

DESIGNING INTERSECTIONAL RESPONSES TO POST-SECONDARY STUDENT FOOD INSECURITY: Learning from those with lived experiences

Food security intersects with all aspects of students' lives.

What questions can we ask to inform intersectional approaches to address student food insecurity?



My first preference is my son. Whatever nutritious food [we have], first I give it to him...we plan the budget for him and then after we take for us, that's how it goes.

HOW CAN WE DESIGN PROGRAMS THAT ACCOUNT FOR STUDENTS' UNIQUE, INTERSECTING IDENTITIES?



Even when I did have to access to the actual Guelph food bank, that wasn't an option either because they'd send you off with three or four giant boxes, which is not doable on the bus...I wasn't accessing the stuff that I needed...for those with for those with disabilities, [rather than those without] who don't fully understand how this all works, it's not user friendly.

WHAT SYSTEMS OF OPPRESSION ARE CREATING AND PERPETUATING FOOD INSECURITY? HOW CAN WE GROUND SOLUTIONS IN ANTI-OPPRESSIVE APPROACHES?



I was always turning to myself and asking, why do I have to eat the same food? Why do I have to make something that I don't like? Why does this rice taste not the same as what I had before [back home]? And why are these vegetables so expensive that I can buy only once a month, or not even once a month?

CAMPUSES ARE CULTURALLY DIVERSE. HOW CAN WE SUPPORT ALL STUDENTS IN ACCESSING THEIR CULTURAL FOODS, KNOWLEDGE, AND PRACTICES?



I think as a student it's also hard to manage time; the demand of coursework and other lab work just takes over food sometimes, and stress. And in terms of exams, maybe not sleeping enough takes over how we judge our capacity to make food or to arrange for food. We sometimes just skip it entirely to make time for something else.

HOW CAN WE CREATE MORE TIME FOR STUDENTS SO THEY CAN EAT AND LIVE WELL?



I definitely didn't have that fun cooking experience. My friends were always saying, oh let's do a taco night, and I'm sitting there thinking, 'Well who's paying for all these taco ingredients because it's not gonna be me, or we'll have to split it cause I can't be shelling out for all of you guys to eat.'

HOW CAN WE BUILD CONNECTIONS AND BELONGING IN CAMPUS COMMUNITIES?