To: Dr. Erika Paterson, ENGL 301 Instructor

From: Chohyeon Kim, ENGL 301 Student

Date: February 23, 2023

Subject: Addressing Food Insecurity and Promoting Sustainable, Affordable Food Practices at UBC

**Introduction:**

This research proposal aims to investigate food insecurity among University of British Columbia (UBC) students and provide recommendations for strategies to promote sustainable and affordable food practices, including improving the food donation program.

**Intended Audience:**

The intended audience for this report is the UBC administration, student organizations, and others who are interested in this issue.

**Statement of Problem:**

Food insecurity is a growing issue among UBC students due to rising costs of living and inflation in Vancouver. This issue impacts students’ physical and mental health, academic performance, and overall well-being. Despite the presence of a food donation program on campus, some students chose not to use it due to concerns about stigma and the perception of poverty.

**Proposed Solution:**

To address the issue of food insecurity and promote sustainable, affordable food practices at UBC, several strategies can be implemented. Firstly, raising awareness of the food donation program and increasing its efficiency could help provide support to students in need. Additionally, the installation of indoor gardens on campus could enable the growth of fresh produce that can be distributed to students, promoting healthy and sustainable food practices. Finally, to address the concern of privacy and stigma surrounding food donations, an anonymous food donation system could be established to ensure that students can access support without fear of judgment.

**Scope:**

To investigate the feasibility and potential effectiveness of these strategies, this formal report will focus on the following areas of inquiry:

1. Identifying the root causes of food insecurity among UBC students, including the prevalence and impact of this issue on students
2. The current state of the food donation program at UBC, including its level of awareness and efficiency
3. Developing recommendations for strategies to promote sustainable, affordable food practices at UBC, including improving the food donation program and increasing awareness of its availability, while also addressing the social stigma associated with using such programs.

**Methods:**

1. Survey: Conduct a survey with UBC students to gather data on their experiences with food insecurity and opinions on potential solutions, including an on-campus garden and improving the food donation program.
2. Interviews: Interview the management team of UBC Food Services to gain insights into current policies and practices related to food security and sustainability, as well as the existing food donation program and potential for improving its efficiency.
3. Secondary Sources: Review publications related to food security, sustainable food practices, and donation programs.

**Qualifications:**

As a current student at UBC who has experienced food insecurity, I am highly motivated to investigate and propose solutions to this issue.

**Conclusion:**

This formal report has proposed strategies to promote sustainable, affordable food practices at UBC that would benefit students by alleviating food insecurity, improving access to healthy food, and reducing the financial burden of expensive food options. By improving the food donation program and exploring an on-campus garden, students will have greater access to healthy and affordable food. I believe that the implementation of these strategies will promote the health and well-being of UBC students and contribute to a more sustainable campus community.

**Work Cited:**

AMS Food Bank. GoFundMe, 2021, <https://www.gofundme.com/f/4gvs2k-ams-food-bank>.

“UBC Food System Project.” University of British Columbia Sustainability. 2021, <https://sustain.ubc.ca/teaching-applied-learning/seeds-sustainability-program/ubc-food-systems-project>

“Campus Garden.” University of British Columbia Sustainability. 2021, https://sustain.ubc.ca/campus/food/campus-gardens