

Campuses can change food systems

Students are worried about the impact that food has on their wellbeing, communities, food producers, the planet, and our shared future.

There are over two million post-secondary students currently studying in Canada, and nearly \$1 billion spent on campus food each year.^{1,2} We can leverage this purchasing power to build a food system that puts people and the planet before profit.



Students want Accessible food: A dignified access to affordable, nutritious, and culturally appropriate food is essential for student wellbeing, academic success, and equal opportunity for education. Unfortunately:

- Nearly 40% of post-secondary students experience food insecurity. Due to financial constraints, students compromise on food quality and skip meals, sometimes for entire days.³
- Food insecurity disproportionately impacts students with children, Indigenous, racialized, and international students, further increasing the barriers to accessing education.
- 76% of students disagreed that food on campus helps them maintain a healthy diet and 64% reported that healthy food options are unaffordable to them⁴



Students want Community-Based food: Community-based food contributes to vibrant local communities, economies, and regional food security. Unfortunately, the number of local producers are declining as they struggle to keep up with high costs, low profits, and competition with cheaper imported and industrially produced food.

- Over the last three decades, farmers had to spend 95% of their farm revenue on inputs (for ex. seeds, machinery, fertilizers, bank debts), leaving farmers just 5%. As a result, Canada has lost one-third of its family farms.⁵
- The majority of the food we eat is imported, even though much of what we import could be grown locally.⁶
- Small-scale fisheries are vital to coastal economies but they are struggling to compete with large commercial fisheries and fish farms, and as a result, are declining in numbers at only 6% of Canadians fisheries.^{7,8}



Students want Socially Just food: The globalization of trade, decreasing regulation and transparency of global labour standards, and corporate control over major food products allows corporations to exploit labourers working in the food system.

- Coffee growers typically make only 7-10% of the retail price of coffee sold in supermarkets⁹
- Two thirds of the world's cocoa supply comes from West Africa, where over 2 million children are exploited as child labourers and slaves.¹⁰
- In Canada, we rely heavily on migrant workers for food production, who are often far from family, and experience lengthy immigration processes. Migrant farm work is precarious, underwaged, and in Ontario (where over half of seasonal agricultural workers are employed) and Alberta, workers do not have the right to unionize.¹¹



Students want Ecologically Sound food: Most of our food is produced unsustainably, which puts ecosystems, biodiversity, and our shared future at risk.

- Conventional agriculture typically relies heavily on agrochemical inputs and limited crop diversity, which has negative impacts on soil health, biodiversity, and the resilience of farms to climate change. Under conventional agriculture, soil is depleting more than 100 times faster than it can rebuild itself.¹²
- Globally, agriculture represents at least 16% of human-induced GHG emissions.¹²
- Many large commercial fisheries use unsustainable practices and fishing gear that contribute to overfishing, bycatch, and habitat destruction.¹³ As a result, 33% of global fish stocks are overfished and unlikely to be restored in the near future,¹⁴ putting the health of our oceans and global food security at risk.¹⁵



Students want Humane food: Over 800 million intensively farmed animals were slaughtered in Canada in 2017. Intensive production practices include: breeding for fast growth, physical alterations, overcrowding, reliance on antibiotics, indoor confinement, and poor conditions for employees. For example:

- Egg-laying hens spend their lives in small stacked cages grouped together, each living in a space smaller than a 8½ by 11 inch piece of paper, on average.
- Hog barns house up to 5,000 pigs in crowded pens, where they are subjected to physical alterations such as tail docking to prevent them fighting for space.
- Beef cattle live in feedlots of up to 40,000 animals, and are often fed grain rather than grass, causing severe physical pain.¹⁶

