SIDE EFFECTS

Food insecurity often leads to:

Poor psychological/emotional and social well-being.

Increased depression and anxiety

Decline in physical health, sleep deprivation

Brain Fog and lower GPA

Increased Debt

FOOD BANKS

Food banks and other charitable organizations are the *most accessible temporary solution*. During COVID-19 there was a 35% increase for Food banks across Canada.

- The government funds foodbanks as an insecurity not an issue, which it is quickly becoming



IF YOU NEED SUPPORT

Guelph Student FoodBank

620 Gordon Street, Guelph

<https://csaonline.ca/foodbank>

- Available to both, students, and alumni
- Monday-Thursday 12pm-6pm
- 30 items per student