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Social Ecological Economic Development Studies (SEEDS) Sustainability Program

Student Research Report

Health Equity Impact Assessment for UBC's Meal Share

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Health Equity Impact Assessment for UBC's Meal Share Program: SEEDS/UBC Food Security Initiative

FNH 473 CBEL Project

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Executive Summary

Currently, over 30% of UBC students are food insecure mainly due to high tuition and low income. Food insecurity compromises students' physical and mental health, and contributes to social exclusion, stigma, and poor diet quality. Food insecurity also disproportionately affects international students, transgender/nonbinary individuals, those with underlying health conditions, and students using student loans.

Our group partnered with the UBC Food Security Initiative to conduct a Health Equity Impact Assessment for the UBC Meal Share Program. The goal of the project is to improve food security of equity-seeking groups at UBC through the Meal Share Program.

We conducted focus groups discussion with food-insecure UBC Thunderbirds residents to investigate the potential unintended negative and positive health impacts of the UBC Meal Share Program. Participants' discussion provided the foundation for the Health Equity Impact Assessment. Through the Health Equity Impact Assessment, we hope to increase the Food Security Initiative's knowledge on the health impacts of and factors promoting participation in the UBC Meal Share Program. Beyond our project, it is hoped that the UBC Meal Share Program would implement more equity-based measures to improve program equity so that the Program can reach people who need it the most. To achieve our objectives, we reviewed literature, conducted focus groups with UBC students, and consulted with a program strategist from a similar program, Swipe Out Hunger. We found that focus group participants appreciated the low-barrier and stigma-free nature of the Meal Share Program. However, most would appreciate more flexibility in the funding source and more extensive promotion of the program.

To evaluate our focus group question, we consulted with the Project Manager of the Food Security Initiative and Program Strategist at Swipe Out Hunger, for their feedback. To evaluate our focus group interviews, we assessed the number of participants reached versus aimed and their perceived level of opportunity to share during the focus group through a closing survey.

Introduction

UBC students are at great risk of food insecurity due to increases in tuition, cost of living, inadequate financial assistance, and low salaries (UBC Wellbeing, n.d.). At UBC Vancouver, 1297 (38.35%) of undergraduates and 227 (30%) of graduate students reported experiencing food insecurity (Board of Governors [BoG], 2019; BoG, 2020). Food insecurity in students compromises their physical and mental health, quality of diet, and academic performance (Farahbakhsh et al., 2017; Maynard et al., 2018). The UBC Meal Share Program was a four-month pilot program initiated in January 2021 by the Food Security Initiative to alleviate food insecurity among students. The goal of the Program is to provide low-barrier and stigma-free emergency relief for UBC students experiencing food insecurity. Applicants can apply twice through an easy online application process, and \$100 will be automatically deposited to their UBC student cards (UBC Wellbeing, n.d.).

Our audience was initially international graduate students, since they are twice as likely to experience food insecurity than domestic students at UBC (BoG, 2020). However, we shifted our focus to UBC students who self-identified as food-insecure, because there were international students who applied to join our focus groups who did not express food insecurity, thus we prioritized hearing from food-insecure students, regardless of whether they were international or domestic.

The pilot program initially had \$10,000 and assisted 97 UBC students. While the Program is relatively low-barrier and stigma-free compared to other forms of food relief programs at UBC (i.e., food banks), it was paused due to insufficient funding and a high number of applications. Our project, in collaboration with Sara Kozicky, Food Security Project Manager, aimed to improve the equity of this Program through the creation of a Health Equity Impact Assessment. It entails identifying equity-seeking groups, identifying potential unintended negative and positive health impacts of partaking in the Program for these equity-seeking groups, and making recommendations to alleviate the negatives and maximize the positives. “Equity-seeking groups” in this report refers to UBC students experiencing food insecurity and facing barriers to equal opportunity, access, and resources due to disadvantages.

Situational Assessment and Planning Framework

Problems & Behaviours Contributing to Problems

I. Social exclusion & stigma prevents use of resources for food insecurity

Perceived social exclusion and stigma can perpetuate food insecurity among university students. Maynard et al. (2018) interviewed 14 post-secondary students at the University of Waterloo in Canada and found that many students felt shame and stigma associated with accessing campus food banks due to the lack of anonymity. Students reported feeling inferior, embarrassed, undeserving of food bank provisions, and furthermore isolated as they struggled to participate in social activities involving spending money (Maynard et al., 2018). Students were also unaware of programs available to them on campus and who to ask for help (Maynard et al., 2018).

