



Co-creating a Community Food Hub on Campus: Community Engaged Food Security Research at UBC Vancouver

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Student research report as part of the Campus as a Living Lab Community Food Hub Project



THE UNIVERSITY OF BRITISH COLUMBIA



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Executive Summary

The UBC Community Food Hub project uses Community-Based Participatory Action Research (CBPAR) methodology to co-create a vision for a community Food Hub that facilitates dignified access to healthy food, social connection, and holistic wellbeing. Through an iterative phased approach, a team of Student Community Developers (SCD) at the Vancouver campus engaged campus food security stakeholders and community members to inform the design, operations and services, evaluation measures, and governance of the Food Hub. The SCD team collected data through online surveys, dialogue sessions and community events reaching 537 people between October 2021 and April 2022.

Findings show that UBC community members have both enthusiasm and a need for a Community Food Hub on campus. The Food Hub should cultivate a social space that fosters community while providing accessible food. Beyond that, the Food Hub should also serve as a one-stop resource hub for holistic support services or service referrals including emergency food access, mental health support, and financial support, and be host to recreational and cultural events, food literacy education programs, and other programming based on the needs of community members. Student leadership and involvement should be central to the Food Hub, in addition to a collaborative governance structure that engages students, faculty, and staff. The Food Hub should prioritize cultural vibrance and take into consideration the unique needs of different population groups. Furthermore, it is important to have continued collaboration with community members in the development of the Food Hub and beyond, while also building new partnerships.

This research identified current gaps in food security support for students at UBC, and produced reflections and recommendations, all of which will inform the future development of a Community Food Hub on campus.



Recommendations

Secure physical space for the Community Food Hub

- Implement a Hub-and-Spoke model with a centralized hub for access to key elements and targeted spokes (eg. food assets, community spaces, centres for programming) to meet specific needs of various communities
- Establish spoke locations with partners to create multiple points of access for various communities on campus
- Provide a kitchen, seating area, event space, food outlet, and grocery store within the Food Hub space

Plan programming of the Food Hub based on the needs and wants of community members

- Include recreational and cultural events, food services and grocery store/market, food literacy education, mental health support, and financial support

Create a partner network of student services to coordinate holistic support system for students within the Food Hub

- Reach out to key student service units on campus to initiate and further develop partnerships
- Establish understanding of partners' capacity to collaborate on services and programming and/or act as a spoke partner institution

Conduct further engagement with specific demographic groups on tailored services and programming needs

- Reconnect with community groups that were not partnered directly with during Phase 3 (eg. people with disabilities, Indigenous students) to include them in general Food Hub engagement, establish reciprocal partnerships, and understand their needs in services and programming
- Expand on existing consultations with student families residing in Acadia Park to better establish specific Food Hub programs that would meet their needs
- Host design jams to further explore the vision for the Food Hub and expand on more specific details (e.g physical space design, service and program offerings, and specific community needs and wants)
- Resolve conflicting data regarding whether the Food Hub should prioritize equitable or equal access, and how it will be granted (for those experiencing food insecurity vs. the general public)

Prioritize continued collaboration with community members and stakeholders to thoroughly involve them in the development and operations of the Food Hub

- Hold meetings with students, faculty, staff, and community groups to proceed with planning of Food Hub and form the governance structure
- Consult and partner with different organizational groups and cultural clubs on campus, particularly underrepresented members of the community to include all voices

Develop a collaborative, student-centered Food Hub governance structure

- Center governance structure around student leadership and involvement opportunities (paid positions, volunteering, course credit etc.)
- Recruit a diverse and representative advisory team consisting of students, faculty, staff, and community members that the Food Hub team can consult for major decision making in addition to other community engaged feedback for the Food Hub
- Recognize levels of advisory from individuals using the Food Hub, those working within the Food Hub, and the broader advisory group

Consider design and representation of the space to be welcoming for diverse communities

- Have diverse staff representation, host cultural events, and various cultural decor to create a culturally accessible Food Hub
- Food Hub operations, programming and design should be planned with diverse communities to include them in co-beneficial and respectful ways

Plan Food Hub communications and education efforts to address barriers to Food Hub access (stigma, guilt, shame etc.) by framing the Food Hub as a welcoming social space (rather than dedicated to emergency food relief)

- Establish strong social media presence and clear messaging to frame Food Hub as an openly accessible community space
- Develop educational programming and promotions in partnership with campus groups to increase awareness around food access, food security, and the Food Hub
- Consider how to accommodate for safe and comfortable experiences through discreet access options while also actively tackling the stigma and shame surrounding food access

Embed the Food Hub as a contributor to a sustainable campus food system

- Prioritize ethical and local sourcing alongside free and affordable food access
- Partner with campus and broader community food groups to facilitate food recovery, food distribution, and education efforts

Use the Food Hub Market project and other pilots as testing ground for the future Food Hub

- Collect insights from the pilots regarding animation of the space, community involvement and engagement, and addressing stigma through design and messaging
- Continue Food Hub Market pilot and integrate it into the future Food Hub

Conduct and publish annual impact reports and partner reviews to showcase efficacy of and need for the Food Hub

- Establish an impact evaluation mechanism and avenues for feedback and communication between the Food Hub, its partners, those who access it, and the University
- Establish strong partnerships with internal university institutions and leadership

Contemplate and explore the vision of a self-sustaining Food Hub

- Identify potentially self-sustainable components to flag in Food Hub planning, development, and operations
- Explore avenues for self-sustainable funding and external (outside of university) partnerships with community food assets, organizations, and companies



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Introduction

The University of British Columbia (UBC) is a public research university in British Columbia with two campuses totalling over 66,000 students in Vancouver and Kelowna (UBC Okanagan). Led by a community of students, faculty, and staff, UBC is home to a promising network of food security resources, research, and advocacy. For decades, campus-based food security has been a priority target, and actions to address it have sparked innovative partnerships and collaboration.

According to the 2019 Canadian Campus Wellbeing Survey (CCWS) data, 35% of undergraduate students and 30% of graduate students at UBC are experiencing food insecurity ([Carry, Buchholz, & Dolf, 2020](#)). Campus-based food insecurity reflects broader systemic inequities - especially at higher risk are international students, first generation students, IBPOC students, and transgender and non-binary students ([Pereira 2020](#); [Silverthorn 2016](#)). Graduate students, student families, and low-income students are also more likely to experience food insecurity ([2019 AMS Academic Experience Survey](#)). Student food insecurity is a major public health concern because of its significant impacts on mental, physical and social wellbeing (Bruening et al. 2017).

Usage of food bank-type services continues to rise at an alarming rate at UBC. Food banks, intended as a temporary solution, are now the primary approach in Canada to addressing complex factors that contribute to food insecurity. However, food banks are not adequately supporting students with numerous barriers to access, including a lack of dignity accessing the service. Food banks are a limited, emergency-need solution that do not address the underlying issues at the root of food insecurity such as income, education, employment, and systemic marginalization (PROOF 2019).

The Food Hub could facilitate a transition from an emergency relief-focused model towards a stronger approach emphasizing dignified and sustainable community-led solutions and systems change supported by the University. Food Hubs have increasingly become the best practice approach to promote food security and food sovereignty in a community. This model incorporates a strong partnership ecosystem within the hub and the external community. The Community Food Hub is both a new physical space (with programming, services, amenities and community meeting space) and a coordinating body for food programs, services, events, and collaborations on and off campus. Food Hubs are increasingly seen as sustainable, high impact, community-based approaches as they facilitate capacity building, self-sufficiency and advocacy efforts for systems change rather than a reliance on emergency food support.

UBC students, faculty, and staff have been spearheading a myriad of food security efforts for many years, with the shared goal of improving food security on campus. Guided by the calls to action outlined in the [Okanagan Charter](#), the [UBC Food Security Initiative \(FSI\)](#) has aligned its strategic framework to pre-existing policy structures. FSI aims to reduce the prevalence of food insecurity at UBC by 50% by 2025 (draft target), a target outlined by the [UBC Wellbeing Strategic Framework](#). In doing so, FSI supports the ongoing development of sustainable, healthy and connected campuses and communities, consistent with the

[20-Year Sustainability Strategy](#). In working towards its priority goals, FSI has launched various initiatives to enhance campus-based food security and to build national capacity for this work within higher education institutes across Canada. The UBCV Community Food Hub Project, funded by the [Campus as a Living Lab \(CLL\)](#) Initiative, is one of these initiatives and is in direct alignment with the food security goals set by the Wellbeing Strategic Framework. The [UBCO Food Hub](#) team conducted their separate consultation process for a campus Food Hub in 2020.

Starting in April 2021, a team of Student Community Developers (SCDs) led community engaged research to gain an in-depth understanding of the needs, interests, strengths, and opportunities that exist within the UBC community with respect to campus food security and wellbeing in order to inform the key priorities of a Community Food Hub. The goal of this student-driven community engagement was to co-create a Community Food Hub on campus that meets the needs and incorporates the shared visions of various stakeholders and community members at UBC who will engage with, be part of, benefit from, and support the Food Hub.

A team of supervisors supported the SCD team throughout the research study. Members of the supervisory team include Sara Kozicky (UBCV Office of Wellbeing Strategy), Rachel Murphy (School of Population and Public Health), and Casey Hamilton (UBCO Campus Wellbeing and Education, UBCO Voice Research Project). The CLL advisory group, composed of students and staff leading food security related work on campus, regularly met with the SCD team to provide support, guidance, and feedback on the community engagement plan and research materials. The advisory group later became the FSI core team once general direction of the project and materials were developed. FSI has a dynamic and systems-wide governance structure that includes student workers and representatives, staff partners, and a project manager. Members of the core team are various representatives from campus units including [UBC Wellbeing](#), [Student Housing and Community Services](#), [Campus & Community Planning](#), [Alma Mater Society](#), and the [Graduate Student Society](#). The FSI Core team continued to act in an advisory role for the SCD team through feedback provision during each phase of the research study.



Methods

For the Community Food Hub to be community-led and student-driven, it was important to ensure a bottom-up approach in decision-making by involving meaningful participation and consultation of community members to build respect, trust and effective collaboration. An applied research lens was applied to the community engagement strategy, utilizing Community-Based Participatory Action Research (CBPAR) methodology and embedding its values and goals.

- Community-based, as in grounded in the needs, issues, concerns, and strategies of the relevant communities and the community-based organizations that serve them
- Participatory, as in directly engaging communities and community knowledge in our research process and outcomes

- Action-based & oriented, as in supporting and enhancing strategic action that leads to community transformation and social change ([Burns, Cooke, Schweidler 2011](#)).

Referencing the [IAP2 Spectrum of Public Participation](#), the methodology aimed to go beyond consulting to collaborating with stakeholder communities. Active partnership and relationship building were embedded within each phase of the community engagement plan. The community engagement strategy was planned in four phases (see Table 1).

Table 1. Phased Community Engagement Timeline

| Phases | Timeline | Description |
|---------|-----------------------------|---|
| Phase 1 | April - June 2021 | Environmental scan, initial consultations with campus stakeholders to inform engagement plan, identification of key campus stakeholder groups |
| Phase 2 | July - August 2021 | Consultations with key student group leaders and staff and faculty units |
| Phase 3 | September 2021 - March 2022 | Engagement with targeted student groups and broader campus community |
| Phase 4 | April 2022 - ongoing | Analysis and share-back of findings with stakeholders and broader campus community to draft a community Food Hub plan/framework |

Phase 1: Laying the groundwork

During Phase 1, groundwork for community engagement was established with an environmental scan, initial consultations with leaders in campus community engagement to inform the engagement plan, and identification of key campus stakeholder groups. These stakeholders were identified via known networks, including the FSI Core team and CLL Advisory group, both of whom are community partners who were consistently engaged throughout the process of developing the community engagement plan and the following phases. Nine stakeholders were contacted by email and engaged in one-on-one interviews guided by prompts inquiring about their work in campus community engagement (see Appendix A).

During this phase, there were ongoing student-led projects complementing the Community Food Hub research study supported by key partners at Social Ecological Economic Development Studies (SEEDS) and United Way British Columbia, including a scoping review conducted by UBC Dietetics students, indicator framework drafted by a UBC Medicine student, and a research study with United Way conducted by one of the SCDs. Two key SEEDS projects on [Food Hub governance](#) and on the [Food Asset Map](#) were also conducted. See Appendix L for an overview of the United Way research project.

Phase 2: Focused engagement with existing stakeholders and partners

Ethics approval was received to conduct Phase 2 of this study (Ethics ID #H21-00641). The purpose of this phase was to begin building reciprocal relationships in order to co-create a community Food Hub that meets the needs and incorporates the shared visions of various stakeholders and communities at UBCV that will engage with, be a part of, support, and benefit from a hub. In this initial phase, 47 key stakeholders whose work intersects with campus food security and wellbeing were contacted to identify potential for co-planning community engagement opportunities and establishing an ongoing co-beneficial partnership. Out of the 47 stakeholders, three of them reached out to the SCD team to express interest in partnership. Stakeholders were contacted by email and invited to meet with the Student Community Developers (SCDs) to discuss the project. The prospective participants were invited to engage in a one-on-one interview. A Qualtrics-based consent form was included in the outreach email and participants were asked to complete it to indicate their consent and to schedule a meeting time. Out of 47 groups contacted, 26 student-led and staff-led campus groups responded and were engaged in conversations (see Appendix B).

At the start of each interview, SCDs reviewed the consent form and asked participants to complete the Qualtrics consent survey if they had not already done so. See Appendix D for the list of interview questions which were developed by the SCD team in consultation with FSI Core and CLL Advisory. The conversation was recorded on Zoom and notes were taken about the discussion to support development of community engagement strategies and methods to be used in subsequent phases of the project. Key themes and challenges regarding campus-based food security and groups' goals and interests in food, food security, and wellbeing were documented in the notes. SCDs used this phase primarily as background knowledge and relationship development with key stakeholders and student groups on campus, supporting their understanding of the food environment and partnerships at UBC. Partners were asked about their capacity to co-host Phase 3 engagement events and which engagement methods would be most suitable for their communities. This phase

ultimately informed the development of events to co-host in Phase 3 to ensure safe, inclusive, and interactive engagement with diverse campus communities.

Phase 3: Broad community engagement

Ethics approval was received to conduct Phase 3 of this study. A "whole university community" engagement plan was developed based on Phase 2 conversations with stakeholders and their feedback regarding what engagement methods would work best for their communities. A scan of community engagement approaches within the context of UBC and Greater Vancouver was conducted to inform best practices and potential engagement methods. Engagement methods were chosen based on Phase 2 findings to actively involve student communities in a way that is co-beneficial, reciprocal, community-led and student-driven. The SCD team partnered with twelve campus partners to co-host a series of community events to engage broader UBC community members. See Appendix E for list of Phase 3 partners.

