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WUSA Food Support Service is a non-profit and student-run service that assists University of Waterloo community members experiencing food insecurity. All actions are confidential, prioritizing the end user’s safety and identity. WUSA FSS provides food and hygiene hampers as our primary form of combating food insecurity. Executives host outreach and community events to ensure that our community knows of our purpose and that there is always somewhere to go when needing help. Hampers are located behind the Turnkey desk in SLC which are available 24/7. Our mission is to help tackle food insecurity within our community and break the stigma surrounding asking for assistance with food insecurity.
Food insecurity is "the disruption of food intake or eating patterns because of lack of money and other resources". (1)

Food insecurity is something that exists both on and off our University campus. WUSA Food Support Service is dedicated to making a change and helping those who need food support, no matter where or when it is required.

Ignoring food insecurity can lead to dire consequences for those living with food insecurity and those who are not. Both mental and physical health can be affected by the lack of certainty surrounding food. While a hamper might not be enough to pull someone out of a state of food insecurity, it can assist them when they need extra help and support. The judgement-free process of our hamper system allows individuals to thrive and fight the food insecurity they may face.

Food insecurity is often tied with bias, as many feel as if they will be judged for admitting that they require assistance with affording food. FSS is dedicated to changing this belief as food is a human necessity and not something to be ashamed of. By offering hampers to our community, we are taking steps towards eradicating the bias of food insecurity.

Food insecurity leaves long-lasting mental and physical impacts on the body of the individual experiencing this situation. Some side effects of food insecurity include...

**Chronic Diseases**
are more commonly found in individuals who have experienced food insecurity between the ages of 18-65.

**Obesity**
is a common long term side effect of having experienced food insecurity, which effects longevity and physical health.

**Developmental Delays**
are a side effect of experiencing food insecurity. These delays can be passed on to offspring, whether or not the offspring experiences food insecurity themselves.
Current Operations

01 | Collect Donations

Collect donations from bins located around campus and University Colleges, as well as those provided from external sources. Both physical and monetary donations are collected.

02 | Create & Distribute Hampers

FSS puts forward a variety of different hampers, with your standard meat or vegetarian, to specialty diet hampers. Hygiene hampers are also available. All hampers can be collected at the turnkey desk in SLC 24/7.

03 | Advocacy and Awareness

FSS strives to drive the awareness of food insecurity across campus through community outreach events and campaigns. Our community engagement allows us to spread the word regarding our services and break the stigma surrounding food insecurity.
Hamper Contents

2-3 vegetable items
3-4 protein items
1-2 fruit items
3-4 meal items
1-2 snack items

Hamper quantities are subjected to change based on availability. Products may vary depending on each hamper type.
Specialty Hampers

01 | **Kosher Hamper**

Kosher hampers feature the same quantities as regular hampers, but with the addition of kosher certified products. Kosher certified products must have certain logos in order to ensure that they follow Kosher laws for consumers.

02 | **Halal Hamper**

Halal hampers feature the same quantities as regular hampers, but add in certain halal items. Halal items do not always have a certification, but follow a set of rules such as being free from blood and being ingredient based.

03 | **Cultural Hampers**

At FSS we understand that not everyone follows the same diets, and some may prefer tastes of home. We offer requestable custom hampers that cater to different flavour profiles, such as South or East Asian.
Hampers Distributed

- All numbers represent percentage of hampers collected by type

- Veggie: 35%
- Meat: 33%
- Halal: 12%
- Kosher: 7%
- Custom: 3%

Hampers Distributed
Usage By Study Level

Graduate Students
are the highest collectors of both food and hygiene hampers
Usage By Faculty

Over 1/2 of FSS hampers are collected by members of the engineering faculty

STEM Students are 3x more likely to pick up a hamper than students in art related programs
WUSA’s Food Support Service has had the chance to grow and reach a larger community over the past few years. Below recaps the growth in usage of our hamper system.

**FALL 2019**

197 total visits

**WINTER 2024**

385 total visits
Community Reach

The base of WUSA FSS is our community that supports us and our mission. In return, we offer events and gatherings to connect our community further and to grow into greater numbers.

Past events include...

BinGO Away Hunger!
- A night filled with trivia and bingo
- Plenty of treats and prizes for participants

Cans for S'mores!
- A summer's night at the Laurel Creek Firepit
- Filled with meaningful conversations and s'mores

Stock The Bank!
- A food drive team competition to collect the most non-perishable food / money for WUSA's FSS
- A grand prize is awarded for the winning team
How to Get Involved

The WUSA Food Support Service is student run and holds interviews at the beginning of each term for new members and executives. To join our team, apply via WUSA’s website at the beginning of each term. Roles offered include...

**COORDINATORS**
- hire and oversee all other executives and volunteers
- Work alongside WUSA and ensure smooth operations

**RESEARCH EXEC**
- Organizes contact with outside vendors and partners
- Plans events and community outreaches

**ANALYTICS EXEC**
- Reports on survey data, social media statistics, and trackers
- Monitors social trends for marketing purposes

**OFFICE EXEC**
- Oversees general and office volunteers
- Collects Food Bank drop offs weekly

**COMMUNICATIONS EXEC**
- Communicate between University Colleges and staff
- Run Link 2 Feed and monitor changes

In addition to our executive team, we also offer volunteer positions for both office hamper making and donations collecting. These dedicated individuals work under the office execs to complete vital daily tasks for the service.
Contact Us

https://wusa.ca/services/food-support-service

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