Student food insecurity is a significant issue at universities across Canada.

Since 2015, researchers have calculated food insecurity at 15 Canadian universities.

Research methods varied across different studies, but between 20% and 40% of students were food insecure.

In April 2019, we surveyed nearly 1000 students at the University of Guelph about their experiences with food.

One in five (23%) students surveyed were food insecure.

Food insecurity can affect all students. The prevalence of food insecurity did not significantly differ across years of study.

81% of food insecure students indicated they struggled to afford healthy, balanced meals.

72% of food insecure students indicated they have skipped meals because there isn't enough money for food.