The resulting behaviour is students not using food insecurity relief programs, which was due to stigma around food insecurity in a systematic review (Shi et al., 2021) and fear of taking resources from others in worse circumstances (Maynard et al., 2018).

II. Mental health contributes to poor dietary quality, an aspect of food insecurity

Anxiety and stress regarding food quality and accessibility was a key concern among university students assessed with the Household Food Security Survey Module, through which students described poor quality food to be “low-cost, energy-dense, frozen or canned, and old or unsafe” (Maynard et al., 2018, p. 135). Poor diet quality and stress increase university students’ risk of poor mental health (BoG, 2019).

Behaviours contributing to this problem include health-compromising behaviours, identified in a study on U.K. university students (El Ansari et al., 2014). Reported stress and anxiety was positively associated with consuming more “unhealthy foods”, while perceived depressive symptoms was negatively correlated with consuming healthier foods like fresh fruits, salad, cooked vegetables (El Ansari et al., 2014).

III. Student debt also contributes to poor diet quality

Greater debt was associated with higher risk for food insecurity among college students, and this held true even when students with greater debt (\$10,000 vs. under \$1000) received financial support from family and were employed (Knol et al., 2018). This agreed with the high

rate of food insecurity among UBC students funding their university education mainly with student loans (BoG, 2019).

Behaviours contribute to food accessibility and diet quality suffering near the end of semesters when financial aids are more likely depleted (Maynard et al., 2018). For this reason and the higher ratio of convenience food to “healthy food” on campus, students are more likely to consume cheaper, low quality food than healthy, costly food (Maynard et al., 2018).

IV. Food Insecurity Disproportionately Affects Some Student Populations at UBC

Among UBC students, prevalence of food insecurity is higher among international students than domestic students (45.1% vs. 37.3%), transgender/nonbinary than women or men (59.8% vs 39.5 and 39.7), those with a mental health condition than without (46.2 vs 36.1), those with a disability than without (45.4 vs. 36.1), and those who mainly pay for school with student loans than those who partly pay for school with student loans or those who do not use student loans (53% vs 46.7 vs. 31.8) (BoG, 2019).

While behaviours do not fully explain the complex issue of food insecurity among specific demographics, some may contribute and are described here, with particular focus on international students, student loan bearers, and LGBTQIA2+ students, which were some identities that we would later encounter in our project.

International students experience higher levels of anxiety and stress compared to domestic students (Forbes-Mewett & Sawyer, 2016). Some stressors included having to adjust to daily life in a different culture and environment, and developing skills to manage a new academic system (Forbes-Mewett & Sawyer, 2016). Furthermore, international students found that fast and convenient foods were much cheaper than traditional food items, which ultimately led them to consume more fast food due to its low price and closer proximity to campus (Alakaam et al., 2015). The combination of stress, and the convenience and price of fast foods on campus, lead international students to choose foods that are less nutritious and traditional to their culture, which ultimately contributes to the food insecurity among international students.

Food-insecure transgender and gender non-conforming populations have been deterred from using food pantries as they reported feeling unwelcome at food pantries run by

religious groups denouncing transgender and gender non-conforming people (Russomanno & Jabson Tree, 2020). UBC's Meal Share Program aims to be confidential and welcoming, so it will be important to evaluate perceived safety.

As mentioned previously, those with student loans experience poorer diet quality than those without, especially near the end of semesters when their dietary choices are more limited by depleted funding (Maynard et al., 2018).

Mediating Factors

Mediating factors affect how likely individuals will partake in interventions (Hammond, 2021). Understanding the drivers and barriers to participating in the UBC Meal Share Program is a key part of ensuring equitable access.

