



Manfred Egbe,
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Understanding Food Insecurity on Our University Campuses:

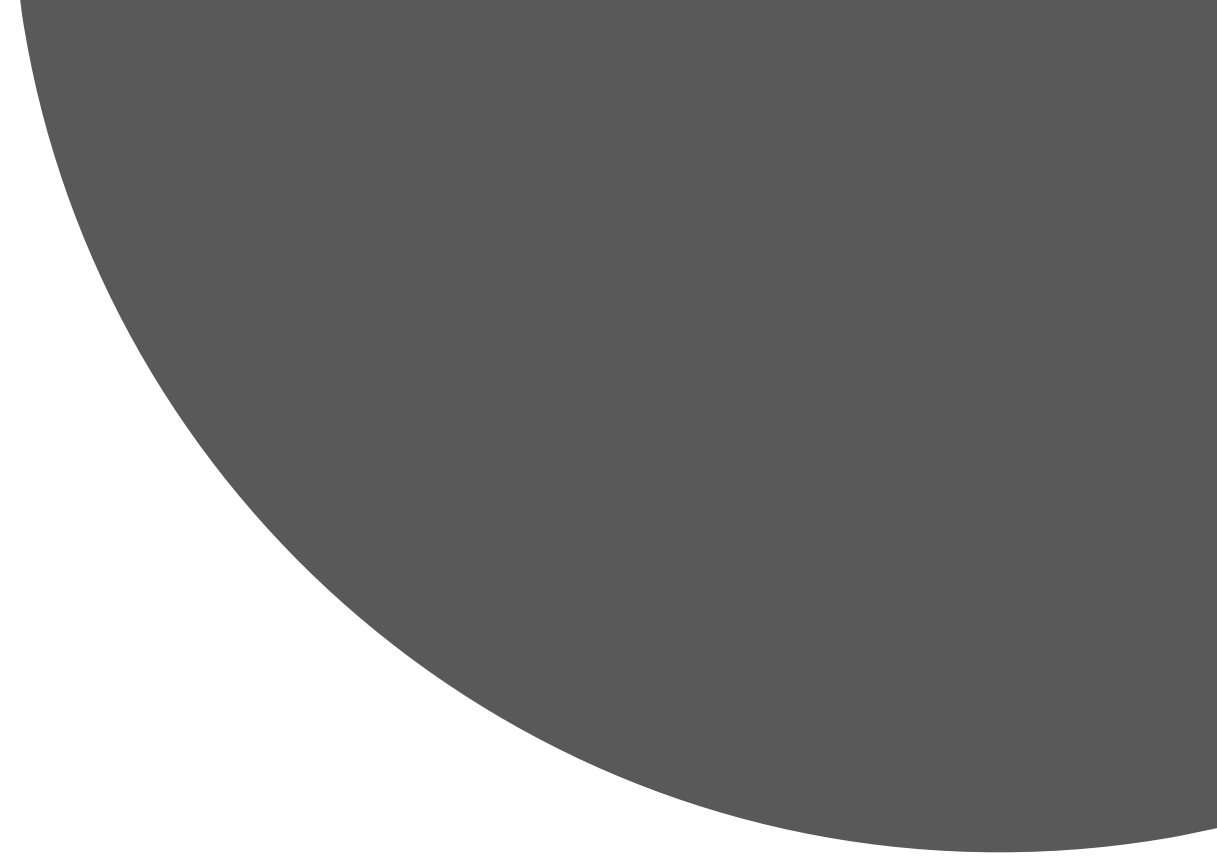
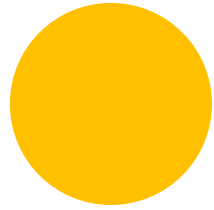
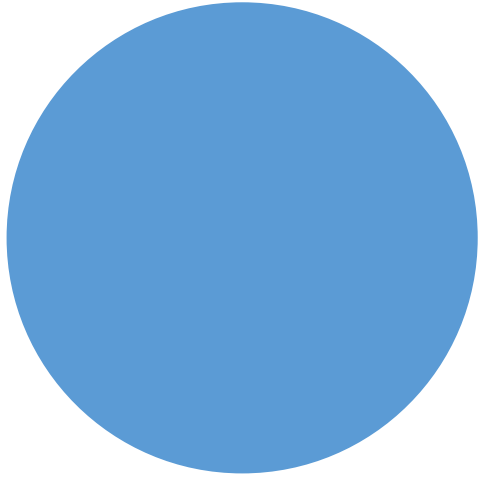
An Encounter and
Engagement With
International Students in
Universities in the HRM

Background

Skills Development & Knowledge Sharing for Cultural Food Security for Newcomers Living in the HRM – (with Common Roots Urban Farms)

Meal exchange aggregate report to assess the prevalence of food insecurity (FI) in five Canadian post secondary institutions

