

# Battling Food Insecurity

Published 6/21/2023 by **Shona Dias**

**By: Prachi Salvi, Peer Wellness Ambassador**

Managing a tight budget can be challenging, whether you're an international student adapting to a new country or a domestic student trying to make ends meet. As an international student myself, I have experienced the difficulties of managing finances, especially with the rising cost of food.

Moving to a new country for education was a wonderful experience, but it also came with its own set of challenges, including the need to manage my expenses carefully, particularly when it came to food.

As a student, I am aware of the struggles associated with balancing financial constraints and educational responsibilities. It is disheartening to know that many students must compromise on their food options to manage their finances.

For international students, adjusting to new food options in a foreign country can also be challenging. Additionally, the higher cost of food in some countries compared to what students are used to in their home country can make it difficult for them to afford basic essentials like groceries.

I still remember the first time I experienced food insecurity during my studies. It was a time when I had to choose between buying groceries and buying an expensive quiz access for a course I was taking at the time. The feeling of uncertainty and anxiety was overwhelming. I was worried about how I would be able to focus on my studies without the proper nutrition to sustain me.

Fortunately, I was able to find support through Seneca College's food bank and meal programs. These programs offered affordable and nutritious meals that helped me get through that difficult time.

The issue of food insecurity among students is often overlooked. Cultural differences in food options and dietary restrictions can make it even more challenging for international students to find affordable and nutritious meals.

**Importance of Proper Nutrition for Your Health:**

According to a study conducted by the Canadian Federation of Students, nearly one-third of college and university students in Canada have experienced some form of food insecurity. This alarming number highlights the need for more support for students struggling with food insecurity.

Nutritional wellness is a fundamental component well-being. Proper nutrition is crucial for overall health and **wellness**, and food insecurity can have a significant impact on a student's academic performance.

A study conducted by researchers at the University of Wisconsin, found that food-insecure students were more likely to miss class, drop out of school, and perform poorly in exams. This is because food insecurity can lead to a lack of energy and focus, making it difficult for students to concentrate on their studies.

Furthermore, the stress of not having enough food to eat can take a toll on a student's mental well-being. Students who experience food insecurity are more likely to suffer from depression, anxiety, and other mental health issues. This can further worsen their academic performance and create a vicious cycle of stress and poor academic outcomes.

It is crucial to ensure that students feel supported and included in their new academic environment, and addressing the issue of food insecurity is one way to achieve that.

### **Seneca & Community Food Resources:**

Food insecurity not only affects our physical health but also our academic performance and mental well-being. It can cause a lack of energy and focus, making it harder to concentrate on your studies. It can also lead to stress and mental health issues, making it even harder to succeed in our academic pursuits.

But don't worry - there are resources available to help students at Seneca campuses such as:

#### **On-Campus Resources**

**Seneca College** and **SSF** runs several initiatives to provide students with access to food.

- The college offers a fresh soup program every day for breakfast, which students can register for free.

#### **Seneca Soup Program**

- They also provide a monthly free food bank for pickup on campus, offering nutritious ingredients for making meals.

## SSF Food Bank

- Additionally, the SSF team organizes various events at all campuses each week, including free or low-cost food options for students.

## SSF Calendar

### Community Resources

In addition to college resources, there are numerous community resources available for students facing food insecurity.

- Organizations like Daily Bread Food Bank provide fresh produce and groceries to those in need, despite the rising costs of food. Students can register on their website to access these resources.

### Daily Bread Food Bank

- There are also other food banks located in different areas that can be found through the resources provided in the links below.

### Central Healthline

- Ontario helpline 211.ca is another valuable source of information for students seeking support in managing the complexities of college life, including access to food banks and income support.

### 211.ca

It's essential to remember that food insecurity is a serious issue, but there are solutions available to help students in need.

Remember to nourish your body with healthy and nutritious food, and don't hesitate to access the resources for help if you're struggling with food insecurity.

### Resources:

#### College Resources:

#### SSF Food Bank

#### Seneca Soup Program

#### Community Resources:

[Daily Bread](#)

[Toronto Central Healthline](#)

[211.ca](#)

[Find A Food Bank Near You](#)

**Blog Resources:**

[Canadian Federation of Students](#)

[Phys Org](#)

[University of Wisconsin](#)



**BACK TO BLOGS**

tags : [wellness-blogs](#)