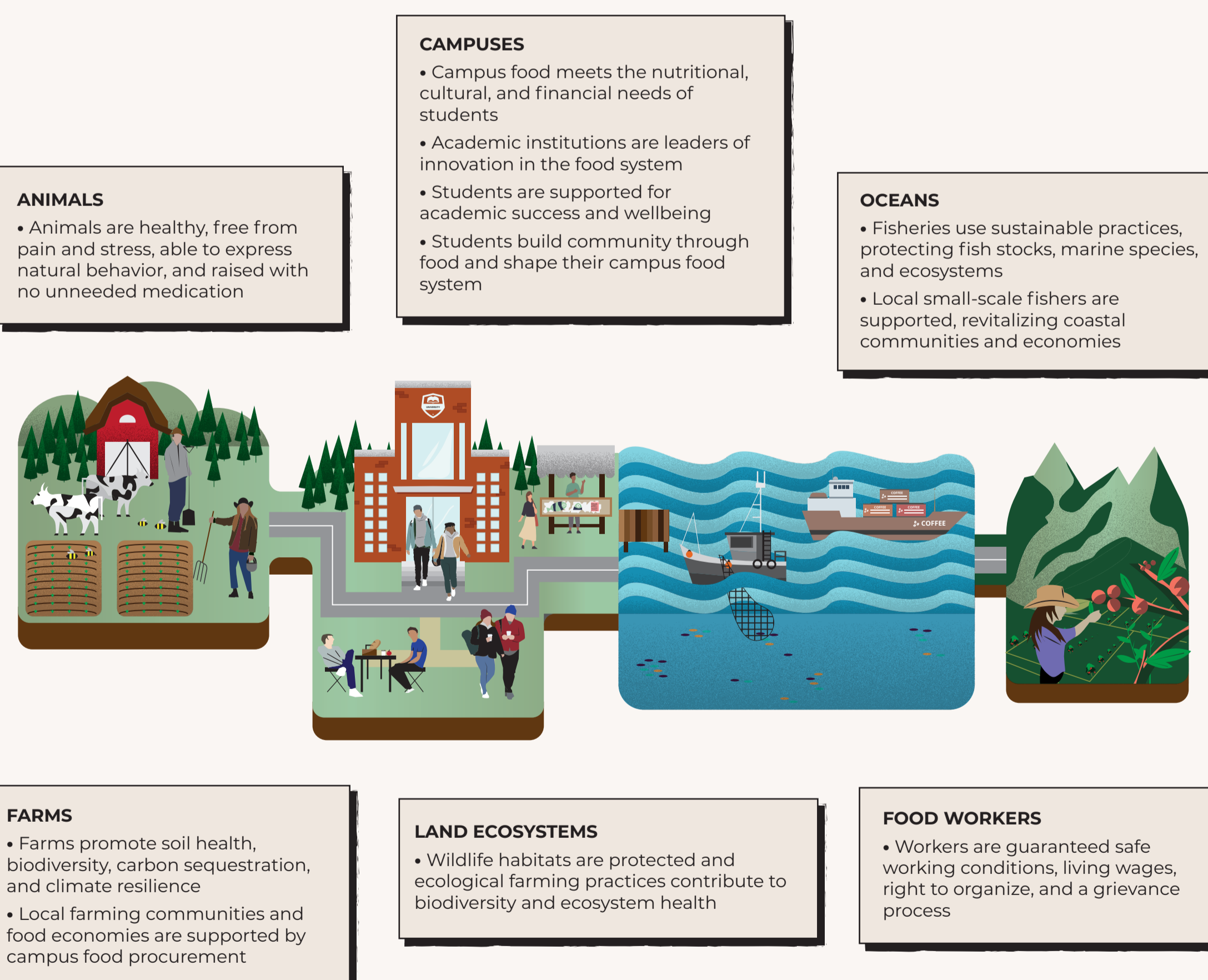
Students want Good Food For All

Students are asking their campuses to sign the Good Food Campus Commitment to increase their purchasing of Good Food to 20% by 2025, while also making Good Food more affordable and accessible for students.

Join the movement:
mealexchange.nationbuilder.com/goodfood

Our vision of a Good Food System

Shifting campus food contributes to a bold new vision for food systems that nourish people, communities, and our planet. A Good Food System makes healthy, just, and sustainably-grown food more accessible for all.