Little research on FI amongst international students in Canada



Findings From Our
Research



Skills Development & Knowledge Sharing for Cultural Food Security for Newcomer Immigrant and Refugees Living in HRM

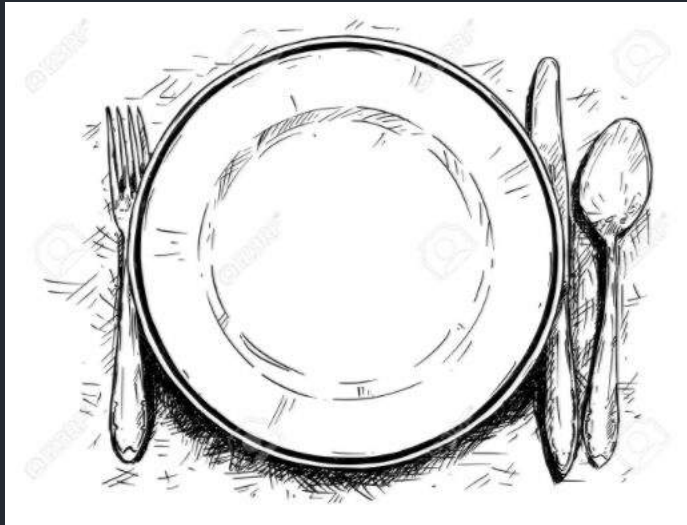
Purpose of the Project

Fill the gap in scholarly literature by:

- Creating a conceptual framework for cultural food security
- Shed light on local experiences among newcomers (immigrants and refugees) of cultural food insecurity in HRM



Food Insecurity



Collection of definitions

When access to sufficient, safe and nutritious food that is necessary to meet dietary needs and **food preferences** in order to maintain an active and healthy lifestyle are not available either physically, socially and economically at all times.
(FAO, 2002)

CULTURAL FOOD INSECURITY

Not well understood

"as a lack of access to **cultural foods and foodways**, which is an important social justice concern that lies beyond individual, household, or community food insecurity caused by financial insufficiency" and is "**central to cultural health and survival**" Power (2008)



Methods

Qualitative Interviews

Interviews with Newcomers (10)

- various nationalities and language communities including Bhutan, Nepal, Cameroon, Congo, Rwanda and Syria
- identified via Common Roots and other service providers

Interviews with Service Providers (8)

- identified in preliminary stages of project as well as through other service providers
- from six organizations





Results

1. Access to cultural or ethnic foods

- a. Practical need for a map
where to find cultural or ethnic foods in
HRM
- b. How to get there
bus routes, etc.
- c. Affordability

International student opens Sydney's first authentic Indian restaurant

Chris Connors (christopher.connors@cbpost.com)

Published: Jun 14 at 3:19 p.m.



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Ajay Balyan, right, and Pankaj Kumar Sharma, one of his chefs, stand in the lobby of Swaagat on Prince Street in Sydney. Balyan, 21, a recent Cape Breton University grad, opened the authentic Indian restaurant two weeks to give Cape Breton's growing population of students from Indian a taste of home. - Chris Connors



2. Desire for land to grow foods

- a. subsistence growing to feed families or supplement food budgets
- b. growing to fill gap
- c. growing as a part of foodways from back home
- apart of purpose and meaning

"... I wish we can have here enough spots, enough space to be able to grow our food because it is not only me who is suffering from food insecurity, I am very sure the entire community is suffering too. Some don't even know how they can solve the problem, they don't know how to grow their own food, how to garden, but for those who know how to do these, they don't have access to the space... don't have access to the tools they can use. So I am very sure if we get space and the tools, we can be able to solve our food problem" (Participant #1)



3. Informal Economy

a. selling for income

b. sharing to meet others' need/want for the foods

c. cultural community building

So most, most the people who uh, who I sold to my lenga-lenga, were people from African countries, countries. But there are some Canadians who tried to, who uh, who sold some to want to try... Not only lenga-lenga, we were able to produce and sell uh, bean leaves, uh, and zucchini leaves, and squash leaves and uh the eggplants. We also grow kales and spinach... (Participant #2)

Meal exchange aggregate report to assess the prevalence of food insecurity (FI) in Canadian University Campuses



39.2% of students were food insecure



Racialized, indigenous & particularly international students experience exceptionally high rates of FI



Little research of FI amongst international student population on Canadian University campuses



Little is known about the severity and impact of FI on international student's life & about experiences of FI unique to this group of the student population on our university campuses

Objectives / Methods

- To examine availability and accessibility to food for international students on university campuses in HRM & particularly availability and accessibility to culturally preferred foods
- Explore international students experiences of food insecurity
- Consider barriers to food security for international students

Generate knowledge about food insecurity, specifically cultural food security through in-depth interviews with international students, University staff (international students office, students unions, catering services, campus food bank services etc.) and programs addressing FI among students