Engagement Methods

Engagement methods included facilitated dialogues, community meals, booths, pop-up installations, and surveys. The purpose of this engagement was to collect UBC community members' (students, faculty, staff, community members) input on how they envision a physical community Food Hub on campus. A QR code to the consent form was provided at the beginning of each engagement event and participants were asked to complete it to indicate their consent to study participation. After the consent form, participants were asked to complete a demographic survey. Event data was collected in the form of sticky notes written by participants as well as detailed notes taken by the SCD facilitators. The survey and events were structured according to a list of research prompts that asked participants how they envision the Food Hub space, services, and community (see Appendix I and Appendix J). Prompts also explored how participants envision potential indicators to evaluate the Food Hub's efficacy. These prompts were developed by the SCD team in consultation with FSI Core and CLL Advisory. Compensation was offered to participants for their time and contribution.

In-Person Engagement Events

Dialogue events were both organized independently and co-hosted with partner groups and held in-person and on Zoom according to the provincial and UBC public health mandates at the time. Discussion was facilitated by SCDs guided by a series of research prompts (see Appendix J). Specific structures of discussion were flexible and varied depending on the size and dynamic of the participant group.

Community meals were organized and co-hosted with partner groups and held in-person following COVID-19 protocols. Posters with a series of research prompts (see Appendix J) were exhibited around the venue with sticky notes and markers available. A meal was served and participants were free to walk around the venue and participate by writing on and posting sticky notes under each prompt. Specific structures of overall events were flexible and varied depending on the size and dynamic of the participant group.

A pop-up installation was exhibited in a public student space with a consent cover letter printed and posted on the wall, with a statement that consent is assumed with participation. Sticky notes and markers were available for participants to post on the installation.



Online Surveys

There were a total of two engagement surveys (general survey and targeted survey) that were identical except with differing compensation structures. The general survey aimed to reach the general UBC population, while the targeted survey was specifically shared with community members who access the food banks on campus (AMS Food Bank and Acadia Food Hub). A Qualtrics-based consent form was included at the beginning of the engagement survey. Once participants completed the consent form, they were able to answer the research prompts by selecting multiple choice and text entry answers to the survey questions. After this segment of the survey, participants were asked to complete a demographic survey. Participants could submit the survey and view their response.

Phase 4: Analysis and share-back of findings

A community-informed and involved research process is integral to CBPAR methodology. Data from surveys and events were input into separate Excel documents and organized by category/prompt. Three authors (AD, MK, RG) independently analyzed all data and then came together to discuss. After reaching consensus on the main themes identified, all authors collaboratively went through the data and color-coded it by theme. These Phase 3 findings will be presented to the UBC community in the form of a public share-back event over the span of summer to fall 2022. Community groups that were engaged during Phases 2 and 3 will receive a summary report of findings and an invitation to this public presentation.



Findings

Phase 1

One-on-one interviews were conducted with nine faculty and staff units involved in campus community engagement to inform the overall community engagement plan. Individuals and groups consulted were the Alma Mater Society (AMS), Centre for Community Engaged Learning (CCEL), Equity and Inclusion Office, UBC Wellbeing, Climate Hub, Office of Indigenous Strategic Initiatives (OISI), SEEDS, faculty, and individuals who led a UBC Okanagan Voice Project. Interview questions were individualized based on the organization's area of work and expertise (see Appendix A). Here are the key findings summarized:

- **Engage in ways that are authentic and free of obligation**
- **Frame community engagement as part of broader social action and community development**
- **Conduct broad engagement and then specific analysis**
- **Utilize creative engagement methods**
- **Practice intentional and diverse outreach**
- **Value small group conversations**
- **Cultivate reciprocal, respectful, and non-tokenistic partnerships**
- **Ensure safety and comfort in space and place**

Phase 2

The focus of Phase 2 was centered on establishing reciprocal, co-beneficial partnerships moving forward in the community engagement process and ongoing development of the Food Hub. Participants were explicitly asked if partnering or collaborating with the Food Hub would be of interest to them and their communities and if the research process and intended outcomes aligned with their goals, needs, and priorities. See Appendix D for the list of interview questions.

Partnering organizations outlined varying main goals that intersect with food security advocacy and/or research, including food affordability, food literacy, sustainability, climate justice, and student wellbeing. Partners indicated that the Food Hub could help support these goals by providing resources (personnel, funding, opportunities), expanding their outreach in food security projects, reducing stigma related to food security, creating a safe space for students to foster a supportive co-learning community, and integrating food security workshops, events, and advocacy into UBC programs.

26 organizations expressed interest in partnering with and supporting the project by co-planning and co-hosting community engagement events, promoting the Food Hub, and distributing engagement surveys within their communities. One organization referred the SCD team to a more relevant department in charge of community engagement and offered to provide promotional support for the Food Hub. An important part of the co-planning process was to identify existing opportunities in which the Food Hub engagement could be embedded in a way that is co-beneficial. Partners were eager to leverage their upcoming events to partner with the Food Hub community engagement, allowing for greater promotional outreach and depth of engagement. See Discussion (Phase 3) for further elaboration.

Partners recommended hosting hybrid format (online and in-person) engagement events for accessibility related to COVID-19 and to engage with diverse, especially equity deserving, populations on campus, utilizing in-person boothing and social media as tools for active engagement and outreach. Interactive engagement methods and fair compensation for participants were emphasized as key suggested components of engagement events. Prioritizing clear communication and collaboration with partners as well as sharing back findings with engaged communities were identified as important advice for the engagement process. Partners also advised to cultivate a safe and supportive space for event participants and to leverage pre-existing familiar spaces on campus (e.g. student residences) as event venues.

Phase 3

Event Data - Event Demographic Data

Facilitated Dialogues (n=62)

The respondents consist of 81% undergraduate students. 72% of respondents fall under the 18-24 year age group and 53% of respondents live on campus. In the past year, 48% have worried about running out of food, and 23% have received food assistance (e.g., food hampers, food bank assistance, UBC Meal Share Program).

12.86% of respondents identified as LGBTQIA+. 1.43% identified as Indigenous and 27.14% as a racialized person. 1.43% identified as a person with a disability. 14.29% identified as a first generation student and 15.71% as an international student. See Appendix H for a demographic data table that summarizes participant identities.

Community Meals (n=111)

About 85% of the respondents were undergraduate students. 58% of respondents live on campus and 90% of respondents fall between 18-24 years of age. In the past year, 37% of respondents have worried about running out of food and 16% received food assistance.

13.04% of respondents identified as LGBTQIA+. 2.61% identified as Indigenous and 33.91% as a racialized person. 0.87% identified as a person with a disability. 9.57% identified as a first generation student and 16.52% as an international student. See Appendix H for a demographic data table that summarizes participant identities.

Event Data Analysis (Facilitated Dialogues and Community Meals)

The following is a summary analysis of data collected from in-person engagement events (facilitated dialogues and community meals). Data was categorized into sub-themes under each of the five main themes (space, services & programming, community, indicator framework, institutional support).

Envisioning the Food Hub Space

This theme explored envisioning the Food Hub space to assess the need

for a physical space and determine the number of locations.

- **Affect:** Respondents reported feelings such as cozy, warm, and welcoming.

"Just like grandma's living room"

"We trust people who need or use these resources... talk about your day, come grab food and go"

- **Design:** The space was described as colorful, bright, and to include open space, greenery, and music.
- **Location:** Respondents want the Food Hub to be in a centralized location on campus with nearby transit options and both indoor and outdoor spaces. It was also suggested to have multiple locations for greater accessibility, or one central location such as the Nest or LIFE building.

"Somewhere central - people are encouraged to come for the community, not because they are in need"

"I think having just one location will foster a stronger sense of community attachment"

"One location - easier to have multiple resources available at same time"

"Different locations scattered around campus is more accessible, but one centralized location might provide more variety of choices"

- **Examples:** Comparisons were drawn to familiar spaces on campus such as Sprouts, Agora Cafe, Collegia, as well as farmers markets.

Envisioning Food Hub Programs, Services, & Amenities

This theme explored envisioning Food Hub programs, services, and amenities to determine which aspects are most integral and useful for community members to access.

- **Space interaction:** Respondents envision food-related activities (eating, cooking, buying food), learning, studying, socializing taking place in the Food Hub.
- **Space offerings:** Kitchen space and cooking equipment, lounge space for dining and socializing, study space, free rental space for student events, community board, food outlet, grocery store are sought out for in the space.
- **Programming:** Respondents want to see recreational programs and events such as sports, movies, games, cultural celebrations, and food-related programs and events including cooking classes, food literacy workshops, recipe sharing.

- **Resources:** The Food Hub should provide a range of resources ranging from food security (access, support), food literacy (dietitian access), health and nutrition, financial literacy and budgeting, and student service referrals.
- **Involvement:** Students and other community members want to be involved through volunteering, donating, making/sharing food, attending/hosting events, animating & developing the space, and spreading awareness.

Envisioning the Food Hub Community

This theme explored envisioning the Food Hub community to assess why community members would access the Food Hub and which elements are key to cultivate a safe, accessible, and inclusive space.

- **Who:** The Food Hub should serve everyone, including students, faculty, staff, food insecure and higher risk groups, but also mainly students and student families.

Some students experience food insecurity feel that stigma serves as a barrier to access, while food secure students feel too privileged and guilty to use the space

"I feel too stigmatized to use the space"

"No guilt towards accessing it, no stress about being too privileged"

- **Dignified access:** Respondents highlighted the importance of accommodating access needs (disabilities, food preferences/allergies, cultural considerations), having nutritious food options, and student-led team with "less bureaucracy". Having an open and modern space with large capacity, regularly hosted events, being open for everyone, effective marketing and advertising, and open feedback and interaction were other factors commonly mentioned for creating a dignified and engaging space for the community.

"People who show up at food banks are very aware that they are in need of food - all these people are here for food but that's it. Having different types of audience in the room can diversify the experience and remove stigma"

- **Cultural accessibility:** There was strong desire for representation among leadership, a diverse staff/team, cultural sensitivity training for staff, posters and resources available in different languages, diversity in food, cultural events (celebrating different foods and traditions) in collaboration with campus clubs, and cultural art and decor.
- **General accessibility:** Ensuring that the Food Hub accommodates access needs, is convenient, has consistent and non-restrictive operating hours (longer hours, 24-hour service, open on weekdays and weekends), and provides the option to interact with student staff or non-student staff is valued by students.

Indicator Framework

This theme explored the establishment of a set of indicators to evaluate the efficacy of the Food Hub.

- **Impact on daily life:** Respondents feel that potential benefits of the Food Hub can be measured through improved academic performance, mental health, physical health, and nutrition, as well as reduced food insecurity and financial stress, stronger sense of community, increased opportunities to socialize, positive reviews and feedback, and reduced guilt and stigma around access
- **Sustainability, health, equity:** Potential benefits can also be represented through having sustainable waste management, food recovery, good reputation and word of mouth, local & organic products, plant-based food options, and feedback forms/surveys

Institutional Support

This theme explored strategies through which the Food Hub could secure commitment and prioritization from the University.

- **Partnership with students:** UBC can support the Food Hub through providing reliable and sustained funding, subsidies (food and events) and community grants/funds, having a collaborative leadership model (student, faculty, community members), volunteer program, paid student positions, collaboration with clubs, advisors/experts for students, as well as ensuring constant communication & feedback
- **Commitment:** The Food Hub should secure commitment by UBC through various avenues including annual impact reports for sustainable funding, annual student and collaborative partner reviews, social media and news presence, partnerships with community and university organizations, promoting significant student involvement, embedding the Food Hub as part of a Board of Governors mandate, seeking student voice via regular surveys, community outreach, fundraising, sharing success stories, faculty engagement and leadership, building strong community, and having a dedicated physical space for the Food Hub.

"It is important to not only increase funds but also reliability of funds. Food insecurity can be exacerbated from insecurity of not knowing when funds will come"

"December [Meal Share] funds ran out quickly, I was starving, I focused on exams and school instead of working because I thought I had \$100, but I didn't have anything. I didn't have enough food - I was stressed, anxious, paranoid, and didn't feel like myself"

Survey Data

The survey data is organized into the general survey data and the targeted survey data. The General survey had a total of 174 responses and the Targeted survey had a total of 184 responses.

Survey Demographic Data

General Survey (n=184)

The respondents consist of 80% undergraduate students and 19% graduate students. The majority of students live off campus (63%) and are aged 18-24 years (77%). In the past year, 57% have worried about running out of food, and 38% have received food assistance.

17.93% of respondents identified as LGBTQIA+. 0.00% identified as Indigenous and 17.93% as a racialized person. 4.35% identified as a person with a disability. 11.41% identified as a first generation student and 20.11% as an international student. See Appendix H for a demographic data table that summarizes participant identities.

Targeted Survey (n=180)

Targeted survey respondents were community members accessing emergency food assistance (AMS Food Bank and Acadia Food Hub). About 30% of the respondents are undergraduate students and 54% are graduate students. The majority of respondents live on campus (67%) and fall into the 25-45 year age group (48%). In the past year, 74% have worried about running out of food, and 88% have received food assistance.

6.17% of respondents identified as LGBTQIA+. 1.76% identified as Indigenous and 14.54% as a racialized person. 3.96% identified as a person with a disability. 6.17% identified as a first generation student and 33.04% as an international student. See Appendix H for a demographic data table that summarizes participant identities.



Survey Data Analysis

Envisioning the Food Hub Space

This theme explored envisioning the Food Hub space to assess the need for a physical space and determine the number of locations.

Space:

- **General:** 41.67% prefer a new physical Food Hub space(s) that bring together food security and wellbeing resources. 49.36% prefer integrating Food Hub elements into spaces that are already familiar to them/access often rather than a new space. 8.97% prefer no physical Food Hub space, but better coordination and partnerships between existing food security resources/spaces.
- **Targeted:** 37.42% prefer a new physical Food Hub space(s) that bring together food security and wellbeing resources. 56.44% prefer integrating Food Hub elements into spaces that are already familiar to them/access often rather than a new space. 6.13% prefer no physical Food Hub space, but better coordination and partnerships between existing food security resources/spaces.

Location:

- **General:** 72.44% envision the Food Hub being multiple spaces and 27.56% envision the Food Hub being one space.
- **Targeted:** 66.26% envision the Food Hub being multiple spaces and 33.74% envision the Food Hub being one space.

Envisioning Food Hub Programs, Services, & Amenities

This theme explored envisioning Food Hub programs, services, and amenities to determine which aspects are most integral and useful for community members to access.

Programs & Services:

- **General:** ranked in order of preference are community meals (20.52%), emergency food access (15.98%), financial support & planning (13.82%), food skills workshops (13.39%), nutrition peer coaching (10.58%), mental health support (10.37%), connecting with other students (8.64%), academic enrolment & advising (6.70%)

Other mentions of programs & services:

- Resources for people with disabilities
- Promotion of local and Indigenous ingredients/foods
- Food literacy and sustainability education

- Collective cooking workshops / events
- Cross-campus coordinated efforts for food recovery
- Educational volunteer programs
- Cultural Food Hub/resource centre
- Events centering lived experience of food insecurity
- Expanded subsidized meal programs

"Gardens are key, can have students getting volunteer hours by learning how to garden, how to run a garden, let the garden(s) provide food for the grocery store and therefore be a source for funding these initiatives. Make the UBC food system self-sustainable and low cost for students while simultaneously providing opportunities for education and engagement."