Learn more about the Good Food For All movement and Meal Exchange:
mealexchange.nationbuilder.com/goodfood



¹ Statistics Canada. Table 37-10-0011-01. Postsecondary enrolments, by program type, credential type, Classification of Instructional Programs, Primary Grouping (CIP_PG), registration status and sex. Retrieved from: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3710001101>

² Levkoe, C. Z., Erlich, S. and Archibald, S. (2019). Campus Food Movements and Community Service-Learning: Mobilizing Partnerships through the Good Food Challenge in Canada. Engaged Scholar Journal: Community-Engaged Research, Teaching, and Learning, 5(1), 57-76.

³ Silverthorn, D. (2016). Assessing the prevalence of student food insecurity on five Canadian campuses. Retrieved from <http://mealexchange.com>

⁴ Maynard, M., Lahey, D., & Abraham, A. (2018). Campus food report card: The state of food on Ontario university campuses. Retrieved from <http://mealexchange.com>

⁵ Qualman, D. and the National Farmers Union (2019). Tackling the Farm Crisis and the Climate Crisis: A Transformative Strategy for Canadian Farms and Food Systems. Retrieved from <https://www.nfu.ca/wp-content/uploads/2019/12/Tackling-the-Farm-Crisis-and-the-Climate-Crisis-NFU-2019.pdf>

⁶ BC- <https://lifecyclesproject.ca/app/uploads/2015/08/Where-in-the-World-Does-Your-Food-Come-From.pdf>

⁷ MacRae, R. (2015). Dollars & Sense: Opportunities to Strengthen Southern Ontario's Food. Retrieved from https://www.greenbelt.ca/dollars_and_sense_opportunities_2015

⁸ Nikoloyuk, J. and Adler, D. Valuing our Fisheries: Breaking Nova Scotia's Commodity Curse. Retrieved from <https://foodsecurecanada.org/sites/foodsecurecanada.org/files/valuingourfisheriesfinal.pdf>

⁹ Chuenpagdee, R. (2016). Promoting and Revitalizing Small-scale Fisheries. Oceana Canada's Science Symposium. Retrieved from http://www.oceana.ca/sites/default/files/dr_ratana_chuenpagdee.pdf

¹⁰ Fair Trade Foundation. (2012). Fair Trade and Coffee. Retrieved from https://files.fairtrade.net/publications/2012_Coffee_CommodityBriefing.pdf

¹¹ Kennedy, K. (2019). Child Labor and Chocolate. New York Times. Retrieved from <https://link.gale.com/apps/doc/A606920252/ITBC?u=uvictoria&sid=ITBC&xid=068b5a7d>

¹² Russo, R. (2018). Collective Struggles: A Comparative Analysis of Unionizing Temporary Foreign Farm Workers in the United States and Canada. Retrieved from https://commons.allard.ubc.ca/cgi/viewcontent.cgi?article=1487&context=fac_pubs

¹³ IPCC. (2019). Special Report on Climate Change and Land: Summary for Policy Makers. Retrieved from: https://www.ipcc.ch/site/assets/uploads/sites/4/2019/11/02_Summary-for-Policymakers_SPM.pdf

¹⁴ World Wildlife Fund. (2012). Wild Caught Seafood. Retrieved from: <https://www.worldwildlife.org/industries/wild-caught-seafood>

¹⁵ FAO. (2018). The State of World Fisheries and Aquaculture: Meeting the Sustainable Development Goals. Retrieved from: <http://www.fao.org/3/I9540EN/I9540en.pdf>

¹⁶ World Wildlife Fund. (2015). Living Blue Planet Report: Species, habitats and human well-being. Retrieved from https://d2ouvy59p0dg6k.cloudfront.net/downloads/living_blue_planet_report.pdf

¹⁷ Vancouver Humane Society. (2017). Meat Consumption and Factory Farming Suffering - the Facts. Retrieved from <http://www.vancouverhumanesociety.bc.ca/factory-farming/>