

FROM HUNGER TO HEALTH

A Food Security and Food Literacy Toolkit



**CAMPUS HEALTH AND
WELLNESS CENTRE**

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Food IQ Partners

Introduction

1 in 8 Canadians live in a household that has experienced some level of food insecurity.

This toolkit is designed to:

- Help reduce food insecurity and increase food literacy by expanding your awareness of services, programs and supports.
- Share useful and relevant information, tips and strategies to help you save money and eat healthier.

Definitions

Food insecurity is inadequate access to food due to financial constraints.

Food literacy is a combination of knowledge, skills and decision making related to things like nutrition, cooking, budgeting and grocery shopping.

WHAT IS FOOD IQ?



Food IQ is a campaign that educates DC students on the importance of accessible, affordable and healthy food, and offers access to relevant information, programs and supports. The Campus Health and Wellness Centre (CHWC), and the Barrett Centre of Innovation in Sustainable Urban Agriculture are the leads on this campaign.



Programs and Group Offerings

Programs and groups will focus on fun and engaging offerings aiming to educate, develop skills, share food literacy resources, and reduce food insecurity.

Offerings take place each semester. Information on dates, details and registration can be found on the Food IQ webpage.

From Hunger to Health (Recorded Session)

This recorded workshop highlights the prevalence and impacts of food insecurity on college campuses and reviews in detail many of the resources identified in this tool kit.

To watch, click [here](#).





On-Campus Food Security Supports

There are a number of on-campus services that can help alleviate food insecurity, increase food literacy, and promote personal and academic well-being.

Durham College Student Association (DCSA) Food Bank

Through a partnership with Feed the Need in Durham, The DCSA Support Hub provides students with fresh produce, meat, dairy products, non-perishable and perishable food items, and hygiene products.

- Available to full-time DC students
- Located in the Oshawa campus, 2nd floor of the Student Centre within the Support Hub (room 214A)
- Registration required
- Food supplies are provided on a first come first serve basis

Students based in Whitby can also access the food bank and Whitby Support Hub.

For more information, click [here](#).

Financial Aid and Awards Office

Durham College's Financial Aid and Awards office offers services and supports that include:

- Individualized financial coaching and planning
 - Budget counselling
 - Learn about your relationship with money
 - Explore financial aid options to maximize your resources
- Budget resources
- Enriched Academy (virtual financial literacy modules)
- In-person or virtual appointments available

For more information, click [here](#).

Community-Based Food Security Supports

Pots, Pans and Peers



This is a weekly interactive group where participants have an opportunity to learn and improve cooking skills and confidence.

Recipes are chosen by participants and are encouraged to have fun and meet new people. This program is delivered by Durham Mental Health Services in conjunction with Lakeridge Health. To register, please click here or visit Lakeridge Health Central Connect online.

Community Food Banks

Feed the Need in Durham has a list of local food banks and meal programs. You can find more information by visiting their website.



The Regional Municipality of Durham offers a range of food security and food literacy resources and includes a list of local food banks and meal programs. You can also find tips for cooking on a budget. Visit their website to learn more.



On-Campus Food Literacy Supports



Campus Health and Wellness Centre



Wellness Coaching

Wellness coaches can help students get connected to food-insecurity services and supports and provide information and resources. Coaches also facilitate Food IQ groups and offerings.

The Barrett Centre of Innovation in Sustainable Urban Agriculture

We are internationally recognized in urban agricultural practices, research, education and training. We address some of society's biggest challenges including food insecurity, access to safe and stable supplies of fresh food, education, policy, and economic stability and regeneration of land for local food production.

Community Portal



Discover valuable resources, such as the principles of intuitive eating, the cost of eating out versus at home, how to choose seasonal produce, recipes and how to grow your own food in small spaces.

www.durhamcollege.ca/barrettcentreportal

Farm With Us



During the growing season there is the opportunity to volunteer at the Ajax Urban Farm and translate your time into fresh produce. Fill out [this survey](#) to start the conversation.

Events



Follow our newsletter for the latest updates and opportunities including low-cost cooking and food events.

Food Literacy Resources and Information

Campus Library

The Campus Library offers access to food literacy resources and research, and information on food insecurity. Here are some recommendations you can find at the library:

- Kitchen Literacy: How We Lost Knowledge of Where Food Comes From and Why We Need to Get it Back
- The Sioux Chef's Indigenous Kitchen
- The Intuitive Eating Workbook: Ten principles for nourishing a healthy relationship with food
- The Waste Not, Want Not Cookbook
- The Food Lab: Better Home Cooking Through Science



Seed Exchange

Every spring, you can get up to five packets of free seeds from the Campus Library's Seed Exchange program. Many of the seeds are container gardening friendly, native to the region, and/or attract pollinators.



Smarter Shopping



Use these apps to find the best deals and save money!



Flipp

Digitally scroll through your favourite store's flyers to find deals and savings on products ranging from food to hygiene to cleaning supplies.



