

Student Food Insecurity in Guelph and Canada

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**.

UNIVERSITY OF GUELPH

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.



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

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



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



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