



Welcoming Kitchens Committee



Fredericton Community Kitchens & STU Social Work Students

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Who we are



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Introduction

Welcoming Kitchens Committee Members:

- Fredericton Community Kitchens
- The Capital Region Integration Network
- St. Thomas University
- University of New Brunswick
- University of New Brunswick Student Union
- New Brunswick Community College
- Food Depot Alimentaire
- Greener Village Food Bank
- Capital Region Service Commission
- New Brunswick College of Craft & Design





Post Secondary Food Security



Fredericton, NB



St. Thomas University Food Bank

- ❖ Drop in pantry - 9am-4pm
- ❖ Free lunch/breakfast Thurs days
- ❖ International students encouraged to cook Thurs
- ❖ Grab and go breakfast everyday
- ❖ 3 lockers for anonymous delivery



University of NB - Financial Aid

Financial Aid

- Emergency support
 - Sobeys gift cards
 - Student union food bank
 - Financial aid refers to greener village
-
- No registration required
 - Walk ins/referrals
 - Student outreach



UNB Student Union Food Bank

- ❖ Easy, quick online request process
- ❖ Pick-ups Mon & Wed evenings
- ❖ Partnership with Greener Village
- ❖ Community Food Smart Program
- ❖ Breakfast on Wednesdays
- ❖ Funding and food partnership with UNB and Chartwells



NBCC Craft and Design

- ❖ Student initiative led by staff at NBCCD
- ❖ Mainly used by international students
- ❖ No registration
- ❖ Free access to shelf 7:30am-11pm
- ❖ Donations from greener village & the community
kitchens
- ❖ \$1000-\$2000 per semester spent on grocery
purchases





Universities in Canada



Acadia

- Began in October 2023
- Community meals
- Relationships with local farmers

Alberta

- Oldest Post-Secondary food bank in Canada
- 70% of client base
- 8457 International students (2022-2023)



PEI

- Open one day a week
- Outgrowing campus ministry
- Welcome an average of 140 students per week