- **Targeted:** ranked in order of preference are financial support & planning (20.29%), emergency food access (17.60%), community meals (15.94%), mental health support (14.29%), food skills workshops (8.90%), nutrition peer coaching (8.70%), academic enrolment & advising (7.25%), connecting with other students (7.04%)

Other mentions of programs & services:

- Socializing opportunities
- Legal and immigration assistance
- Clothing exchange
- Culturally diverse meals & recipes
- Child nutrition & prenatal food
- Food hampers
- Collective cooking events
- Pooled delivery program for affordable necessities

Amenities:

- **General:** ranked in order of preference are low cost grocery store (27.43%), community garden / food growing space (15.98%), drop-in cooking space (13.61%), communal fridge / food storage space (12.10%), social/lounge space (11.02%), kitchen equipment rental (8.21%), accessible professional staff (e.g. dietitian) (6.48%), meeting space (5.18%)

Other mentions of amenities:

- Community kitchen
- 24/7 food bank

- Eateries & cafes (student-run, employment opportunities)
- Refillable bulk dispensary
- Commercial dishwashers
- Community garden

→ **Targeted:** ranked in order of preference are low cost grocery store (28.27%), community garden / food growing space (13.70%), communal fridge / food storage space (11.78%), kitchen equipment rental (10.92%), accessible professional staff (e.g. dietitian) (10.28%), drop-in cooking space (9.85%), social/lounge space (7.92%), meeting space (7.28%)

Other mentions of amenities:

- Recycling facilities
- A more equipped food bank
- Free or by-donation coffee/tea/snack station
- Affordable & frequent Farmers Markets
- Toy library

Envisioning the Food Hub Community

This theme explored envisioning the Food Hub community to assess why community members would access the Food Hub and which elements are key to cultivate a safe, accessible, and inclusive space.

Access:

→ **General:** 94.48% responded that they would access a community Food Hub on campus

Determining factors/motivation for access ranked in order from most mentions were social connection (30.84%), food access (28.04%), physical access (20.56%), finance (13.08%), food literacy (6.54%), and stigma (0.93%).

→ **Targeted:** 93.33% responded that they would access a community Food Hub on campus

Determining factors/motivation for access ranked in order from most mentions were food access (34.41%), social connection (25.81%), finance (23.66%), physical access (13.98%), food literacy (1.08%), and stigma (1.08%).

There was one respondent each for the general and targeted survey, who mentioned that they would be hesitant to access the Food Hub because of the stigma surrounding food insecurity. All other respondents indicated that they would be willing to access the Food Hub.

"The Global Lounge comes a bit close to being a "Food Hub" space, but I think that there is still a need for a more central and focused space, or more than one space, on campus for a food education and distribution center."

"The current food options on campus are very expensive and impossible to rely on for my daily food needs. a cheaper option that is close to my classes would be very helpful for me to keep a healthy nutrition"

"I think food is the best bonding experience. Healthy lifestyles can form through a community hub"

"It's really hard to access affordable healthy food on campus. Not only rent is expensive but also healthy food access is expensive too"

Frequency of Access:

→ **General:** 2.10% would access it always (daily), 25.87% very frequently (at least once a week), 41.96% frequently (once per month), 20.98% occasionally (once every few months), 3.50% rarely (once per year), and 5.59% never.

→ **Targeted:** 2.00% would access it always (daily), 47.33% very frequently (at least once a week), 32.00% frequently (once per month), 15.33% occasionally (once every few months), 2.00% rarely (once per year), and 1.33% never.

Warm, Safe, Accessible, & Welcoming Space:

→ **General:** Aspects that would make the Community Food Hub a warm, safe, accessible, and welcoming space are access to culturally appropriate foods (27.36%), cultural events (community meals, celebrations, workshops, etc.) (26.15%), ambience (20.58%), peer support (10.65%), accessible design (9.93%), and resources available in multiple languages (5.33%).

Other mentions of aspects:

- Being accommodating to dietary restrictions (allergies, halal, vegan/vegetarian etc)
- Serving up good quality drinks like coffee and tea
- Access to registered dietitian
- Scaling up advertisement as many students are currently not aware of existing food support services
- Opportunity for students to share their favorite recipes
- Food Safe Certificate requirement for students to use shared cooking space
- Opening hours in the evening

→ **Targeted:** Aspects that would make the Community Food Hub a warm, safe, accessible, and welcoming space are access to culturally appropriate foods (28.04%), cultural events (community meals, celebrations, workshops, etc.) (23.57%), ambience (14.89%), peer support (13.65%), accessible design (10.92%), and resources available in multiple languages (8.93%).

Other mentions:

- Accessible public space but not easily seen to provide privacy and prevent feeling judged for accessing the space
- Nutrition workshops with dietitians
- Opportunity to share recipes and food growing skills
- Clearly outline allergens
- Opening hours outside of usual work hours
- Continuously gather and respond to feedback from the community
- Provide free meals and have a by-donation produce market (similar initiatives to Sprouts and the food bank at UBC)

Indicator Framework

This theme explored the establishment of a set of indicators to evaluate the efficacy of the Food Hub.

Impact on Daily Lives:

- **General:** ranked in order of most mentions were alleviated food/nutrition stress (39.47%), social connection (23.68%), alleviated financial pressure (18.42%), improved food literacy/skills (9.21%), improved mental and physical health (5.26%), access to cultural foods (2.63%), and collect feedback (1.32%)
- **Targeted:** ranked in order of most mentions were alleviated food/nutrition stress (30.65%), alleviated financial pressure (30.65%), social connection (19.35%), improved mental and physical health (7.26%), improved food literacy/skills (4.84%), access to cultural foods (4.84%), and collect feedback (2.42%)

Three common themes for both surveys are alleviating financial pressures, alleviating food/nutrition related stress, and forming social connection. While alleviating financial pressure and food/nutrition related stress are equally important for targeted survey respondents, general survey respondents are much less concerned with alleviating financial pressure and mostly care about improving food access and nutrition.

"I believe having an inclusive, low barrier place on campus for students to increase their food literacy and have access to low cost foods would positively impact the UBC community. I imagine many students, particularly in first year, lack the skills or knowledge needed to make informed decisions about their health and nutrition. As well, I imagine this could be a space where students who are experiencing food insecurity could come and access resources they need."

"There were many times I worried about where my next meal would come from and being worried about being able to be in community with my friends if I did not have a way to bring food to the table per se. Having another safe space to access food in these emergencies would be brilliant in improving both my physical and mental well-being."

"Through feedback generated by people who use the service, we can generate insights into the effectiveness of the Food Hub"

"Less struggle for providing healthy food and more mental health and less stress as a result."

Contribution to Health, Wellbeing, Sustainability of Campus Community:

- **General & Targeted:** In regards to how the Community Food Hub could transform the health, wellbeing, and sustainability of the UBC community, 4 major themes with underlying sub themes were identified for both general and targeted surveys.
- **Health:** sub-themes identified include social connection, nutrition, academic/work performance, and mental and physical health.
- **Supportive campus environment:** the sub-themes identified were community support, accessibility and diversity of resources, increased awareness, improved food security.
- **Alleviation of stressors:** the sub-themes identified were time saved, finance, and food security.
- **Sustainability:** the sub-themes identified were diet, travel emissions, reduced food waste, reduced non-food waste, and food systems.

See Appendix K for full description of the themes in response to Q13.

Discussion



Discussion Phase 1

During phase 1, consultations were conducted with campus organizations who have been involved in community engaged research and community development. Below are key points that were used to inform the community engagement strategy:

- In addition to learning about the community's wants and needs, it is crucial to also start building community around the Food Hub. Centering praxis reflects the CBPAR principle of research being a part of broader social action and community development.
- Conduct engagement in a way that creates capacity for people to engage in deeper conversation, in ways that are co-beneficial, reciprocal, authentic, and free of obligation.
- Keep engagement as broad as possible and use creative engagement methods with visualization and effective facilitation techniques.
- Have intention behind who is invited to participate, and engage people of diverse disciplines and backgrounds, and community groups who are disproportionately impacted and underrepresented in research.
- Value small group conversations (quality over quantity, and depth over breadth) as they can create safer and more intimate environment
- Ensure that the engagement process is community-led and community-informed by consistently sharing back findings and their impacts to avoid one-sided extraction.

These points were integrated into Phase 2 by shaping the conversations with community groups and into Phase 3 by informing the engagement methods. Phase 2 interview questions were formulated with reciprocal relationship building as an utmost priority, and stakeholders were intentionally identified considering equitable representation and diversity. Phase 3 engagement methods were designed to be as interactive as possible with creative visual props (i.e., posters on the walls) and facilitation techniques. Phase 4 was dedicated to shareback of findings to ensure that all findings and their impact on the development of the Food Hub are transparently shared with engaged community members and the general public.



Discussion Phase 2

During phase 2, conversations were held with campus group representatives. This took place during summer 2021 while many students and staff were on vacation, so there was concern regarding whether follow up should be carried out and to what extent. Capacity and timing therefore posed a challenge to achieving equitable representation and engagement as representatives of communities constituting of LGBTTQIA+ students, people with disabilities, and Indigenous students did not respond.

The forming of partnerships began with an initial outreach, which progressed to groups reaching out to the research team. In the conversations that took place, representatives were asked about intersecting issues related to food security that are of interest to their group and how their concerns and existing work could be incorporated into the engagement process.

The iterative nature of the research study allowed flexibility in terms of Phase 2 and Phase 3 timelines. The SCD team could continually have Phase 2 conversations throughout Phase 3 and build new partnerships as engagement events were being conducted with established partners. Overall, it was found that partners are interested in ongoing long-term partnerships and are eager to be involved and consistently updated throughout the Food Hub development and implementation.

These community partnerships allowed for smoother adaptations to changing COVID-19 protocols due to the partners' insight into what works best for each community. Aligning the Food Hub community engagement with partners' pre-established timelines was helpful for both parties as the Food Hub research (ie. facilitated dialogues, community meals) could complement and further enrich partner events. By introducing conversation (research) topics and facilitators (SCD team), partners expressed that they were able to embed in-depth dialogue and learning around food security within their events and community.

Throughout the community engagement process in Phase 3, it was found that communities may choose to interact differently depending on the type of space and location. For instance, a community partner mentioned that a survey booth would be more suited for a food bank rather than an invitation to an engagement event. Considering the stigma associated with food insecurity, there was a need to adapt engagement methods to create the most comfortable and engaging space for each community.



Discussion Phase 3



Physical Space (Design, Location)

- A central, generally accessible location alongside multiple locations close to various communities
- Suggest Hub-and-Spoke model with central physical hub and spoke locations
- A welcoming social space open for everyone to reduce stigma and shame associated with food access
- Open design, open access, consistent and non-restrictive hours



Operations (Services & Programming, Staffing)

- Holistic service referral system to support those who access the Food Hub in a wide range of areas of need
- External referral to existing campus units and groups (Food Hub partners)
- Access (either referral or core programming) to wide range of services and programming related to food and wellbeing, provided in partnership with campus community groups (see Table 3)
- Targeted services and programming necessary to meet unique needs of diverse communities
- Community and cultural events (both social and educational) are necessary to facilitate placemaking and social connection
- Hybrid structure with both student and non-student staff
- Paid, volunteer, and for course credit student positions
- Concerns regarding capacity for core student staff positions
- Suggest stable staffing structure (eg. full time program manager) in which capacity for full time dedication is guaranteed (non-student or co-op)
- Option to choose to interact with student



Governance Structure

- Interdisciplinary and collaborative governance structure with significant student leadership
- Collaboration between student, faculty, staff, and University leadership
- Outline clear decision making processes throughout each level of governance on how to navigate conflicting community and stakeholder opinions



Community (Accessibility, EDI, Core Values, Stigma)

- Avoid “white aesthetic” and embed diversity and representation for cultural accessibility
- Strong student-led involvement (both as community members accessing Food Hub and leaders organizing programming and events)
- Diverse representation in staff and leadership
- Ensure transparency through clear communication and feedback channels
- Ethical and local food sourcing is a core value
- Plan overall messaging, programming, and design of the space to address stigma and shame surrounding food access
- Possibly provide different access options depending on their level of need/food insecurity to balance equitable and open access



Institutional Commitment & Sustainability

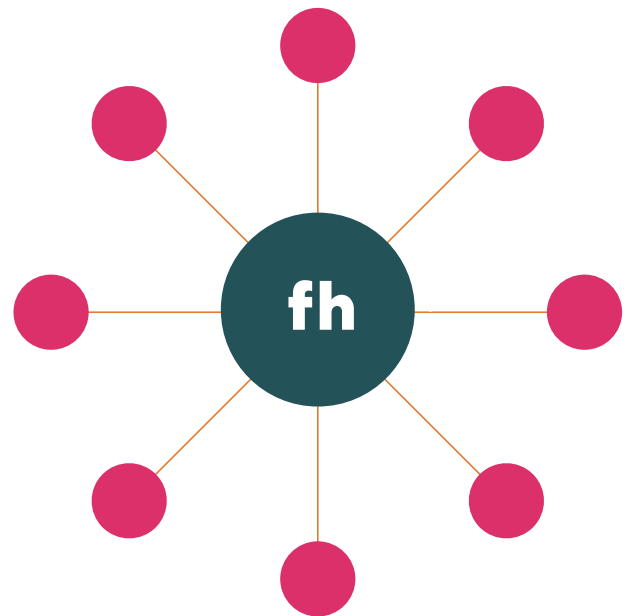
- Establish and maintain strong social media presence
- Form strategic partnerships with campus institutions and University leadership
- Align Food Hub with leadership mandates and strategic plans
- Promote significant student involvement so that Food Hub is powered by community
- Source funding and resources from the University and external (off-campus) community partners
- Food Hub budget should not come from tuition increase

Implementing a Hub-and-Spoke model

Based on the findings, the majority of participants want the Food Hub to exist in multiple locations on campus. Responses also indicate that the Food Hub needs to be located in a central, easily accessible space that is frequented by many campus community members. Considering the unique needs for services and programming of diverse communities who frequent different campus locations, installing multiple locations for the Food Hub may enhance physical accessibility and frequency of usage by community members.

The Hub-and-Spoke Food Hub model has two major elements: the “hub”, managed by the host organization, and the “spokes”, managed by partner institutions (Thurber, 2021). In this operations model, the hub may offer a diverse multitude of programs and resources with spokes acting as supplementary bodies with niche focuses. In this network of Hub-and-Spoke, spokes share and promote the vision of the hub in their programs (Thurber, 2021). Further establishing this connected network of student services and resources could be effective in dismantling existing silos of wellbeing and food security efforts and in facilitating collective action towards a healthy and food secure campus.