Flashfood

A map shows local stores offering discounted food items that have a near best before or expiry date. These are often significant discounts and you can order items through the app for in-store pick-up.



Expert Shopping Tips

1

Avoid shopping when you're hungry

Research suggests that shopping when hungry contributes to people buying things that are not preferred, planned or budgeted for. Try to eat before you shop!

2

Meal plan

Create a weekly meal plan and shop with a list to avoid distractions and buying unnecessary or unbudgeted food.

3

Consider plant-based protein

Plant-based sources of protein such as legumes are usually more affordable and have a much longer shelf-life than animal-based protein. Soy is a complete protein that is also usually cheaper than meat.

4

Bulk buy items on sale

Maximize savings and minimize spending by purchasing items in bulk and when on sale. Building a stock of canned, jarred or dry goods can be a very economical decision. Not only do these things have a long shelf life, but they can often be used in a variety of ways to create different meals.

5

Buy generic or store brands

Generic brands often offer the same products (i.e. canned and packaged goods) as name brands, just for a cheaper price.

6

Ask for rain cheques

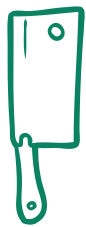
If an on-sale product is sold out, some grocery stores offer rain cheques. This allows you to buy that product when it is back in stock for the sale price, even if the sale has ended. Ask customer service or a cashier about rain cheques.



Expert Shopping Tips

Use the Flipp App

- Download the app to your phone or device (iOS and Android)
- Enter your location and select your favourite stores
- Search, compare prices, and find the best deals
- Use the Watch List feature to track deals on the items you want
- Shop with a plan



Cut back on meat

Meat can be expensive, and substituting with beans, tofu or other plant-based proteins can be a great alternative.



Make a weekly menu

Plan and shop with a list to avoid getting distracted.



Buy Universal Ingredients

- Shop for ingredients you can use in multiple dishes
- In-season fruits or vegetables are often cheaper (and fresher) than out of season ones



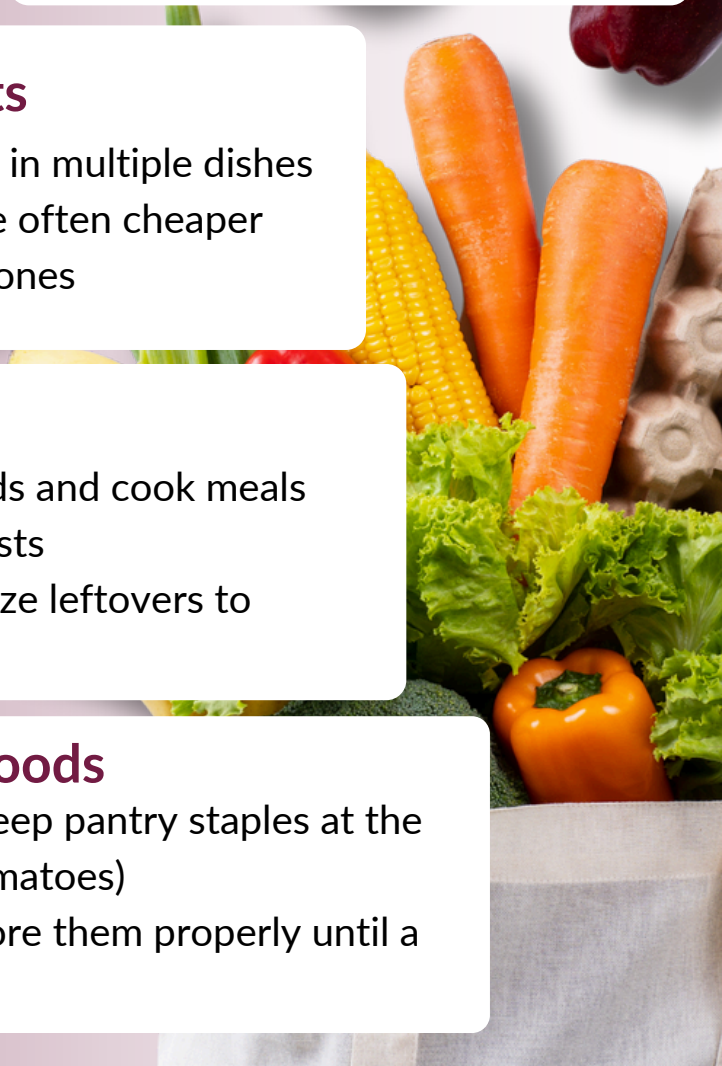
Buy in Bulk

- Do this with roommates or friends and cook meals together to cut down on food costs
- Cook your meals in bulk and freeze leftovers to heat and enjoy quickly later



Don't overlook canned foods

- An easy and affordable way to keep pantry staples at the ready (i.e. beans, lentils, peas, tomatoes)
- Buy when they're on sale and store them properly until a later date when you need them





Inspect your produce

- Make sure it has a fresh scent
- In-season produce is usually the freshest option
- Pick a good size. The bigger it is, the more likely it is to be mostly water, fibrous, and flavourless matter