Cape Breton

- Food bank open for decades
- Order in bulk
- 6,700 International students

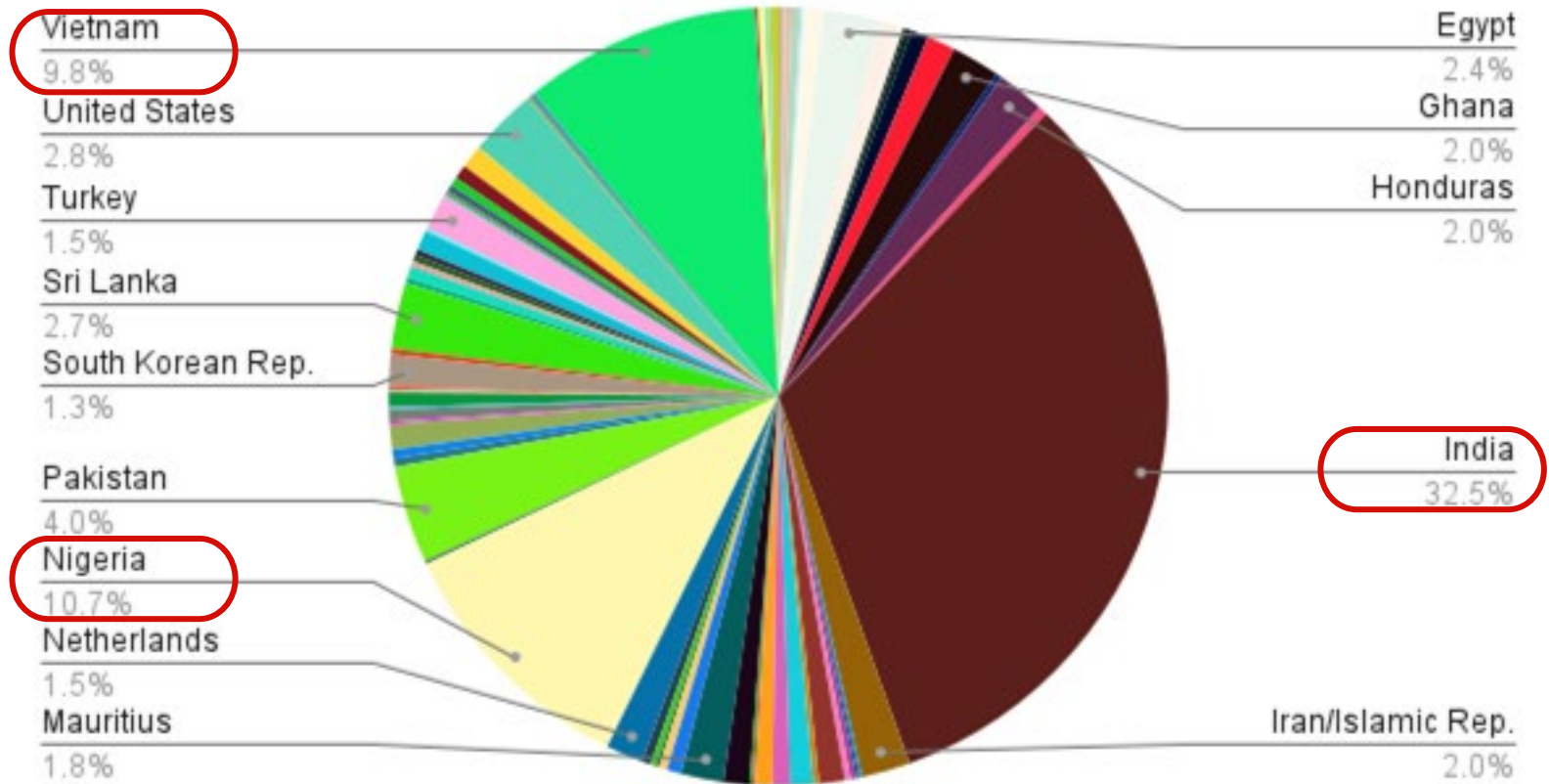




What was Recommended to Us

- Forums/feedback surveys
- Always be open to feedback and suggestions
- Forming bonds and trust with clientele
- Knowing how to apply for grants / who to contact for external donors
- Shared learning and strategies with other institutions

Main Countries



International Student Breakdown

International Students



- ❖ As of 2023, marginalised groups were **34% more** likely to be food insecure
- ❖ In 2021, **74.5%** of international students were experiencing a form of food insecurity
- ❖ **90%** of food bank users in four different ontario schools were international students
- ❖ **Over 1200** international students from 74 countries in Fredericton area



Barriers and Factors causing Food Insecurity

- ★ Access to culturally relevant food
- ★ Inflation
- ★ Housing Crisis
- ★ Tuition costs
- ★ Exposure to prejudice
- ★ Fear of stigma
- ★ Limited cooking skills and knowledge of canadian food
- ★ Limited time to prepare meals



General Resources and Concerns for International Students



- ❑ Recruiters need to be held accountable to properly educate Students before bringing them to Canada
- ❑ Federal and Provincial governments need to work alongside post secondary institutions to ensure the needs of international students are met

Resources being offered across different post secondary institutions:

- Emergency food pick up programs
- Letting International student pick out food bank items to ensure culturally relevant food
- Gift card exchange Programs
- Breakfast, lunch, and take home supper programs directly at the institution





Innovative Ideas

Hydroponics

- Accessible food production
- Affordable system
- A source of produce that is not weather dependent
- A source of nutritious food



<https://www.linkedin.com/pulse/why-having-small-hydroponic-system-home-helps-save-money-h%C3%B6ring>



Snack Stations

- University of Alberta, Campus Food Bank
- Eleven snack stands around campus in high traffic Student areas.
- Reducing the impact of hunger on academic success.

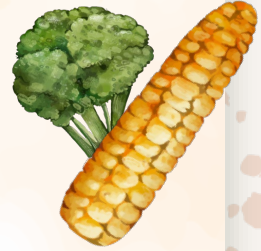
Confidential Food Hampers

- Western University and McMaster University
- Anonymous dispersion of food hampers
- Food for a longer period of time.
- Addresses the stigmatization related to food insecurity.



Conclusion

- International students are more likely to be food insecure
- Importance of culturally appropriate foods
- Institutions across Canada
- Recommendations
- Resources





Thanks!

Do you have any questions?

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