Several participants voiced their need for the Food Hub to provide a holistic service referral system through which community members can access various student services. With multiple spokes, pre-existing campus assets and Food Hub partnerships could be leveraged and further built out to not only secure physical Food Hub spokes but also to create a tangible network of services. Having multiple spokes, either managed by the central host organization (Food Hub) or partner institutions, could be the primary access point for specific programs, services, and amenities as well as a secondary access point or referral location after accessing the central hub.



Programming & implications on partnerships

Based on the findings, the top priority services and programs that community members want to access in the Food Hub include community events, emergency food access, financial support, food literacy education, and mental health support. Other important mentions include support for student families, support for people with disabilities, cultural celebration and events, and Indigenous food and culture programs. As suggested by community members, a holistic referral system that includes all top priority student services is a strong priority recommendation that must be actioned. Community and cultural events (both social and educational) are another priority programming piece necessary to facilitate placemaking and social connection in the Food Hub space.

Priortiy Programming and potential campus partners



Community Meals

- Sprouts
- Agora Cafe
- Land and Food Systems Undergraduate Society (Wednesday Night Dinner)
- Other student-led and community-centered food outlets



Food Support

Free food access

- AMS Food Bank
- Acadia Food Hub
- Sprouts (Free meal program and community fridge)

Low-cost food access

- Food Hub Market
- Agora
- Sprouts



Financial Support & Planning

- UBC Enrolment Services



Food Skills Workshops

- UBC Food Services
- UBC Dietetics
- Land and Food Systems Undergraduate Society
- Health Promotion and Education
- Student clubs



Nutrition Education & Workshops

- UBC Health Promotion & Education
- Dietetics Student Community
- Land and Food Systems Undergraduate Society / Faculty of Land and Food Systems



Mental Health & Wellbeing Support

- UBC Wellness Centre
- UBC Counseling

Unique needs of varying demographics

For both general survey and targeted survey respondents, the two most common factors mentioned are food access and social connection. However, targeted survey respondents are more concerned with food access while general survey respondents are more concerned with social connection. Additionally, a greater proportion of targeted survey respondents are concerned with finance in comparison to general survey respondents. The general survey was answered by mostly undergraduate students, while the target survey had a majority of graduate students, and a significantly higher proportion of student families. This represents the greater risk of food insecurity among these population groups, and highlights the need to consider targeted programming to meet their needs.

Student families who completed the targeted survey through the Acadia Food Hub voiced their need for resources specific to children and parenting, such as pooled resource delivery, child nutrition resources, and toy library. The Acadia Food Hub is thus highlighted as a key partner in reaching this community as a service that has already been building community, scoping the needs of the community, and advocating for and meeting these needs. Overall, specific communities must be engaged in the planning and development of such targeted programming to leverage their expertise in their own needs and opportunities.

Equitable versus open access & decision-making processes for conflicting opinions

There were differing opinions by participants on the target demographic of the Food Hub. Some respondents feel that the Food Hub should be intended to serve everyone, in which case there are concerns about inequitable access for individuals who are food insecure and in greater need. On the other hand, some believe the Food Hub should be targeted towards those who need it, which then raises concerns about stigma regarding food insecurity and suggests the need for further conversations on the balance between equitable access and open access.

Based on the IAP2 spectrum, the community engagement process was intended to extend beyond consultation to active collaboration with community members. In instances of conflicting opinions, a question arises on whether there should be additional engagement to extend beyond collaboration to empowerment, placing final decision making power in the hands of the community members. This may mean further inquiry-based engagement around more specific theme areas that were found to spark the most debate and considerations for what is feasible given the Food Hub budget, capacity, and available opportunities. This also suggests the need to outline clear decision making processes at each level of the Food Hub governance structure to ensure equitable and community-informed decision making in the case of conflicting stakeholder and community opinions.

Addressing stigma & guilt

When asked about concerns about personally accessing the Food Hub, individuals reported feelings of guilt due to being privileged, as well as feelings of shame associated with being food insecure. It is crucial to consider the overall messaging, overall programming, and design of the space and possibly provide different access options for students depending on their level of need/food insecurity. In alignment with responses that suggest a need for educational resources around food security, educational efforts and outreach may be necessary to frame the Food Hub on campus as a welcoming social space rather than a space dedicated to emergency food relief.

Some participants mentioned that students who access the Food Hub should be given the option to choose if they want to interact with their peers (student staff) or non-student staff, suggesting that the Food Hub offer alternating staff structures during different hours of the day. This point is important to explore and inquire further, as having student representation in staffing is expressed as important by participants to build a sense of community yet could also be a barrier that prevents or discourages access by those who fear the stigma surrounding food insecurity.

There were some conflicting opinions on the physical space of the Food Hub. Some participants want the Food Hub to be located in a tucked away location with tinted windows so that they can access services safely and discreetly. Other participants want the Food Hub to be in a visible, open space with indoor and outdoor areas. It is important to consider how to balance accommodating for safe and comfortable access while simultaneously tackling the stigma that surrounds food access through intentional physical design, open access, communications, and educational outreach.

Emphasis on community and social inclusion

There is a strong desire for a sense of community and social connection from the Food Hub. The Food Hub would not just be a service, but a space where people can gather and do activities together. Participants wanted programming that facilitates social activities, such as making and sharing meals, sports and recreational events, and workshops. The Food Hub is envisioned to act as a gathering and socializing space that intentionally creates community beyond silos while also educating and building action around food security. It was highlighted that having a space that student clubs can rent or book to host events is important to facilitate gathering and creation of community within the Food Hub space.

Recurring emphasis was also placed on the importance of cultural accessibility, such as through foods offered, programs and events, and design of the space, and representation among staff and those accessing the space. The “white aesthetic” of Food Hub spaces was explicitly mentioned by participants in a facilitated dialogue session. It was emphasized that the Food Hub must actively be aware of the dominant aesthetic of food spaces on campus and consider with intention how the design and representation within the space can be welcoming for diverse communities. Having diverse staff representation, hosting cultural events, and incorporating various cultural decor within the space were identified as key elements of creating a culturally accessible Food Hub. Food Hub operations, programming, and design must be planned with diverse communities in mind in order to address access barriers including stigma and social exclusion.

Core values of the community

People are curious about the sourcing of food and value ethical sourcing and affordability of foods provided by the Food Hub. There is also significant interest in the governance structure and operations of the Food Hub in terms of student staff and volunteer positions and advisory. The community wants strong student-led involvement, transparency, and clear communication and feedback channels. There were a variety of different suggested avenues through which students could be involved, including low stakes volunteer opportunities, paid co-op and Work Learn positions, and course credit. Embedding student involvement opportunities with varying levels of commitment is thus important to ensure that the Food Hub is an accessible space through which students can become more engaged in food security work on campus.

Evaluation & reporting structures

Consistent evaluation and reporting structures are necessary to ensure commitment and prioritization of the Food Hub by the University. Having “light touch” surveys available to access within the space(s) would allow for community members to provide quick and easily digestible feedback on their satisfaction with various aspects of the Food Hub. In addition to these lighter touch efforts, annual impact reports and partner reviews were highlighted as crucial in showcasing the efficacy of and need for the Food Hub.

Sustainable funding and operations

The importance of sustainability in funding was emphasized to ensure ongoing operations of the Food Hub. Several strategies were suggested, including maintaining a strong social media and news media presence to make the Food Hub's presence and impact known, partnering with various community and university organizations, promoting significant student involvement, and embedding the Food Hub as part of a Board of Governors mandate. Participants did not want a tuition increase to fund the Food Hub and suggested securing a contract-based annual allocation of funding from the University. Establishing the Food Hub as a valuable community asset utilized by various campus groups with a diverse student body leading and accessing it was a commonly mentioned strategy to secure funding.

To ensure sustainability in day-to-day operations, participants suggested different staffing structures, one of which was to have a core paid non-student (or full time) program manager with paid and non-paid (part time) student positions. The main concern around student positions was around capacity, and thus participants suggested having a stable and secure staffing structure in which capacity for full time dedication is guaranteed.

Making the Food Hub a self-sustaining body was mentioned but without specific suggestions of strategies nor clear interpretations of the term "self-sustaining". It is recommended to further explore what is meant by self-sustaining and to identify potentially self-sustainable components of the Food Hub to flag in planning, development, and operations.



Reflections



Efficacy of engagement methods

Communities preferred interactive and visual engagement methods over formal focus groups. Community meals (events with served meals and shorter structured discussion) were stronger in fostering a sense of community due to the larger social aspect of the event, but were limited in generating in-depth data with larger groups as the focus was centered on socializing over food. While facilitated dialogues (events with longer structured discussion) did not provide participants with as much opportunity to socially interact with one another, the focus was on in-depth dialogue and richer data was acquired.

Community meals were more effective in creating a comfortable, social environment and collecting succinct, to-the-point comments on sticky notes, while facilitated dialogues were more effective in creating an intimate environment in which participants feel safe to disclose personal experiences. Participants were able to supplement their ideas with stories linked to their lived experience. Small, tight-knit groups and small breakout groups were more effective in encouraging conversation, ultimately resulting in elaborate and creative responses.

The structure of discussion for both facilitated dialogues and community meals were flexible and varied depending on the size and dynamic of the participating group. With small groups, participants were asked to take turns and share their thoughts in response to each prompt. For large groups, participants were primarily asked to write down their responses, while sharing out loud was also encouraged. However, the amount of time available limited how long a participant could share for and the number of participants that got a chance to speak. Having this flexible structure and being able to adapt on the spot based on the dynamic of the group proved to be an effective facilitation technique to create the most engaging environment and yield rich data in a compact amount of time.

Overall, facilitated dialogues allowed participants to further build and elaborate on their ideas by conversing with one another. Conflicting opinions were highlighted when some members of the participating group had differing ideas on certain topics, which led to greater insight on theme areas that require more probing or further specific inquiry-based engagement.

Online versus in-person engagement

Community meals were strictly held in-person due to the need for served meals, while facilitated dialogues were held both in-person and online. This allowed for continuous engagement despite changing public health orders. In order to maintain interactive engagement in the online space, the SCD team facilitated discussion by asking participants to use the Zoom annotate function to write their ideas on the screen. Depending on their comfort level and to ensure accessibility in participation, participants were given the option to unmute and speak or contribute their ideas in written form (by annotating or through the Zoom chat). The facilitator would read out the annotations and ask the group to elaborate on certain ideas. Direct dialogue-based interaction between the facilitator and the participants generated more elaborate and comprehensive ideas compared to data collected on sticky notes which gives little opportunity for such interaction.

Participants also appeared to be more comfortable speaking on their personal experiences in the online space. More participants gave anecdotal responses during online facilitated dialogues as compared to

in-person facilitated dialogues, connecting the need for a Food Hub on campus with their lived experience of food insecurity.

Research timeline & iterative approach

The iterative approach was helpful in building partnerships as the project progressed because there was flexibility to revisit Phase 2 which allowed new conversations with potential partners. Although this was beneficial, the constraints of a timeline when engaging in the different phases made ending outreach or conversations in phases challenging. Once the outreach efforts were concluding in order to begin transition into a new phase, there would be new community partners showing interest in partnering with the project. A more flexible and longer timeline would be beneficial to have since it would allow for more conversations and allow for more exploration of certain themes that appear in the conversations.

The progress of the project depends on a multitude of factors ranging from organizing events, communication between partners, availability of student workers. Therefore, it is important to formulate a more descriptive and specific timeline that takes into account factors that can delay the project such as communication delays and cancellations from partners. This will increase efficiency in problem solving and accelerate the project's progress.

Managing capacity, collaborating, and value as a student team

Delegating the project tasks to a student team has yielded a plethora of benefits. Students on this project have up-to-date information on the most efficient ways to engage with student populations and how to frame questions and resources to make sensitive issues surrounding food insecurity more relatable and accessible. The flexible schedules of the students working on this project allowed for descriptive engagement sessions that yielded rich qualitative data which provided useful insights into the resource gaps related to food insecurity on UBC campus. Since most of these engagement events occurred within student populations, strong partnerships between the student team and the community members were formed and maintained. These partnerships are integral to building a long-term plan for a food secure campus.

Having a student led team has not only been beneficial to the project but also to the student workers themselves. This project has helped the students develop interpersonal skills, leadership skills and research skills which are important for their academic and career goals.

There were two limitations to having a student-led team. Despite the students' flexible schedules, they are also limited by their examination and course schedules. This led to some delays in completing project tasks as the students were unavailable. Another limitation is that the students' work contract places a limitation on the work hours (10 hours per week) which adds to the students not being able to complete some tasks. To overcome these limitations, it is advisable to have more student workers on the team and have opportunities for longer work hours.

Having an advisory group of students, faculty, and staff who could provide consistent feedback and recommendations throughout each phase of the research study was significantly beneficial. The interdisciplinary representation and expertise in community engaged research within the advisory group provided important insights that helped shape key research strategies and materials in each phase.

Receiving feedback from experienced faculty and staff as well as students on the advisory team provided various and necessary perspectives to enrich the community engagement process and ensure ethical research protocol.

Adapting community engagement to COVID-19

The project has been successful in navigating the provincial regulations for COVID-19. The changing regulations led to the project adopting virtual engagement sessions with the community partners. These virtual engagement sessions showed no difference with in-person sessions in terms of data collection and quality. There is more flexibility with virtual engagement sessions as partners are able to attend these sessions despite their tight schedules. Organizing virtual sessions was easier and cost-effective since there is no venue booking. However, a challenging aspect of virtual sessions is making the event engaging. This was addressed by the student team adopting measures such as directly asking participants questions to encourage interaction and participation.

Applying for research ethics approval was also a challenging process due to unpredictable and constantly changing provincial and institutional health guidelines related to COVID-19. There were significant delays in the research timeline (between Phase 2 and Phase 3) due to multiple submissions of ethics approval to accommodate for these changing guidelines and specific research requirements.

Benefits of partnerships in navigating community engagement

A challenge with conducting community engagement during COVID-19 was adapting to constantly changing provincial health orders. Having partnered events made this process easier to navigate, as community groups made their own informed decisions on the transitions from in-person to online events. Since these community groups had been hosting online events since the beginning of the pandemic, they held expertise on effective online event structures and facilitation techniques. Partners helped guide the smooth transition from in-person to online and allowed for broader outreach by taking the lead on event promotions via their established social media networks.

Response from community members

Throughout the project, the engagement events and communication between the team and partners has been enthusiastic and supportive. This is clearly seen in the attendance and the high level of engagement with the events. This is also evident with the increased access of the pilot Food Hub market project. The UBC community is eager for change and is supportive of the community Food Hub project's initiatives.

