



Food & Nutrition

LONG-RANGE DESCRIPTION OF SUCCESS

At UBC, it's easy to choose healthy food options. We can all find delicious, wholesome food we can afford and safe tap water to drink. Food served on campus is nutritious and diverse, and it reflects the university's goals to reduce waste. Labels indicate ingredients, source, certifications, and nutrition facts. At our dining halls, restaurants, and events, we celebrate diverse cultures and locally grown ingredients.

We all value the role of food in our lives, and we understand and appreciate how it enriches our ability to work, learn, and play. We are all food literate. In farms, gardens, kitchens, and other spaces on campus, we gather to learn, eat together, and share food traditions from a variety of cultures. These experiences help us lead healthier and happier lives at UBC and beyond while supporting both local and global food systems that continually strive to be more equitable and just.

A leader in food and nutrition, UBC shares its knowledge, practices, and research widely, and it challenges itself and the community to implement even more innovative, effective, and resilient food systems.

WHY IT MATTERS

Currently, one in 12 Canadians over 20 years old live with heart disease and 11 million Canadians live with diabetes or prediabetes. Improving the quality of our food and what we drink will not only benefit individual and population health but enhance academic and workplace performance outcomes.

Household food insecurity, defined as the inadequate or insecure access to food due to financial constraints, is a serious public health issue in Canada. It negatively impacts physical, mental, and social health, and costs our healthcare system considerably.³ Adequate physical and economic access to safe, sufficient, and nutritious food can be a challenge for students. The largest cross-campus study in Canada found 39% of students surveyed experienced some degree of food insecurity.⁴ At UBC Okanagan, the VOICE 4 research project found that 42% of student respondents were sometimes or often worried that food would run out before they got money to buy more. Similarly, at UBC Vancouver, a study conducted in the Faculty of Land and Food Systems found that 40% of students surveyed reported food insecurity. A thriving campus community requires that we understand and address food insecurity.