Use the discount cart

- Fruits and vegetables nearing the end of their shelf life are perfect additions to soups and sauces, and can be good for roasting
- Finding alternative ways to use expiring produce reduces your food waste, saves you money, and helps you experiment in the kitchen
- Try to shop on days that you'll be cooking your meals to take advantage of discount items that will be expiring soon



Shop in the freezer aisle

- Frozen fruits and vegetables tend to be cheaper (broccoli, green beans, brussels sprouts, cauliflower)
- Frozen produce will result in less waste and more storage time
- Frozen produce is picked at peak ripeness before its frozen and has more nutritional value



Compare the unit price

You can usually find the unit price in small print under the main price. This price can help you compare whether a large or small size of an item is a better buy.



Buy generic brands

Most grocery stores have no-name brands that offer the same products at a lower price.



Don't shop at eye level

Grocery stores typically put their cheaper options lower on the shelves to encourage you to buy the most expensive option.



Canada Food Guide

Check out the [Canada Food Guide](#) for recommendations on healthy eating, information on how to read and use food labels, and much more!

Eat plenty of:

- Vegetables and fruits
- Whole grain foods
- Protein foods

Limit highly processed foods :

- Potato chips
- Baked goods (i.e. muffins, cookies, cake)
- Sugary drinks and soft drinks
- Ice-cream, candy, chocolate bars

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Social Eating

Eating with others can have many benefits and can contribute to living a healthier lifestyle. When you eat a meal with someone else or with other people, you can:

- Talk about and share food and cultural traditions and stories
- Spend quality time and connect with others
- Take your time and enjoy the social part of eating



Food Literacy Resources and Information

Expiry and Best Before Dates

Expiry Dates

Food should not be bought, sold or eaten if the expiration date has passed. After the expiration date, the food product may not have the same nutrient content as declared on the label.

Best Before Dates

If unopened and stored and handled properly, food with a best-before date should maintain its quality until the date and be safe to eat.

A best-before date tells you how long a properly stored and unopened food product will keep its:

- freshness
- taste
- nutritional value
- any other qualities claimed by a manufacturer

For more information on best before dates, expiry dates and related information, please click [here](#).





Who We Are!

CAMPUS HEALTH AND WELLNESS CENTRE

The Campus Health and Wellness Centre (CHWC) is Durham College's hub for mental and physical health care. Food literacy and food insecurity information and resources are available. The CHWC is an integral member of the Food IQ campaign, and often creates and hosts events and groups delivered for DC Students. A CHWC professional can meet with a student in a private and confidential space to discuss their health and wellness needs and to optimize their well-being.

Instagram: [@WellnessatDC](#)



The Barrett Centre of Innovation in Sustainable Urban Agriculture

Durham College's Barrett Centre of Innovation in Sustainable Urban Agriculture (The Barrett Centre) is an Internationally recognized centre in urban agricultural practices, research, education and training, to address some of society's biggest challenges including food insecurity, access to safe and stable supplies of fresh food, education, policy, and economic stability and regeneration of land for local food production.

Instagram: [@BarrettCentre](#)



The Durham College Student Association is a non-profit organization that supports the needs of full-time students at Durham College. DCSA's Support Hub offers students access to vital services such as counselling, legal support, emergency housing, an emergency food bank, and much more.

Instagram: [@my.dcsa](#)

Financial Aid and Awards Office

School can be expensive, but it shouldn't be a barrier to you achieving your educational goals. The Financial Aid and Awards Office is here to help you navigate a number of financial aid programs to support your education. We also offer financial literacy education to grow your knowledge and build your confidence in managing your finances.



Who We Are!



INTERNATIONAL 

The International Education Office is committed to providing a safe, supportive and inclusive environment where our students can access the resources and services they need in order to achieve success.

Supports for eligible students include: a payment plan to ease tuition worries, an emergency bursary when uncontrollable situations arise, assistance filing tax returns and ensuring students receive their tax benefits, and support finding housing options suitable to your budget and lifestyle.

Instagram:

[@durhamcollegeinternational](https://www.instagram.com/durhamcollegeinternational)



Within each of the 3 Durham College Residences, there are food pantries stocked with non-perishable food items that are ready to eat or can be easily made within a dorm room. Items vary and are available 24/7.

Pantry items are stored in the lobby of South Village and Simcoe Village and within the second floor kitchen at Whitby Village. The Pantries are only open to students living in Residence.

Instagram: [@dcotresidence](https://www.instagram.com/dcotresidence)



CAMPUS LIBRARY

We can help you access resources related to food literacy, cooking, health and wellness, food insecurity and more. Check out our seed exchange that runs every spring, and grow something for yourself (even if you're a beginner!).

Our collections include books, ebooks, videos, articles, reports, and statistics. Our friendly staff are eager to help you through live chat and email, in person at the Service Desk, or research appointments booked online.

Instagram: [@dclibraries](https://www.instagram.com/dclibraries)

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