Some community members representing higher risk equity deserving groups (eg. people with disabilities, Indigenous students) were not responsive to the project's outreach efforts due to capacity and timeline conflicts which contributed to communication delays. Their data was not collected which led to gaps in our findings. It is critical to reconnect with these demographics to ensure that their input is accounted for and to establish ongoing reciprocal partnerships in the planning and development of the Food Hub.

Encountering sentiments regarding over-engagement

There was an instance of a student participant expressing their frustration about being asked to participate in continuous engagement while not seeing any actions implemented. This was a point of insight, as despite there being ongoing food security efforts being actioned by students, faculty, staff, and various community members on campus, students felt that there was not enough tangible change. This perspective could signify existing siloes in food security work on campus and how current projects are not sufficiently or appropriately communicated with the broader student body that these efforts are meant to serve. As well, this perspective also suggests the need to meaningfully engage communities while pairing it with visible change. Sentiments of exhaustion and over-engagement made evident the necessity of a medium through which community members can base and build their vision. In order to facilitate effective community engagement in a way that actively engages community members, intentionally fostering excitement and enthusiasm to advance the mission was of significant importance.

Benefits of concurrent pilot

Part of the benefit of having an ongoing pilot project (Food Hub Market) was being able to immediately apply findings from our community engagement. The Food Hub Market is a low-cost, at-cost grocery store that is acting as a testing ground and starting point of the Food Hub. An ongoing pilot allows findings to be applied, tested, and expanded upon simultaneously alongside community engagement, which means participants can actively see their ideas being applied and thus fosters a sense of immediacy and actionable change. By testing out participants' ideas and feedback on the pilot, community members could feel heard, valued, and accounted for as part of a tangible effort. The Food Hub Market also provided a visual and functional space and place to which partners were invited to visit and co-host events. The concurrent pilot was a critical part of community building and placemaking, an integral part of community engagement leading into the development of the Food Hub.

Evaluating the project

This project has provided the team with valuable insights regarding food insecurity at UBC. However, the approach can be optimized to cater to the diverse population. Throughout the project, engagement events and communication has been organized and framed for a largely English speaking population. This project's recommendation is to ensure linguistic accessibility by integrating commonly spoken languages in the community for project engagement and data collection. Some feedback from community members has indicated that the research surveys were not comprehensible and thus inaccessible for non-native English speakers. This language barrier prevented some student families accessing the Acadia Food Hub from participating in the survey. This gap in data collection must be addressed in future projects to identify the needs of all members of the community and to improve the representativeness of the data collected from a multicultural community. Different languages could be integrated by hosting engagement events in partnership with cultural clubs and publishing translated surveys, which could also contribute to the cultivation of safe and inclusive engagement spaces and building community and capacity throughout the engagement process.

Recommendations



Recommendations

Secure physical space for the Community Food Hub

- Implement a Hub-and-Spoke model with a centralized hub for access to key elements and targeted spokes (eg. food assets, community spaces, centres for programming) to meet specific needs of various communities
- Explore the potential of establishing spoke locations with partners to create multiple points of access nearer to various communities on campus
- Provide a kitchen, seating area, event space, food outlet, and grocery store within the Food Hub space

Plan programming of the Food Hub based on the needs and wants of community members

- Include recreational and cultural events, food services and grocery store/market, food literacy education, mental health support, and financial support

Create a partner network of student services to coordinate holistic student service system within the Food Hub

- Reach out to key student service units on campus to initiate and further develop partnerships
- Establish understanding of partners' capacity to collaborate on services and programming and/or act as a spoke partner institution

Conduct further engagement with specific demographic groups on tailored services and programming needs

- Reconnect with community groups that were not partnered directly with during Phase 3 (eg. people with disabilities, Indigenous students) to include them in general Food Hub engagement, establish reciprocal partnerships, and understand their needs in services and programming
- Expand on existing consultations with student families residing in Acadia Park to better establish specific Food Hub programs that would meet their needs
- Host design jams to further explore the vision for the Food Hub and expand on more specific details (e.g physical space design, service and program offerings, and specific community needs and wants)
- Resolve conflicting data regarding whether the Food Hub should prioritize equitable or equal access, and how it will be granted (for those experiencing food insecurity vs. the general public)

Prioritize continued collaboration with community members and stakeholders to thoroughly involve them in the development and operations of the Food Hub

- Hold meetings with students, faculty, staff, and community groups to proceed with planning of Food Hub and formulate the governance structure
- Consult and partner with different organizational groups and cultural clubs on campus, particularly underrepresented members of the community to include all voices

Develop a collaborative, student-centered Food Hub governance structure

- Center governance structure around student leadership and involvement opportunities (paid positions, volunteering, course credit)
- Recruit a diverse and representative advisory team consisting of students, faculty, staff, and community members that the Food Hub team can consult for major decision making in addition to other community engaged feedback for the Food Hub
- Recognize levels of advisory from individuals using the Food Hub, those working within the Food Hub, and the broader advisory group

Consider design and representation of the space to be welcoming for diverse communities

- Have diverse staff representation, host cultural events, and various cultural decor to create a culturally accessible Food Hub
- Food Hub operations, programming and design should be planned with diverse communities to include them in co-beneficial and respectful ways

Plan Food Hub communications and education efforts to address barriers to Food Hub access (stigma, guilt, shame etc.) by framing the Food Hub as a welcoming social space (rather than dedicated to emergency food relief)

- Establish strong social media presence and clear messaging to frame Food Hub as an openly accessible community space
- Develop educational programming and promotions in partnership with campus groups to increase awareness around food access, food security, and the Food Hub
- Consider how to balance accommodating for safe and comfortable experience through discreet access options while also actively tackling the stigma and shame surrounding food access

Embed the Food Hub as a contributor to a sustainable campus food system

- Prioritize ethical and local sourcing and balance/align this priority with free and affordable food access
- Partner with campus and broader community food groups to facilitate food recovery, food distribution, and education efforts

Use the Food Hub Market project and other pilots as testing ground for the future Food Hub

- Collect insights from the pilots regarding animation of the space, community involvement and engagement, and addressing stigma through design and messaging
- Continue Food Hub Market pilot and integrate it into the future Food Hub

Conduct and publish annual impact reports and partner reviews to showcase efficacy of and need for the Food Hub

- Establish an impact evaluation mechanism and avenues for feedback and communication between the Food Hub, its partners, those who access it, and the University
- Establish strong partnerships with internal university institutions and leadership

Contemplate and explore the vision of a self-sustaining Food Hub

- Identify potentially self-sustainable components to flag in Food Hub planning, development, and operations.
- Explore avenues for self-sustainable funding and external (outside of university) partnerships with community food assets, organizations, and companies



Conclusion



Conclusion

Despite numerous existing and ongoing efforts, there is still a critical need to address the high prevalence of food insecurity experienced at UBC. UBC community members want a physical community Food Hub on campus and have deep insights on how they envision it to be. There is emphasis on cultivating a social space and fostering community through the Food Hub, while also serving as a one-stop resource hub for holistic service referrals.

Student leadership and involvement in the Food Hub is highly valued, in addition to a collaborative governance structure that engages students, faculty, and staff. Furthermore, prioritizing cultural vibrance and diverse representation is crucial to effectively serve the UBC community, and different population groups have unique needs which need to be taken into consideration. Additionally, it is important to have continued collaboration with community members in the planning process for the Food Hub, and to both maintain existing partnerships and build new ones.

Overall, findings from this research will inform future development of a physical Community Food Hub on campus, with two student positions continuing in May to August to support the planning of the Food Hub Launch in Fall 2022.

The Food Hub will promote a food-secure campus and provide opportunities for improving equity, inclusion, reconciliation, decolonization, sustainability, positive student experience, and health and wellbeing.





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Appendices



Appendix A

Table 4. Phase 1 stakeholder list and interview questions

| Key stakeholder | Role | Areas of Expertise | Specific topics/ questions to discuss? |
|--|--|---|---|
| Natasha Moore | Planning & Evaluation Advisor, UBC Wellbeing | Has been involved in CLL project development and FSI work, strategic planning work | <ul style="list-style-type: none"> • More about their role, engagement in FSI/food security work on campus • What do you see as current areas of focus/opportunities in campus food security or food system? What do you see as major challenges? • What kinds of ideas have been floated over the years about the development of UBC Community Food Hub? • Suggestions for who important stakeholders or groups to engage in our community engagement strategy? Who has been involved in this work or who you think ought to be at the table but has not been? • What do you anticipate we'll hear from stakeholders/community in our engagement/needs assessment process? • Any advice for us as we get started on this project? |
| Liska Richer | Manager, SEEDS Sustainability Program, Campus + Community Planning | SEEDS, some insight into facilities/physical spaces (position is housed in Campus + Community Planning) | <ul style="list-style-type: none"> • Some context around previous SEEDS work and research around campus food system and food security? • What areas of inquiry have been studied/prioritized and how have these areas been identified? • Through the different food security-related SEEDS projects and recommendations produced, what do you see as current areas of focus/opportunities in campus food security or food system? What do you see as major challenges? • What kinds of ideas have been floated over the years about the development of UBC Community Food Hub? • Suggestions for important stakeholders or groups to engage in our community engagement strategy? Who has been involved in this work or who you think ought to be at the table but has not been? • What do you anticipate we'll hear from stakeholders/community in our engagement/needs assessment process? • Any advice for us as we get started on this project? |
| Mitchell Prost & Amira Freidman | Student Services Manager, AMS & AMS Foodbank Coordinator | Foodbank operations, student outreach | <ul style="list-style-type: none"> • More about their role, engagement in FSI/food security work on campus or other experiences • How does the AMS envision food security tying in with its existing programs as a new/emerging priority? • What are your thoughts on the creation of a physical food hub space, multiple physical spaces, or better coordination between existing spaces? • I know that the AMS Foodbank aims to be an emergency resource for students in urgent need. Do you think it would be possible to merge emergency need and community/social? Any recommendations or insights from what you've learned? • Suggestions for important stakeholders or groups to engage in our community engagement strategy? Who has been involved in this work or who you think ought to be at the table but has not been? • What do you anticipate we'll hear from stakeholders/community in our engagement/needs assessment process? • Any advice for us as we get started on this project? |

| Key stakeholder | Role | Areas of Expertise | Specific topics/ questions to discuss? |
|-----------------------------|----------------------------|--|--|
| Georgia Yee & Eshana Bhangu | Outgoing & Incoming VP AUA | -VP Academic portfolio -knowledgeable on AMS & student issues | <ul style="list-style-type: none"> • Suggestions for important stakeholders or groups to engage in our community engagement strategy? Who has been involved in this work or who you think ought to be at the table but has not been? • What do you anticipate we'll hear from stakeholders/community in our engagement/needs assessment process? • How does the AMS envision food security tying in with its existing programs as a new/emerging priority? • How was your team and portfolio been involved in broader conversations/efforts towards community food security? • How has the AMS viewed the opportunity for a community food hub or subsidized grocery option? • From your portfolio, is a potential merging of emergency food provision with more of a focus on community and social aspects something possible to achieve or important to achieve? Do you have any insights from your work? • What are your thoughts on the creation of a physical food hub space? Should it be multiple spaces on campus? Or better coordination between existing resources? • What programs should coincide with the provision of food to help support students physical and mental wellbeing? • Any advice for us as we get started on this project? |
| Yusuf Alam | CCEL | Community Engagement | <ul style="list-style-type: none"> • More about their role, engagement in FSI/food security work on campus or other experiences • How does CCEL identify community needs to design and develop its programming? • What factors should we consider in choosing engagement tools/ methods? • What engagement tools/ methods have been successful for CCEL? Any specific examples? • How does CCEL envision food security tying in with its existing programs as a new/emerging priority? (What food security-related work has CCEL been involved in in the past/currently?) • Suggestions for important stakeholders or groups to engage in our community engagement strategy? Who has been involved in this work or who you think ought to be at the table but has not been? • What do you anticipate we'll hear from stakeholders/community in our engagement/needs assessment process? • Any advice for us as we get started on this project? |

| Key stakeholder | Role | Areas of Expertise | Specific topics/ questions to discuss? |
|-----------------|---|---|---|
| Casey Hamilton | Campus Health Specialist UBC-O | <ul style="list-style-type: none"> CLL Project Development, VOICE, | <ul style="list-style-type: none"> How did you engage your stakeholders and student communities during the VOICE program (programming, deliberative dialogues, surveys, or focus groups), what did you find most effective for different stakeholders/purposes and is there anything you would have changed about the way you approached community engagement? From your experience with VOICE project at UBC-O, what are some key milestones of the project that can significantly inform the implementation of the Campus Community Food Hub. For instance, research design and implementation, what informed your processes, what did you learn, what would you change, etc.? Envisioning a Campus Community Food Hub as a physical space on the UBC campuses, what do you want to see in this space, in terms of the services being offered, its programs, its beneficiaries and partners? Based on your experience in Food Security and Wellbeing initiatives on both UBC campuses, what are some key aspects that the CLL-CFH project should consider when developing a community engagement framework that fully capture the needs of the community, including those disproportionately affected by food insecurity? In one of our core team meetings, you mentioned that as a team we should engage our communities in ways that are not tokenizing, do you have some suggestions on ways that we could approach our partnerships with various stakeholders and build sustainable relationships with these communities and also making sure (accountability) that they also benefit from the findings/ deliverables of this project? Considering that the success of this project or its impacts will also be reflected on both the UBC Vancouver and Okanagan campuses, do you have any suggestions for important stakeholders or groups to engage with at the UBC-O campus? Who have been involved in this work or who you think ought to be at the table but have not been? How do you see this work tied in with efforts at the UBCO? |
| Alison Taylor | Education Studies Professor | <p>Research, CBPAR on university campus (UBC & UofT)</p> <p>The Hard Working Student</p> <p>https://blogs.ubc.ca/hardwork/researchteam/</p> | <ul style="list-style-type: none"> Can you tell us about your work doing community based participatory research on university campuses? What lessons have you learned about engaging students/campus communities that you would share with us as we embark on our CBPAR project? What specific methods of engagement has/does your research group utilize? Important considerations you think we should be thinking about as we design ours? Particularly interested in the Audio diary, life mapping --> how did students feel about these engagement methods, what did you learn from doing them? What was the process of picking which engagement methods you utilized in different scenarios and based off the information you were trying to gather? What have you learned from your experience of trying to create a comfortable and safe space for student participation? What challenges and benefits arise from a phased approach of engagement? What did you learn in the process? In your work on working students, or previous work, have themes around food and food security come up at all? <p>For background info: From HWS project:</p> <p>Phase 1 of our study involved an online survey of undergraduates at UBC in early 2018.</p> <p>Phase 2 (2019-20) involved qualitative data collection through focus groups, life mapping, and audio diaries at UBC and U of T to learn how students make sense of their work in relation to their studies.</p> <p>Phase 3 (2020-21) will involve thematic focus group meetings to probe initial findings.</p> |
| OISI | Strategic planning team for Indigenous Strategic Plan | Engagement processes, specifically w Indigenous communities | |