I. Individual-Level Factors

Individual factors include mental health, work, and acute financial need. Mental health issues may discourage food-insecure students from using program funds to buy food. Anxiety and depression, reported at higher rates among food-insecure versus food-secure post-secondary students (Bruening et al., 2016), was suggested to result in withdrawal from dining halls and unused meal plan dollars among food-insecure college students in Texas (van Woerden et al., 2019). Work may discourage food-insecure students from using campus program funds. Students in Texas reported that working off-campus reduced the utility of campus meal plan dollars (van Woerden et al., 2019), and students in Wisconsin reported that work limited time to eat (Broton et al., 2018). Students who work more are more likely to be food-insecure (Willis, 2019), and food-insecure students may work more hours, even in place of attending class to afford food (Henry, 2017; Lee et al., 2018). Times of heightened financial need, for instance at the start of term before receiving financial assistance, or later when it is depleted (Henry, 2020) may encourage or discourage food-insecure students from using campus program funds, depending on proximity to campus. UBC students with mental health issues, work, and/or acute financial need may be less likely to partake or benefit even if partaking in the UBC Meal Share Program.

II. Interpersonal-Level Factors

Interpersonal factors include perceived norm and shame which, if perpetuated, may discourage food-insecure students from using program funds. Perceived norms of eating poorly and having financial struggles, and avoidance of these topics in student conversations was found in many of Henry's (2017) interviews and focus groups with food-insecure college students in Texas. Shame around inability to be financially independent prevented them from reaching out for support (Henry, 2017). When receiving support, they preferred to have earned what they receive, rather than receiving charitable support (Henry, 2017). Although UBC's Meal Share Program aims to be discreet and stigma-free, unawareness of the Program may be an issue if norms and shame prevent students from learning about existing support.

III. Environmental-Level Factors

Proximity to food that meets dietary needs, cost of food, cooking skills, and level of welcome of the program may affect participation in the program. First, students may need specific foods not widely available at outlets accepting UBC card payment (e.g., fruits). Some receive specific types of foods from others (Henry, 2020) or have dietary restrictions (e.g., food allergies, vegetarianism). Both the high cost of food and lack of opportunities to cook could increase the likelihood of using the UBC Meal Share Program. International students have reported higher costs of ready-to-eat foods in Canada, compared to their home countries. Also, students might have limited kitchen skills, time, or knowledge to cook Western meals (Henry, 2020). Finally, feeling unwelcome at food pantries run by religious groups denouncing transgender and gender non-conforming people has deterred these groups from using these resources (Russomanno & Jabson Tree, 2020). UBC's Meal Share Program aims to be inclusive and requested us to assess the inclusivity of the Program.

These problems, behaviours, and mediating factors from literature informed our data-gathering from focus groups, which sought community involvement.

Community Assets

To help relieve the financial burden of students, one asset available to them is the UBC's Meal Share Program. Another asset is access to Enrolment Services Advisors, which help students manage their finances, create a financial plan, apply for scholarships, bursaries, and student loans. For emergency food relief, students can access the AMS Food Bank for free,

where they would receive one bag of groceries as individuals, or two bags as families (Alma Mater Society, 2020). Some other inexpensive food options for students include Sprouts and Agora Cafe, which provide free meals once every week for students pre-COVID. To support students' mental health, UBC Counselling offers free counselling services and referrals to other forms of help if needed (Student Services, n.d.).

Methods of Analysis

While assessing literature, we categorized information into populations affected by food insecurity, factors worsening the situation (problems and behaviours), and mediating factors. Our chosen populations were largely based on grey literature (i.e. BoG reports) from UBC to maintain relevance to our community project. Problems, behaviours, and mediating factors were derived from academic literature, including quotes from focus groups.

Limitations

We found academic literature that reflected our own target population at UBC; however, we recognize there are limitations to using these studies. Different university campuses around the world may have different environmental factors and demographics. Thus, factors that contribute to food insecurity on other campuses may not be applicable to UBC. We only used two UBC-specific grey literature (BoG, 2019; BoG, 2020). More diverse sources and thorough situational assessment is needed in future.

Health Behavior Theory

Our project is guided by Community Organization Theory, which emphasizes community-driven approaches to assess and solve health and social problems (Glanz & Rimer, 2005). The *community* in our context is UBC and its stakeholders (including Food Security Initiative, students, and decision-makers), and the *problem* is food insecurity. Community organizing at UBC can look like community groups helping to identify reasons why students experience food insecurity, and subsequently mobilizing resources to address this (Glanz & Rimer, 2005). Then, the community could develop and implement strategies to reduce food insecurity among equity-seeking groups at UBC (Glanz & Rimer, 2005). In our context, the Food Security Initiative is implementing the Meal Share Program, and our group is evaluating it with

a Health Equity Impact Assessment. Since our project aims to reflect the community's priorities, we believe Community Organization, and its components below fit our project.

