

FAIRNESS FOR STUDENTS

STUDENTS FOR STRONGER PUBLIC SERVICES NOW!



Food Security

Food insecurity impacts nearly 4 million Canadians each year. A growing body of research suggests that Canadian students are particularly at risk of experiencing food insecurity due to a lack of money for food. Students report that tuition fees and the cost of living are the biggest barriers to affording healthy food.

Food insecurity is a serious concern connected to poor mental and physical health, which can undermine a student's academic success. Students who experience food insecurity are more likely than their food-secure counterparts to reduce their schooling to part-time or drop out of school altogether.

Quick Facts



38% of students report experiencing moderate or severe food insecurity.



10.2% | the price increase for fresh vegetables in Ontario in 2017.



\$348 | the expected increase in food cost for a family of four in 2018.

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Students Respond

In collaboration with Meal Exchange, the Federation works to tackle food insecurity in Canada by empowering students to work with peers and stakeholders to drive this change across the country.

Students Mobilize

Food insecurity places both students' health and academic success at risk. Our goal is to work towards a national food system, supported by provincial funds, that allows students to be able to afford the food they need for a healthy lifestyle. Students should not have to choose between paying rent, buying textbooks, and going hungry.

Become a part of these efforts by:

- 1 Lobbying your institution to create an emergency fund for students who experience food insecurity.**
- 2 Connecting with your local food bank.**
- 3 Volunteering on campus to raise awareness of food insecurity.**

Students can also contact Meal Exchange to find out how to set up a campaign to change the food systems on their campus.