Appendix B

Table 5. Phase 2 stakeholder list and indication of contact

| Name of group contacted | Role of person contacted | Meeting set up |
|--|---|----------------|
| Acadia Food Hub | Coordinator | Yes |
| Acadia Park (SHCS) | Residence Life Manager | No |
| Acadia Park Residents Association | | No |
| African Awareness Initiative | Chair | No |
| Agora Cafe | General Manager | Yes |
| AMS Food Bank | Coordinator | Yes |
| AMS Sustainability | Sustainability Projects Coordinator | Yes |
| Arts Undergraduate Society | | No |
| Black Students Union | VP External | Yes |
| Campus and Community Planning | Manager, Community Programs and Outreach & Manager, UBC SEEDS (Faculty & Staff) | Yes |
| Centre for Sustainable Food Systems (UBC Farm) | Operations Director | Yes |
| Commerce Undergraduate Society | | No |
| Disabled Graduate Student Association | President | No |
| Engineering Undergraduate Society | | No |
| Enrolment Services | Associate Director, Student Support & Advising | No |
| First Generation Student Union | President | Yes |
| First Nations House of Learning | Administrative Support | Yes |
| Forestry Undergraduate Society | | No |
| Global Lounge | | Yes |
| Graduate Students Society | GSS President | No |
| International Students Advising | Director | Yes |
| Kinesiology Undergraduate Society | | No |
| Land and Food Systems Undergraduate Society | VP Engagement & Sustainability Coordinators | Yes |
| Music Undergraduate Society | | No |
| Pride Collective | | No |
| Roots on the Roof | President | Yes |

| Name of group contacted | Role of person contacted | Meeting set up |
|---|--|----------------|
| School of Economics Undergraduate Society | | No |
| Science Undergraduate Society | | No |
| Sprouts | | Yes |
| UBC Sustainability Hub (Student Sustainability Council) | Program Coordinator | Yes |
| Sustainability and Community Programs: UBC Botanical Garden | Associate Director | Yes |
| UBC Centre for Accessibility | | No |
| UBC Collegia | Program Manager | Yes |
| UBC Dietetics Student Community | President | Yes |
| UBC Disabilities United Club | President | No |
| UBC Food Services | Director & Nutrition and Wellbeing Manager, Food & Nutrition Coordinator | Yes |
| UBC Student Housing - Residence Life | Residence Advisor | Yes |
| UBC Student Housing and Community Services | Associate Directors | No |
| UBC Wellness Centre | Health Promotion Specialist | Yes |
| University Christian Ministries | | Yes |
| Vancouver Indigenous Students Collegium | Coordinator | Yes |
| Vegans of UBC | President | Yes |
| Visual Arts Students Association | | No |

Appendix C

Community Food Security Hub: Study Participation Consent Form (Phase 2)

Project Title: Community Food Security Hub: Promoting Food Security at UBC through Community-Based Participatory Action Research

Researchers:

Principal Investigator: Dr. Rachel Murphy, Assistant Professor, School of Population and Public Health at the University of British Columbia

Co-investigators: Natasha Moore (UBC Wellbeing), Cassandra Hamilton (UBCO Health & Social Development), Sara Kozicky (UBC Wellbeing), Yusuf Alam (UBC Centre for Community and Engaged Learning), Liska Richer (UBC SEEDS Sustainability Program)

Introduction: This research project (Ethics ID #H21-00641) intends to engage the UBC campus community to identify resources, support services, programming, and facilities to support a food secure campus community at UBC. This study is funded through UBC's Campus as a Living Lab initiative and the results will be used to influence positive changes to food security at UBC which may include changes to policies, the food environment, programs and services at UBC.

Purpose: In the initial phases of this project, we are developing a community engagement plan to explore what a community food hub would look like at UBC. We are reaching out to key stakeholders we think might be interested in engaging in this process to 1) identify potential for co-planning community engagement opportunities and 2) explore the opportunity for an ongoing co-beneficial partnership.

Study procedures: You are invited to a conversation with a student community developer(s) to discuss interests in food, food security, and wellbeing, identify common goals, and explore ways in which we can collaborate and build a co-beneficial partnership toward the creation of a community food security hub at UBC. You are welcome to share this invitation with anyone in your organization that you think should be part of this conversation. We anticipate the conversation will take approximately 1 hour over Zoom. You will also be asked to verbally confirm your consent to participate and have a chance to ask any questions about the study on the day of the discussion. With your permission, the conversation will be recorded on Zoom and detailed notes will be taken and shared with the project team. You can let us know at any time if you would like your comments to not be recorded. You can also choose to end our conversation at any time by letting us know or leaving the Zoom meeting, with no consequences.

Participation in this research project is NOT required for participation in the co-development of the community food hub. If you/your group would like to participate in

conversations about the co-development of a community food hub, but NOT have your data included as part of the research project, please choose this option below.

Confidentiality: We will never reveal your name in public reports or publications, but with your permission, we would like to document your role and group/organization's name. This information may be disclosed in future reports or publications to demonstrate the types of stakeholders we have engaged in this project. If you prefer this information, not be disclosed, we will use broad categories and descriptors to describe your role and/or group instead. However, others may be able to identify you due to your role and the nature of this participatory and community-based project. For this reason, we cannot fully guarantee your confidentiality. If you participate in a group discussion, we will encourage all participants to refrain from disclosing the contents of the discussion outside of the focus group discussion; however, we cannot control what other participants do with the information discussed.

Storage and Use of Data: All interview data, including Zoom recordings and notes, will be stored on a secure server hosted by UBC for up to 5 years. Only the PI, co-investigators, and research assistants on the research team will have access to the data. There is a possibility that data from this study may be made "open access," or publicly available, in order for publishers to verify findings. In these cases, the data will not contain any identifiable information. You can protect your identity and increase the protection of your personal information in Zoom by:

using only a nickname or a substitute name

turning off your camera

muting your microphone if not speaking

using a virtual background

Resources: If you or someone you know needs emergency food relief or other assistance, we will share a list of support resources, along with general food security and food systems resources at UBC.

Contact for information about the study: If you have any questions or concerns about the study, what we are asking of you, or how your personal information will be kept secure, please contact Principal Investigator Dr. Rachel Murphy (Assistant Professor, School of Population and Public Health) at rachel.murphy@ubc.ca.

Contact for concerns about rights of research participants: If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics at **604-822-8598** or if long distance e-mail RSIL@ors.ubc.ca or call toll free **1-877-822-8598**.

Please complete this form with the relevant information.

Your Full Name:

Organization or Unit/Department:

Your Role/Title:

I have read the information above about the Community Food Security Hub: Promoting Food Security at UBC through Community-Based Participatory Action Research study and agree to the items outlined within this form. I understand that my participation in this study is entirely voluntary, and that I may refuse to participate or withdraw from the study at any time without any negative consequences.

Yes

☐

I would like to participate in conversations about the co-development of a community food hub, but NOT have data included as part of the research project.

No

☐

I prefer my name/identity to remain anonymous.

Yes

☐

No

☐

I agree to our meeting being recorded on Zoom.

Yes

☐

No

☐

I agree to have my role and student group/organization's name disclosed.

Yes

☐

No

☐

Please select the following if true: [optional select]

☐

I still have questions before making decisions (please email us at community.foodhub@ubc.ca).

If you have any questions or concerns, please email the project team at community.foodhub@ubc.ca or contact Principal Investigator Dr. Rachel Murphy at rachel.murphy@ubc.ca.

Appendix D

Table 5. Phase 2 interview guide

Questions

Introductory question:

- Can you tell me a bit about [Group/Organization] and your role?
- Now that we have given you a bit more context on where we are at in the project, can you tell us about what issues related to food security and wellbeing are important to you/your group? These issues may intersect with other relating issues (eg: climate justice, affordability), how can we incorporate them into our upcoming engagement process?
- What are your main goals and priorities related to these issues?
- How might a food hub support these goals and priorities?

Questions related to next steps

- Now that we know more about you, we'll be diving into discussion points that are related to next steps within Phase 2.
- Is partnering/collaborating/or engaging in the development of a (or a few) community food hub something that might be of interest to your group/organization?

If yes,

- We are in the process of planning phase 3 of our community engagement, (which is a broad community engagement) and we are hoping to plan and partner with people like you who have experience and expertise in your communities. How would you/ your group/organization like to engage in the co-development of a community food hub at UBC? What ways would make sense for your community to engage in the process with us?
- Share some ideas: table talks/focus group, presentation/facilitated discussion, pop-ups, workshops/gatherings, survey, creative methods – we are really looking to engage groups in the way they want to be engaged!
- Would you be interested in being involved in facilitating an engagement opportunity (ie facilitated discussion, workshop etc) during our planned engagement of the broader UBC community?
- Do you have any planned events or existing opportunities that this sort of engagement could be part of? (e.g. regular membership meeting, planned event, etc.)
- How do you use your space (physical/virtual) to engage with your community? For phase 3 of our engagement, we envision in-person engagement, but do not want to leave people and communities out of virtual engagement. Do you have any advice for us on this topic?
- How can we best support this process in a way that allows for meaningful participation by your community / meets your community's needs?

- We would like to engage with you and your organization/ unit beyond a single engagement opportunity (as long as that works for you). What timeline would work best for additional touch points? (Summer, early Fall? Full duration?)
- For engagement
- For co-planning engagement (if they want this)
- How would you like to communicate in the future – best contact person, method of communication, plan future meetings/next steps if appropriate?
- Has your group ever been engaged in a community engagement process at UBC or in the wider community? (eg. Wellbeing Strategic Framework, ISP, Climate Emergency).
- Did you feel supported? What worked well? What advice can you give us as we embark on an engagement process?

If need more time to consult community/organization:

- You can take time to consult your community/organization first and let us know if you would be keen on continuing your engagement/ your group would be interested in engaging in the co-development of a community food hub.
- We will be sending a follow-up email to check in with you. In the case that your community indicates interest, we will use email communication to arrange future chats and engagement opportunities. (Unless they prefer an alternative form of contact?)

If no:

- What are some concerns or barriers you foresee? Could we help address them?
- Eg. your/your community's capacity, alignment with goals
- What could an alternative form of engagement or partnership look like?
- In what ways would you appreciate support in food or well-being issues on campus that are not specifically related to the development of the food hub?
- Any suggestions for other groups on campus that we could consult regarding our engagement process?

Resources and closure

- If you would like to learn more about or engage further with food security on campus, here are some resources that you can refer to and share within your community.
- FSI website
- Would it be okay to share your information with the team if you are interested in being connected with the Food Security Initiative (FSI) and the broader food security work within the community?
- Are there food security-related organizations or resources that you would like us to help connect you with?
- Once the food hub is “developed”, would you like to receive updates or communication?
- What they can expect from us:
- We will be sending a follow-up email post conversation
- We will be synthesizing and analyzing findings from Phase 2 and sharing back key points with you. You can expect to receive an invitation to this presentation in early Fall.
- Share community food hub email and let them know to email us at any time if they have questions or comments
- We want you to feel engaged in the way you want to be engaged throughout each stage. Thank you for your time and insights provided during this conversation and we hope that this is the beginning to an ongoing relationship with you and your group.

Appendix E

Table 6. Phase 3 list of partners and engagement events

| Partner | Event Type | Date | n |
|--|------------------------|-------------------|--------|
| Vegans of UBC | Community meal | November 23, 2021 | ~15 |
| Roots on the Roof | Pop-up / booth | December 7, 2021 | n/a |
| First Generation Students Union | Facilitated dialogue | November 30, 2021 | ~10 |
| Black Student Union | Community meal | February 17, 2022 | 30-40 |
| Sustainability Hub (Student Sustainability Council) | Facilitated dialogue | February 28, 2022 | ~10 |
| The World University Service of Canada Program (WUSC) | Facilitated dialogue | February 24, 2022 | ~12 |
| Land and Food Systems Undergraduate Society | Facilitated dialogue | January 26, 2022 | ~15-20 |
| UBC Dietetics Student Community | Facilitated dialogue | March 8, 2022 | n/a |
| n/a | Facilitated dialogue | February 4, 2022 | 2 |
| n/a | Facilitated dialogue | February 18, 2022 | |
| n/a | Facilitated dialogue | March 11, 2022 | 1 |
| Centre for Community Engaged Learning (UBtheChange Activators) | Facilitated dialogue | March 21, 2022 | ~30 |
| UBC Student Recovery Community | Panel + Community meal | April 6, 2022 | ~10 |
| University Christian Ministries | Community meal | March 25, 2020 | 80-100 |
| n/a | Facilitated dialogue | (mealshare) | 3 |

Appendix F

Phase 3 General Survey Consent Form

Community Food Security Hub: Study Participation Consent Form (Phase 3)

Project Title: Community Food Security Hub: Promoting Food Security at UBC through Community-Based Participatory Action Research

Researchers:

- Principal Investigator: Dr. Rachel Murphy, Assistant Professor, School of Population and Public Health at the University of British Columbia
- Co-investigators: Cassandra Hamilton (UBCO Health & Social Development), Sara Kozicky (UBC Wellbeing), Yusuf Alam (UBC Centre for Community and Engaged Learning), Liska Richer (UBC SEEDS Sustainability Program)

Introduction: This research project (Ethics ID #H21-00641) intends to engage the UBC Vancouver campus community to identify resources, support services, programming, and facilities to support a food secure campus community at UBC. This study is funded through UBC's Campus as a Living Lab initiative and the results will be used to influence positive changes to food security at UBC which may include changes to policies, the food environment, programs and services at UBC.

Purpose: In the initial phases of this project, we developed a community engagement plan to explore what a community food hub would look like at UBC. During Phase 2, we reached out to key stakeholders to 1) identify potential for co-planning community engagement opportunities and 2) explore the opportunity for an ongoing co-beneficial partnership. During Phase 3, we will be engaging broader UBC communities and targeted groups to start envisioning and co-creating a community food hub on campus.

Study procedures: You are invited to complete the following survey to share your ideas on what a community food hub on campus could be like. In doing so, you will be actively participating in the co-development of the community food hub. You are welcome to share this survey with anyone in your circles that you think should be part of this conversation. We anticipate the survey to take approximately 15 minutes to complete. With your permission, your input will be analyzed, and shared back with the community. You can choose to leave the survey at any time with no consequences.

Compensation: By completing this survey, you can be entered in a draw to win one of fifty \$50 gift cards after data collection is complete.

Confidentiality: We will never reveal your name or personal identifiers in public reports or publications. Demographic information will only be reported at an aggregate level.

Storage and Use of Data: All recorded data will be stored on a secure server hosted by UBC for up to 5 years. Only the PI, co-investigators, and research assistants on the research team will have access to the data. There is a possibility that data from this study may be made "open access," or publicly available. In these cases, the data will not contain any identifiable information.

Resources: We acknowledge that there may be psychological, cultural, privacy, and confidentiality risks that accompany our research. An important note before we start our discussions is that while there are no direct questions on experiences with food insecurity, you may share your personal experiences. Food security and related areas can be a sensitive topic, so please do what you need to take care of yourself. If this looks like closing the survey, that is completely okay.

