

MYTHS vs FACTS: Food Insecurity in Post-Secondary Students



BC Centre for Disease Control
Provincial Health Services Authority

Food insecurity is a significant and growing issue impacting post-secondary students. Addressing food insecurity is challenging because of stigma, limited awareness, and misconceptions. **Knowing the facts allows decision makers to address the right barriers.**



MYTHS

Food insecurity is a “normal” part of post-secondary experience.



Only a small group of students experience food insecurity.



Food banks can solve food insecurity.



FACTS

Post-secondary food insecurity is **not acceptable** just because it is common. It reflects broader affordability issues.

While some groups are impacted more than others, food insecurity can **affect students across ALL backgrounds and income levels.**

Emergency food programs provide crucial short-term relief, but **do not address the underlying factors** of food insecurity.

“[The c]urrent affordability crisis is impacting students in many ways, the **cost of rent in our region is high.** We hear from **students who are missing meals,** eating subpar meals **to instead pay tuition or textbook costs.**”

“The first thing that goes through [my mind] when I have financial troubles, it’s always just like, ‘Well, I can eat less.’ Because you know everything else you need...**you need textbooks. But food,** you know, **you can eat a little less,** you won’t die.”



Read the full report at
www.bccdc.ca/food-security
or scan the QR code