I. Empowerment

We aimed to empower equity-seeking students to inform priorities of the Meal Share Program through participatory research in our focus groups. Participants offered suggestions to improve the Program.

II. Community capacity

The success of the Health Equity Impact Assessment relied on the feedback and lived experiences of our participants, funds from SEEDS which we used to compensate participants in our focus groups (grocery gift cards), and our connection with a Thunderbird Residence Advisor who connected us with potential participants.

III. Participation

We utilized participatory research by seeking out students likely to use the Meal Share Program and listening to issues and suggestions relevant to them, as we saw them as equal partners with valuable insights.

IV. Relevance & Issue Selection

Participant input revealed their priorities, so we could focus on relevant and specific issues in our recommendations. For example, the Health Equity Impact Assessment supported us in improving the Meal Share Program by reducing negative impacts and maximizing positive impacts of equity-seeking groups (Hyndman et al., 2012).

V. Critical consciousness

Critical consciousness was crucial in identifying root causes of food insecurity. We analyzed the target population (e.g., international students, employment status, food accessibility issues) and identified relevant determinants of health as part of our Health Equity Impact Assessment. This helped us make suggestions that benefit as many groups as possible.

Project Goals & Objectives

Goals

1. To improve food security of equity-seeking groups at UBC through the Meal Share Program.

Objectives

I. Short-term (up to 1 year)

1. To increase Food Security Initiative's knowledge on the unintended positive and negative health outcomes of the current UBC Meal Share Program design as perceived by equity-seeking groups at UBC, by April 2021.
2. To increase Food Security Initiative's knowledge on factors that would encourage and discourage participation in the UBC Meal Share Program by equity-seeking groups at UBC, by April 2021.

II. Medium-term (from 1 to 5 year)

1. To enact a Food Security Initiative policy stating that more funds will be provided to self-identified equity-seeking groups at UBC than to those who did not self-identify as these groups, by 2022 (to be completed by our project partner).

III. Long-term (more than 5 years)

1. To increase equity in the UBC Meal Share Program's accessibility and fund allocation, by 2025.

Outputs

I. Health Impacts (for short-term objective 1)

The output was a Health Equity Impact Assessment, structured in five steps.

1. **“Scoping”** involves identifying population(s) of interest and their potential determinants of health (Hyndman et al., 2012). Populations we considered included international students, student loan bearers, and LGBTQIA2+ students, since they experience high rates of food insecurity at UBC (BoG, 2019). The population we chose changed to food-insecure students at Thunderbird Residence as explained in the [introduction](#). Due to intersectionality of individuals, our focus groups comprised some international graduate students, student loan bearers, and/or LGBTQIA2+ students (see [Appendix D](#)).

2. **“Potential Impacts”** involves identifying health impacts a program could have on the population(s) of interest, both positive and negative (Hyndman et al., 2012). We obtained these from our target population. Requesting individuals likely to be affected by the Program to identify issues and recommendations aligns with our chosen theory; their participation empowers them and makes use of community capacity to focus on relevant issues. The process involved recruiting participants (see [Appendix A](#)), surveying demographics and food insecurity (see [Appendix B](#)), obtaining consent (see [Appendix C](#)), conducting focus groups (see [Appendix E](#)), surveying identities and feedback on focus group experiences (see [Appendix B](#)), typing out participants’ responses (see [Appendix F](#)), coding responses, tallying up the number of individuals who mentioned each code (see Appendices [G](#) & [H](#)), in total and by identity (for instance, a total of nine students suggested “grocery gift cards,” of whom six were international students [see [Appendix I](#), code 91]), and summarizing findings (see [Appendix J](#)).

Positive impacts suggested by focus groups (see [Appendix G/H](#)) included reduced stress around unstable income, not having to cook to save money during exams, and the low-barrier and stigma-free Program design, in addition to benefits to mental, financial, social, and nutritional health.