In order to minimize risks and provide support for those in distress, here are a list of resources in case you need to talk/need support during and/or after the session:

- Mental Health and Counseling Services - offers Same-day, single-session counselling and Wellness Advising appointments
- UBC Wellness Centre - in-person drop-in sessions accessible Monday to Friday, 11 am to 4 pm and virtual drop-in sessions accessible Tuesdays and Fridays, from 9:30 am to 11 am
- Empower Me - Toll-free 24/7 phoneline and app through which you can access mental health support and resources. 1-833-628-5589

If you or someone you know needs emergency food relief or other assistance, please refer to this website: <https://foodhub.ubc.ca/food-financial-support-resources/?campus=5&support-resource-type=7> that has a list of support resources, along with general food security and food systems resources at UBC.

Contact for information about the study: If you have any questions or concerns about the study, what we are asking of you, or how your personal information will be kept secure, please contact Principal Investigator Dr. Rachel Murphy (Assistant Professor, School of Population and Public Health) at rachel.murphy@ubc.ca, 604-822-1397.

Contact for concerns about rights of research participants: If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics at 604-822-8598 or if long distance e-mail RSIL@ors.ubc.ca or call toll free 1-877-822-8598.

Phase 3 Targeted Survey Consent Form

Community Food Security Hub: Study Participation Consent Form (Phase 3)

Project Title: Community Food Security Hub: Promoting Food Security at UBC through Community-Based Participatory Action Research

Researchers:

- Principal Investigator: Dr. Rachel Murphy, Assistant Professor, School of Population and Public Health at the University of British Columbia
- Co-investigators: Cassandra Hamilton (UBCO Health & Social Development), Sara Kozicky (UBC Wellbeing), Yusuf Alam (UBC Centre for Community and Engaged Learning), Liska Richer (UBC SEEDS Sustainability Program)

Introduction: This research project (Ethics ID #H21-00641) intends to engage the UBC Vancouver campus community to identify resources, support services, programming, and facilities to support a food secure campus community at UBC. This study is funded through UBC's Campus as a Living Lab initiative and the results will be used to influence positive changes to food security at UBC which may include changes to policies, the food environment, programs and services at UBC.

Purpose: In the initial phases of this project, we developed a community engagement plan to explore what a community food hub would look like at UBC. During Phase 2, we reached out to key stakeholders to 1) identify potential for co-planning community engagement opportunities and 2) explore the opportunity for an ongoing co-beneficial partnership. During Phase 3, we will be engaging broader UBC communities and targeted groups to start envisioning and co-creating a community food hub on campus.

Study procedures: You are invited to complete the following survey to share your ideas on what a community food hub on campus could be like. In doing so, you will be actively participating in the co-development of the community food hub. You are welcome to share this survey with anyone in your circles that you think should be part of this conversation. We anticipate the survey to take approximately 15 minutes to complete. With your permission, your input will be analyzed, and shared back with the community. You can choose to leave the survey at any time with no consequences.

Compensation: By completing this survey, you can receive compensation for your time and contributions by receiving a \$25 gift card (while supplies last - total number of gift cards is 200) after data collection is complete. Once the supplies end, you will be entered in a draw to win one of fifty \$50 gift cards after data collection is complete.

Confidentiality: We will never reveal your name or personal identifiers in public reports or publications. Demographic information will only be reported at an aggregate level.

Storage and Use of Data: All recorded data will be stored on a secure server hosted by UBC for up to 5 years. Only the PI, co-investigators, and research assistants on the research team will have access to the data. There is a possibility that data from this study may be made "open access," or publicly available. In these cases, the data will not contain any identifiable information. As a community-based research project, we intend to share a summary of collected data back with the community in the near future.

Resources: If you or someone you know needs emergency food relief or other assistance, please refer to this website: <https://foodhub.ubc.ca/food-financial-support-resources/?campus=5&support-resource-type=7> that has a list of support resources, along with general food security and food systems resources at UBC.

Contact for information about the study: If you have any questions or concerns about the study, what we are asking of you, or how your personal information will be kept secure, please contact Principal Investigator Dr. Rachel Murphy (Assistant Professor, School of Population and Public Health) at rachel.murphy@ubc.ca, 604-822-1397.

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Phase 3 Community Meal Consent Form

Community Food Security Hub: Study Participation Consent Form (Phase 3)

Project Title: Community Food Security Hub: Promoting Food Security at UBC through Community-Based Participatory Action Research

Researchers:

- Principal Investigator: Dr. Rachel Murphy, Assistant Professor, School of Population and Public Health at the University of British Columbia
- Co-investigators: Cassandra Hamilton (UBCO Health & Social Development), Sara Kozicky (UBC Wellbeing), Yusuf Alam (UBC Centre for Community and Engaged Learning), Liska Richer (UBC SEEDS Sustainability Program)

Introduction: This research project (Ethics ID #H21-00641) will engage the UBC campus community to identify resources, support services, programming, and facilities to support a food secure campus community at UBC. This study is funded through UBC's Campus as a Living Lab initiative and the results will be used to influence positive changes to food security at UBC which may include changes to policies, the food environment, programs and services at UBC.

Purpose: In the initial phases of this project, we developed a community engagement plan to explore what a community food hub would look like at UBC. During Phase 2, we reached out to key stakeholders to 1) identify potential for co-planning community engagement opportunities and 2) explore the opportunity for an ongoing co-beneficial partnership. During Phase 3, we will be engaging broader UBC communities and targeted groups to start envisioning and co-creating a community food hub on campus.

Study procedures: You are invited to an engagement event with the student community developers to share your ideas on what a community food hub on campus could be like. In doing so, you will be actively participating in the co-development of the community food hub. You are welcome to share this invitation with anyone in your circles that you think should be part of this conversation. We anticipate the event to take approximately 1-1.5 hours in-person or over Zoom. You will also be asked to verbally confirm your consent to participate and have a chance to ask any questions about the study on the day of the discussion. With your permission, the ideas you share during the event will be recorded, analyzed, and shared back with the community. You can let us know at any time if you would like your comments to not be recorded. You can also choose to leave the Zoom room or event space at any time with no consequences.

Participation in this research project is NOT required for participation in the co-development of the community food hub. If you would like to participate in conversations about the co-development of a community food hub, but NOT have your data included as part of the research project, please choose this option below.

Confidentiality: We will never reveal your name in public reports or publications. Demographic information will only be reported at an aggregate level with no personal identifiers in future reports or publications. However, others may be able to identify you due to the nature of this participatory and community-based project. For this reason, we cannot fully guarantee your confidentiality. If you participate in a group discussion, we will encourage all participants to refrain from disclosing the contents of the discussion outside of the focus group

discussion; however, we cannot control what other participants do with the information discussed.

Storage and Use of Data: All recorded data, including event notes and contact information, will be stored on a secure server hosted by UBC for up to 5 years. Only the PI, co-investigators, and research assistants on the research team will have access to the data. There is a possibility that data from this study may be made “open access,” or publicly available, in order for publishers to verify findings. In these cases, the data will not contain any identifiable information. If you are attending an engagement event on Zoom, you can protect your identity and increase the protection of your personal information by:

- using only a nickname or a substitute name
- turning off your camera
- muting your microphone if not speaking
- using a virtual background

As a community-based research project, we intend to share a summary of collected data back with the community in the near future.

Resources: We acknowledge that there may be psychological, cultural, privacy, and confidentiality risks that accompany our research. An important note before we start the event is that while there are no direct questions on experiences with food insecurity, some may share their personal experiences. We ask that you do not share this information outside of this space. Food security and related areas can be a sensitive topic, so please do what you need to take care of yourself. If this looks like leaving the session, that is completely okay.

As we acknowledge that food security and related issues can be a triggering topic for some of us. In order to minimize risks and provide support for those in distress, here are a list of resources in case you need to talk/need support during and/or after the session:

- Mental Health and Counseling Services - offers Same-day, single-session counselling and Wellness Advising appointments
- UBC Wellness Centre - in-person drop-in sessions accessible Monday to Friday, 11 am to 4 pm and virtual drop-in sessions accessible Tuesdays and Fridays, from 9:30 am to 11 am
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If you or someone you know needs emergency food relief or other assistance, please refer to this website: <https://foodhub.ubc.ca/food-financial-support-resources/?campus=5&support-resource-type=7> that has a list of support resources, along with general food security and food systems resources at UBC.

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COVID-19 Safety Protocols:

In order to ensure proper risk management, proof of full vaccination will be required for all indoor events. Please be prepared to present your BC Vaccine Card and photo ID upon entry. If you are immunocompromised or unable to attend the event due to reasons related to COVID-19 but would still like to participate, please send us an email at community.foodhub@ubc.ca for virtual engagement opportunities.

All participants are required to wear a non-medical mask indoors throughout the duration of the event. To ensure the safety of yourself and others, please sanitize your hands upon entry – hand sanitizer will be made available in the venue.

All participants must complete a COVID Health Check prior to in-person contact. Please go to this link to find the most current set of self-assessment questions: <https://bc.thrive.health/covid19/en>. For further information see also: <https://srs.ubc.ca/covid-19/health-safety-covid-19/frequently-asked-questions-covid-19-self-assessment-requirements/>. Please only attend the event if you complete and pass the self-assessment.

Phase 3 Facilitated Dialogue Consent Form

Community Food Security Hub: Study Participation Consent Form (Phase 3)

Project Title: Community Food Security Hub: Promoting Food Security at UBC through Community-Based Participatory Action Research

Researchers:

- Principal Investigator: Dr. Rachel Murphy, Assistant Professor, School of Population and Public Health at the University of British Columbia
- Co-investigators: Cassandra Hamilton (UBCO Health & Social Development), Sara Kozicky (UBC Wellbeing), Yusuf Alam (UBC Centre for Community and Engaged Learning), Liska Richer (UBC SEEDS Sustainability Program)

Introduction: This research project (Ethics ID #H21-00641) intends to engage the UBC Vancouver campus community to identify resources, support services, programming, and facilities to support a food secure campus community at UBC. This study is funded through UBC's Campus as a Living Lab initiative and the results will be used to influence positive changes to food security at UBC which may include changes to policies, the food environment, programs and services at UBC.

Purpose: In the initial phases of this project, we developed a community engagement plan to explore what a community food hub would look like at UBC. During Phase 2, we reached out to key stakeholders to 1) identify potential for co-planning community engagement opportunities and 2) explore the opportunity for an ongoing co-beneficial partnership. During Phase 3, we will be engaging broader UBC communities and targeted groups to start envisioning and co-creating a community food hub on campus.

Study procedures: You are invited to an engagement event with the student community developers to share your ideas on what a community food hub on campus could be like. In doing so, you will be actively participating in the co-development of the community food hub. You are welcome to share this invitation with anyone in your circles that you think should be part of this conversation. We anticipate the event to take approximately 1-1.5 hours in-person or over Zoom. You will also be asked to verbally confirm your consent to participate and have a chance

to ask any questions about the study on the day of the discussion. With your permission, the ideas you share during the event will be recorded, analyzed, and shared back with the community. You can let us know at any time if you would like your comments to not be recorded. You can also choose to leave the Zoom room or event space at any time with no consequences.

Participation in this research project is NOT required for participation in the co-development of the community food hub. If you would like to participate in conversations about the co-development of a community food hub, but NOT have your data included as part of the research project, please choose this option below.

Compensation: By attending this event and contributing your time and ideas, you will be compensated with a \$15 gift card (until supplies last – total number of gift cards is 300) at the end of the session. Compensation is not contingent on your participation in the study – it is only contingent on your participation in the event.

Confidentiality: We will never reveal your name in public reports or publications. Demographic information will only be reported at an aggregate level with no personal identifiers in future reports or publications. However, others may be able to identify you due to the nature of this participatory and community-based project. For this reason, we cannot fully guarantee your confidentiality. If you participate in a group discussion, we will encourage all participants to refrain from disclosing the contents of the discussion outside of the focus group discussion; however, we cannot control what other participants do with the information discussed.

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Resources: We acknowledge that there may be psychological, cultural, privacy, and confidentiality risks that accompany our research. An important note before we start our discussions is that while there are no direct questions on experiences with food insecurity, you may share your personal experiences. Food security and related areas can be a sensitive topic, so please do what you need to take care of yourself. If this looks like closing the survey, that is completely okay.

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All participants are required to wear a non-medical mask indoors throughout the duration of the event. To ensure the safety of yourself and others, please sanitize your hands upon entry – hand sanitizer will be made available in the venue.

All participants must complete a COVID Health Check prior to in-person contact. Please go to this link to find the most current set of self-assessment questions: <https://bc.thrive.health/covid19/en>. For further information see also: <https://srs.ubc.ca/covid-19/health-safety-covid-19/frequently-asked-questions-covid-19-self-assessment-requirements/>. Please only attend the event if you complete and pass the self-assessment.

Phase 3 Pop-up Installation Consent Form

Community Food Security Hub: Study Participation Consent Form (Phase 3)

Project Title: Community Food Security Hub: Promoting Food Security at UBC through Community-Based

Participatory Action Research Researchers:

- Principal Investigator: Dr. Rachel Murphy, Assistant Professor, School of Population and Public Health at the University of British Columbia
- Co-investigators: Cassandra Hamilton (UBCO Health & Social Development), Sara Kozicky (UBC Wellbeing), Yusuf Alam (UBC Centre for Community and Engaged Learning), Liska Richer (UBC SEEDS Sustainability Program)

Introduction: This research project (Ethics ID #H21-00641) intends to engage the UBC Vancouver campus community to identify resources, support services, programming, and facilities to support a food secure campus community at UBC. This study is funded through UBC's Campus as a Living Lab initiative and the results will be used to influence positive changes to food security at UBC which may include changes to policies, the food environment, programs and services at UBC.

Purpose: In the initial phases of this project, we developed a community engagement plan to explore what a community food hub would look like at UBC. During Phase 2, we reached out to key stakeholders to 1) identify potential for co-planning community engagement opportunities and 2) explore the opportunity for an ongoing co-beneficial partnership. During Phase 3, we will be engaging broader UBC communities and targeted groups to start envisioning and co-creating a community food hub on campus.

Study procedures: You are invited to participate in this installation to share your ideas on what a community food hub on campus could be like. In doing so, you will be actively participating in the co-development of the community food hub. With your permission, your input will be analyzed, and shared back with the community. You can choose to leave the installation or withdraw your participation at any time with no consequences.

Confidentiality: We will never reveal your name or personal identifiers in public reports or publications. Demographic information will only be reported at an aggregate level. Storage and Use of Data: All recorded data will be stored on a secure server hosted by UBC for up to 5 years. Only the PI, co-investigators, and research assistants on the research team will have access to the data. There is a possibility that data from this study may be made "open access," or publicly available. In these cases, the data will not contain any identifiable information. As a community-based research project, we intend to share a summary of collected data back with the community in the near future.

