

Food Security Resource Guide for University of Guelph Students



Food Access Resources

Organization / Program Name & Contact Information	Eligibility	Type of Service	Non-Perishable	Perishable	Fresh Fruit & Vegetables	Pick-Up	Someone Can Pick-Up for You	Can Make Dietary Requests
Central Student Association (CSA) Food Bank Location: 620 Gordon Street Phone: 519-824-4120 x52561 Email: foodbank@uoguelph.ca Instagram: @csafoodbank Application: csaonline.ca/foodbank	All University of Guelph students	Offers emergency food supplies, resources, and referrals for students facing food insecurity. We ensure confidentiality and connect students with other food security and financial assistance programs on campus.	✓	✓	✓	✓		✓
MealCare Guelph: Community Fridge Instagram: @mealcare_guelph Website: Mealcare.org	All University of Guelph students	MealCare Guelph is a student-led initiative. We manage a community fridge in the University Centre (UC), which is accessible to everyone in the U of G community, providing fresh and nutritious food to those in need. This project helps reduce food waste while addressing food insecurity.	✓	✓	✓	✓	✓	

U of G Community Food Market Locations: UC Courtyard*, Wellington Woods Residence, OVC Cafeteria Instagram: @uofgfoodmarket Website: UofG Food Market For hours of operation and the latest updates, be sure to check out our Instagram page	All University of Guelph students Staff and Faculty *Campus Visitors	A sliding-scale food market, making nutritious fruits and vegetables accessible to everyone. By allowing flexible pricing, we promote food accessibility. Whether you're a student on a budget or just love fresh produce, there's something for everyone.		✓	✓	✓	✓	✓
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Peer Support Resources

Organization / Program Name & Contact Information	Eligibility	Program Information	Resources Available
Student Wellness Services: Nutrition & Dietitian Services Location: J.T. Powell Building 168 Reynolds Walk Website: https://wellness.uoguelph.ca/nutrition	All University of Guelph students	Offers nutrition resources, including group sessions, on-demand services, and one-on-one appointments with dietitians. Both free and fee-based options are available, making it easier for students to access professional nutritional guidance.	Free Resources - Group nutrition services (no referral or registration required) 1:1 nutrition appointment (referral required) - Free recipes (available on our website) Paid Resources - If you'd like to speak to a Dietitian sooner, book an appointment with Rachel Hannah, a Dietitian at the Health & Performance Centre
Food Insecurity Group Support (FIGS) Instagram: @GuelphFigs	All University of Guelph students	Student-led organization in Guelph committed to making healthy, sustainable food accessible to everyone. We host communal cooking events, bringing people together to share a meal, connect with others, and build a supportive community.	Free Resources Free cooking sessions
Guelph Culinary Wellness Group Email: Nisa@uoguelph.ca	All University of Guelph students	Student-led initiative focused on teaching students how to prepare quick and affordable nutritious meals, through cooking sessions at the Macdonald Institute. Classes are to be held starting in February 2025 and will be weekly.	Free Resources Free cooking sessions held on campus (Macdonald institute)
Student Nutrition Awareness Program (SNAP) Instagram: @SnapUofGuelph Website: https://hospitality.uoguelph.ca/snapBlog log: https://snapatuofguelph.wordpress.com Email: snap@uoguelph.ca	All University of Guelph students	Supported by U of G Hospitality Services, SNAP encourages healthy eating through nutrition education and peer support. We host events to help students develop sustainable nutrition practices.	Free Resources - Free informational events held on campus - Free reliable nutrition information via Instagram and our blog.

<i>U of G Eating Disorder Awareness Society</i> <i>Instagram:</i> @UogEDAwareness	All University of Guelph students	Dedicated to creating a compassionate community that sheds light on eating disorders while offering students valuable information and resources.	<i>Free Resources</i> • 100% free information and resources regarding eating disorders via Instagram • 100% free events held on campus
<i>Securing Food 4 Guelph</i> <i>Instagram:</i> @SecuringFood4Guelph Check out our Instagram for updates, tips, and ways to get involved	All University of Guelph students	Student-run initiative dedicated to ensuring food security in Guelph by providing resources, and advocating for change to make nutritious food accessible to all	<i>Free Resources</i> • 100% free resources & information for accessible and affordable eating in the Guelph community