Negative impacts (see [Appendix G/H](#)) included unhealthy dietary choices and added stress. These stemmed from two facts that many participants mentioned: 1) Funds provided via the UBC card (only usable at select UBC Food Service eateries) will cover fewer meals than

it has the potential to, since 2) campus eateries are unaffordable and expensive (codes 15 & 82). Consequently, individuals reported they would make unhealthy dietary choices to stretch the fund into more meals, including choosing cheap and unhealthy foods, cutting meat from the diet, cooking less often and eating less healthy (codes 138-141). This is concerning as five of the nine students in our focus groups have skipped or cut the size of meals in the last 12 months, and six cited insufficient money as the cause of their difficulty accessing food (see [Appendix D](#)). Food inaccessibility was a concern, not just due to unaffordability but also timing (i.e. UBC Food Services eateries are closed by early evening), dietary restrictions, cultural inappropriateness (i.e. few and unaffordable Halal, vegan, vegetarian, South Asian, Indian, and Middle Eastern options), and lack of varieties (codes 1-30). Stress was another issue, regarding either insufficient funds remaining, managing funds to use up every cent, funds being taken away by those not in need, and the potential to build an expensive habit of buying meals on campus (codes 132-137).

3. “Mitigation” involves offering suggestions to reduce negative impacts while maximizing positive impacts (Hyndman et al., 2012). Most participants’ suggestions were in agreement; where they conflicted, we supported the option that would benefit all participants (see [Appendix K](#)) based on our understanding of all participants’ suggestions and our discussion with Alexa Aburto. All participants suggested modifying the Program based on how expensive meals are at UBC (see [Appendix G/H](#), code 154). This will be detailed in the next objective as it also relates to barriers to participating in the Program. Besides this, one individual requested needs-based funding; for instance, more than \$100 the first time, and less the next time (code 155). Another suggested requiring a referral from Enrolment Service Advisors or targeting those with student loans or needs-based scholarships (code 156).

4. “Monitoring” involves measuring Program impacts on each identified population versus the others (Hyndman et al., 2012). We suggest conducting surveys and focus groups with each equity-seeking group, including intersecting identities, to collect ratings and descriptions of how their wellbeing is impacted by Program design (e.g., how has receiving funds in the form of gift cards affected your health? How would receiving funds only on your UBC card affect your health? Are there any other ways you would prefer to receive the funds?)

5. **“Dissemination”** of recommendations was achieved by a conversation with Sara, our community partner, and delivery of this report, an Excel file of data, and the NVivo file to Sara.

II. Factors that Promote or Discourage Participation (for short-term objective 2)

To pinpoint factors that would promote and discourage participation in the Program (henceforth referred to as “discouraging factors” and “promoting factors”), we asked questions (see [Appendix E](#)) regarding the application, website, outreach, and potential to participate. Coded participant responses are in (see [Appendix G/H](#)).

Application-related promoting factors included the straightforward and accessible application, and informative note on Enrolment Services financial services (codes 41-46).

Discouraging factors included the fear of being labelled (code 37). This was due to the application question offering to connect students with Enrolment Services for financial assistance. Individuals feared they must respond “Yes” to make their application successful, but they also feared being labelled as “in financial need” in UBC’s system. They suggested not making this a question but rather presenting helpful information about Enrolment Services.

The application layout intimidated some students who could not discern how low-barrier this was at first glance (code 38). Many recommended making all questions visible on the same page (code 50), but we suggest leaving it as is to deter those who are not in need from exploiting the Program. A progress bar may also help. Due to the low-barrier design, exploitation of funds by those not in need was a common concern (code 37). Suggested solutions included outreach to those in need (code 64) and to specific audiences (codes 60-65) such as those with student loans or needs-based scholarships, and through specific avenues such as referral from Enrolment Services Advisors or UBC staff (codes 66-74). Participants agreed that the low-barrier aspect was very important (codes 87 & 144), thus they were unsure how to maintain this while preventing exploitation. We suggest targeted outreach rather than requiring a referral, to minimize stigma.

Website-related promoting factors included the impression that the Program was accessible, inclusive (in general and to vegans, vegetarians, and graduate students), confidential, and stigma-free. Discouraging factors included that it would be hard to stumble

upon the website (obscure without a direct link), uncertainty of which outlets accept the UBC card, and whether there were any exclusion criteria (codes 123-128).

Outreach-related promoting factors included previous awareness of the Program; two individuals knew about it from a friend. Discouraging factors included that six of nine participants were not previously aware and one was not sure if this was the Program they heard about. We support participants' suggestions regarding target audiences and outreach avenues. Suggested target audiences included residences, AMS and AMS clubs (with mention of whether dietary restrictions will be met, e.g., Halal), those partaking in other UBC initiatives, international students (due to COVID-19, income and funds are disrupted), and people who need it the most (such as those with student loans and needs-based scholarships). Suggested outreach avenues included posters at residence mailboxes (with a QR code and statement about qualifying criteria to discourage exploitation of the Program), email or newsletter, social media, Enrolment Services or financial services locations, a dedicated outreach team or person, residence advisors, surveys, and department (codes 67-74).