Contact for information about the study: If you have any questions or concerns about the study, what we are asking of you, or how your personal information will be kept secure, please contact Principal Investigator Dr. Rachel Murphy (Assistant Professor, School of Population and Public Health) at rachel.murphy@ubc.ca, 604-822-1397.

Contact for concerns about rights of research participants: If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics at 604-822-8598 or if long distance e-mail RSIL@ors.ubc.ca or call toll free 1-877-822-8598.

Consent is assumed based on your participation in this pop-up installation (ie. placing sticky notes).

Appendix G

Phase 3 Demographic Survey Questions

UBC CLL Community Food Hub Project: Phase 3 Demographic Survey

This section of the survey collects your demographic data which will only be used at an aggregate level.

1. Please select what best describes your affiliation with UBC.

- ☐ Undergraduate Student (1)
- ☐ Graduate Student (2)
- ☐ Staff (3)
- ☐ Faculty (4)
- ☐ Other (please specify) (5)

2. Do you live:

- ☐ On campus (1)
- ☐ Off campus (2)

3. What year are you in?

- ☐ 1 (1)
- ☐ 2 (2)
- ☐ 3 (3)
- ☐ 4 (4)
- ☐ 5+ (5)

4. What type of grad studies are you in?

- ☐ Masters (1)
- ☐ Professional (2)
- ☐ PhD (3)

5. What is your faculty? (If you are not a student or faculty, enter "n/a")

6. If you are staff, what department or area do you work in on campus? (If you are not staff, enter "n/a")

7. What is your age group?

under 18 (1) | | | | | | | | 65+

8. Do you identify as:

- ☐ Woman (1)
- ☐ Man (2)
- ☐ Non-binary (3)
- ☐ Other (please specify): (4)
- ☐ Prefer not to answer (5)

9. Do you identify as (select as many as you wish) :

- ☐ LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Intersex, Asexual +) (1)
- ☐ Indigenous (First Nations, Metis, Inuit) (2)
- ☐ International student (3)
- ☐ Racialized person (4)
- ☐ Person with a disability (5)
- ☐ Student with child(ren)/dependants (6)
- ☐ First generation student (7)
- ☐ Received financial assistance (bursaries, loans) to pay for university (8)

10. In the past 12 months, have you worried that food would run out before you got money to buy more food?

- ☐ Often true (1)
- ☐ Sometimes true (2)
- ☐ Never true (3)
- ☐ Don't know (4)
- ☐ Prefer not to answer (5)

11. Have you received food assistance (e.g. food hampers, food bank assistance, UBC Meal Share program) in the past 12 months?

- ☐ Yes (1)
- ☐ No (2)
- ☐ Prefer not to answer (3)

Appendix H

Table 7. General Survey demographics

| Identity | Percentage |
|---|------------|
| LGBTQTIA+ (Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Intersex, Asexual +) | 17.93 % |
| Indigenous (First Nations, Metis, Inuit) | 0.00 % |
| International student | 20.11 % |
| Racialized person | 17.93 % |
| Person with a disability | 4.35 % |
| Student with child(ren)/dependants | 2.72 % |
| First generation student | 11.41 % |
| Woman | 69.35% |
| Man | 22.58 % |
| Non Binary | 4.84 % |

Table 8. Targeted survey demographics

| Identity | Percentage |
|---|------------|
| LGBTQTIA+ (Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Intersex, Asexual +) | 6.17 % |
| Indigenous (First Nations, Metis, Inuit) | 1.76 % |
| International student | 33.04 % |
| Racialized person | 14.54 % |
| Person with a disability | 3.96 % |
| Student with child(ren)/dependants | 15.86 % |
| First generation student | 6.17 % |
| Woman | 51.09 % |
| Man | 42.34 % |
| Non Binary | 4.38 % |

Table 9. Facilitated Dialogues demographics

| Identity | Percentage |
|---|------------|
| LGBTQTIA+ (Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Intersex, Asexual +) | 12.86% |
| Indigenous (First Nations, Metis, Inuit) | 1.43% |
| International student | 15.71% |
| Racialized person | 27.14% |
| Person with a disability | 1.43% |
| Student with child(ren)/dependants | 1.43% |
| First generation student | 14.29% |
| Woman | 60.71% |
| Man | 32.14% |
| Non Binary | 1.79% |

Table 10. Community Meals demographics

| Identity | Percentage |
|---|------------|
| LGBTQTIA+ (Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Intersex, Asexual +) | 13.04% |
| Indigenous (First Nations, Metis, Inuit) | 2.61% |
| International student | 16.52% |
| Racialized person | 33.91% |
| Person with a disability | 0.87% |
| Student with child(ren)/dependants | 0.87% |
| First generation student | 9.57% |
| Woman | 62.75% |
| Man | 33.33% |
| Non Binary | 0.98% |

Appendix I

Phase 3 Survey Questions

Envisioning the food hub space

1. What is more important to you?

- ☐ New physical food hub space(s) that bring together food security and wellbeing resources (1)
- ☐ Integrating food hub elements into spaces that are already familiar to you/access often rather than new space (2)
- ☐ No physical food hub space, but better coordination/partnerships between existing food security resources/spaces (3)

2. If the community food hub was a physical space, would it be...

- ☐ Multiple spaces (1)
- ☐ One space (2)

Envisioning food hub services

3. Select your top three choices of programs, connections, and resources provided by the food hub:

- ☐ Mental health support (1)
- ☐ Academic enrolment & advising (2)
- ☐ Financial support + planning (3)
- ☐ Nutrition peer coaching (4)
- ☐ Food skills workshops (5)
- ☐ Emergency food access (6)
- ☐ Community meals (7)
- ☐ Connecting with other students (8)

4. If you have a program/service in mind that is not included in the above list, enter here:

5. Select your top three choices of amenities provided by the food hub:

- ☐ Communal fridge / food storage space (1)
- ☐ Drop-in cooking space (2)
- ☐ Kitchen equipment rental (3)
- ☐ Low-cost grocery store (4)
- ☐ Community garden / food growing space (5)
- ☐ Meeting space (6)
- ☐ Social/lounge space (7)
- ☐ Accessible professional staff (e.g. dietitian) (8)

6. If you have an amenity in mind that is not included in the above list, enter it here:

Envisioning the food hub community

7. If there is a community food hub on campus, would you access it?

- ☐ Yes (1)
- ☐ No (2)

8. Please explain your answer choice above.

Access to food hub

9. How often would you access the food hub? (surveyqs8)

- ☐ Never (1)
- ☐ Rarely (once per year) (2)
- ☐ Occasionally (once every few months) (3)
- ☐ Frequently (once per month) (4)
- ☐ Very frequently (once per week) (5)
- ☐ Always (daily) (6)

10. Select the top three aspects of the community food hub that would make it feel warm, welcoming, safe, and accessible for you and your peers?

- ☐ Access to culturally appropriate foods (1)
- ☐ Cultural events (community meals, celebrations, workshops, etc.) (2)
- ☐ Ambience (3)
- ☐ Resources available in multiple languages (4)
- ☐ Peer support (5)
- ☐ Accessible design (6)

11. If you have a feature in mind that is not included in the above list or would like to elaborate on any of your choices above, enter here:

How do we know the food hub is benefiting the community?

12. In what ways, if any, would your and your peers' lives be impacted by the community food hub?

13. In what ways, if any, would the community food hub transform the health, well-being, and sustainability of our UBC community?

Appendix J

Phase 3 Community Meal Prompts

Theme #1: Envisioning the food hub space

What does the food hub look like? Feel like?

Where might it be? Is it in more than one location? Why?

Theme #2: Envisioning food hub services

What types of programs, services, amenities would you access in this space?

Theme #3: Envisioning the food hub community

Who is using this space(s)?

How can we create a food hub space that is (warm, welcoming, accessible, comfortable, dignified, safe, etc.)?

How can we make the food hub a welcoming and accessible space for community members of various cultural backgrounds?

Theme #4: How do we know the food hub is benefiting the community? (Indicator Framework)

If you or your peers were using the food hub, how would you know if it is positively impacting your life?

How would you know if the food hub is contributing to a sustainable, healthy, and equitable environment for community members on campus?

Theme #5: How can UBC support the food hub?

How can the University partner with students to run a food hub? What would a partnership with students look like?

How can we ensure ongoing commitment and prioritization of the food hub by the University?

Phase 3 Facilitated Dialogue Prompts

Theme #1: Envisioning the food hub space

What does the food hub look like? Feel like?

Where might it be? Is it in more than one location? Why?

Theme #2: Envisioning food hub services

What are people doing in this space(s)?

What types of programs, services, amenities would you access in this space?

How do you see yourself and your community being involved in the food hub beyond accessing programs, services, and amenities?

How might the food hub facilitate this (whatever discussed)?

Theme #3: Envisioning the food hub community

Who is using this space(s)? Would you or others in your community access this space(s) and why?

How can we create a food hub space that is (warm, welcoming, accessible, comfortable, dignified, safe, etc.)?

How can the food hub foster community and cultural vibrance on campus?

How can we make the food hub a welcoming and accessible space for community members of various cultural backgrounds?

Theme #4: How do we know the food hub is benefiting the community? (Indicator Framework):

If you or your peers were using the food hub, how would you know if it is positively impacting your life?

How would you know if the food hub is contributing to a sustainable, healthy, and equitable environment for community members on campus?

Theme #5: How can UBC support the food hub?

How can the University partner with students to run a food hub? What would a partnership with students look like?

How can we ensure ongoing commitment and prioritization of the food hub by the University?

Appendix K

Table 13. Tally (number of mentions) of major identified themes in Q13 responses

| Themes | General | Targeted |
|--|------------|------------|
| health - social connections (socializing, cultural vibrance) | 18 | 13 |
| health - eating habits (healthy appropriate food options, food literacy, better nutrition | 39 | 45 |
| health - improved academic/work performance | 3 | 6 |
| health - improved mental health | 8 | 17 |
| campus environment - supportive community (support & involvement) | 12 | 13 |
| campus environment - accessibility & diversity of resources | 19 | 18 |
| campus environment - increased awareness | 9 | 5 |
| campus environment - improved food security | 5 | 3 |
| alleviate stressors - time saved, commute | 2 | 3 |
| alleviate stressors - finances | 9 | 11 |
| alleviate stressors - next meal | 2 | 3 |
| (social) sustainability - eating habits and culture (local, ethical, etc) | 10 | 6 |
| (environmental) sustainability - less travel emissions | 1 | 1 |
| (env) sustainability - reduced food waste | 5 | 8 |
| (env) sustainability - reduced waste (eg single use plastics, sustainable materials) | 3 | 4 |
| (economic) sustainability - food hub services (affordable & reasonable prices, management) | 1 | 0 |
| (soc/env/econ) sustainability - food systems | 2 | 2 |
| Total number of mentions: | 148 | 158 |

Appendix L

United Way Data Analysis

Background and Context

This project stems from our passion for reversing the stigma surrounding food insecurity. In particular, how we can normalize affordable, healthy and just foods by cultivating welcoming and inclusive food spaces. The main purpose of this project is to develop sharable best practices on how to cultivate welcoming and inclusive food hubs/food spaces, which we hope can be a stepping stone towards building sustainable food systems for all communities.

Organizations included for this project were selected based on their initiatives and their willingness to have a chat. Organizations included are, Food Stash Foundation, Downtown East Side Food Sovereignty Collaborative (DTES FSC), West end hub by Gordon Neighbourhood House, South vancouver neighbourhood house, UBC Climate Hub, Agora (UBC), and Annabel grocery store at Cornell University.

This report is a summary of wisdom from chats with community food organizations in the lower mainland areas of Vancouver on inclusive practice in community food spaces.

Inclusivity mission/values

- Providing affordable food options
- Sustainability and circular economy: utilization of food surplus for community in need
- Build community
 - Connecting people and fostering relationships
 - Don't intend to do things for members, but alongside members
 - Empowering students to have a community and connections with people, food and environment
- Creating wholesome experiences/interaction through food

Space and Design

- Promote sense of belonging
 - Having couches in the space for accessibility
 - Making sure if there are stairs, accessibility needs are addressed
 - Community run space
 - Creating wholesome experiences/interaction through food
 - Hangout, study, meet new/old friends
 - Design of the spaces leads to how people interact/socialize
- Decoration and interior design
 - Bright and thoughtfully decorated spaces signals dignified food access
- Centre rather than peripheralize accessibility needs
 - People with accessibility needs should not be limited to certain locations of the space

Envisioning Inclusivity/Inclusivity practice

Accessibility:

- physically accessible, economically accessible, timing of events accessible for demographic of reach.
- people would be aware of the event, transportation option
- room is accessible, arrangement of the room for people with accessibility to move around
- ID is not asked
- Try not to put limits on food items

Personal touch:

- Try to know community members' names, and remember their faces
- Warm conversations: asking them how their days have been
- Having someone speak their language if English is not their preferred language

Respect and Compassion:

- No permanently ban for anyone from events/workshops/gathering
- ask someone to leave a particular event if their behaviors are inflicting harm/offense, but giving them the compassion that maybe they have an off day

Community:

- warm cozy homemade by the people for the people
 - not about high quality gourmet
 - Sense of belonging
 - staff as part of the community

Recognizing and minimizing power and privileges

- Consciously reduce
 - trauma producing patterns and colonial practices
 - power dynamics between staff and members

Challenges

Lack of capacity/resources

- being able to reach people and being able to open as times that suit community needs
- hoarding/scarcity mindset of members conflicted with inclusive practices

Representation

- Cultural, gender and other accessibility representation
 - Pride event: quieter event for neuro-sensitive folks
- Decolonization work

Savior complex

- Overemphasis on leadership reinforces stigma producing narrative
 - don't need to emphasize the subsidy
 - No dichotomy of normal price and "reduced" price
 - Establish something where members' need don't need justification – it's there for anyone
- Build trust
 - Staff should be part of the community
 - Reduce management power dynamics
- Bureaucracy
- Sovereignty for management and decision making

Aspiration

- Expand capacity to better serve community's needs rather than working within constraints of resources/capacity
- Build support network of partner organizations
 - Share resources amongst networks
- EDI work for food hub stigma reducing pieces
 - Myths judgement prejudice
- Expand educational workshop: how to meal plan, fermentation workshop
 - Bring community together through workshops/events
 - Pass down knowledge from elders

Advice for UBC Food hub or any new food hubs

Operational

Judgment free space

Receiving inputs from people from all cultures/walks of life

Power dynamics

Advocate for systemic change

Normalize affordable foods for all

What's the business case?

It takes a lot of energy and money to run a service that overall isn't that dignified, not amazing to participate in. Economically and socially unsustainable -> how to change this?

- Build synergetic relationships with like-minded organizations
 - Eventually the system will be resilient and self reliant enough to exist outside of colonial structure

Figure 1. Summary infographic of findings from United Way partner project