General potential to participate depended on the low-barrier Program design and the form of funds. The low-barrier design was a promoting factor and discouraging factor. Individuals said due to it, nothing would discourage or stop them from participating (code 87) but they also worried about exploitation (codes 39 & 137). The form of fund was a discouraging factor; funds provided only through UBC cards covered fewer meals than it had the potential to, did not increase access to meals that meet dietary needs or cultural preferences, and could not be used after closing hours. To mitigate this, all nine participants suggested adding the option to receive the funds as grocery gift cards or credit sent to their mailbox (code 91). Other ideas, all proposed by international students, included money, keeping the UBC card, credit on food or delivery apps, prepaid debit card, and the choice of all or several of these with choice of how much of the funds they desired on each (codes 89-96). We recommend this last suggestion as we believe it will help equity-seeking groups to access more affordable meals which meet dietary needs and are available at additional times of the day, while meeting the complex ways individuals manage food insecurity (e.g., buying fragile foods at Save On Foods UBC but bulk-shopping at No Frills).

Evaluation Plan

Short-Term Outcomes

To evaluate our focus group questions to ensure relevance and critical consciousness, we consulted Sara and Alexa Aburto, the Program Strategist at Swipe Out Hunger. Using our community capacity, Sara helped us refine our questions by providing thorough feedback for each question for relevance and issue selection to the Food Security Initiative's current knowledge, and for sensitivity to participants' struggles. For example, she helped us cut out trivial questions, and suggested we ask more sensitive questions towards the end of the interview/survey. Sara also suggested offering one-on-one interviews on the survey to increase engagement. Alexa provided insight to suggestions for the UBC Meal Share program, specifically unintended health impacts and the application process of similar Meal Share programs in the U.S. This helped us generate more program-specific questions on both our surveys and focus group questions.

The number of participants recruited depended on our community capacity, as we were only equipped to accommodate 10 people due to the lack of funds, even though many people filled out the initial survey showing interest in our focus group. To evaluate the participation and empowerment in our focus group sessions, we analyzed the number of participants reached versus aimed, and their perceived level of opportunity to share their thoughts during the focus group. Of ten participants, nine showed up to their respective interviews, indicating a high level of interest to contribute to the Meal Share Program. Furthermore, we evaluated participant feedback given in our closing survey, administered at the end of the focus groups. Participants rated how much opportunity there was to share their thoughts, and a brief description of what would have made the rating closer to 10/10. Six participants rated 10/10, one 9/10, one 8/10, and one 7/10. For the latter question, participant responses included "I felt comfortable sharing my thoughts", "There was enough time to share my thoughts and opinions, and I felt totally comfortable to share", "2 minutes to rant [per question] is a good amount of time. I think I went over a bit and wasn't stopped so that works for folks who have more to say", and "ample time to speak". This indicates that future focus groups could be modified to allow more equal opportunities for sharing.

Overall, the evaluation of our short term outcomes will be based on the verbal feedback we receive from Sara on the recommendations we curated from the focus group answers and our consultation with Alexa.

Medium-Term Outcomes

Our medium-term outcomes could be evaluated by confirming whether or not a policy is implemented to ensure that 50% more funds are allocated to self-identified equity-seeking groups. A further indicator is the number of recommendations the Food Security Initiative team plans on implementing into the UBC Meal Share Program within the next 5 years as our recommendations are based on providing more accessibility to equity-seeking groups (i.e. our short term outcome).

Long-Term Outcomes

To evaluate our long-term outcomes, we propose the Food Security Initiative team conduct regular feedback surveys (e.g. biannual if most realistic for the team) to obtain Program participants perspectives regarding the accessibility of the Program and the fund allocation, as well as to conduct another survey on food security campus-wide to gauge the reach of the Program in 2025.

Conclusions

The project's key contributions were the creation of the Health Equity Impact Assessment and the recommendations generated from the Assessment. The UBC Food Security Initiative gained a better understanding of the health impacts and experience of using the Meal Share Program through the Assessment. The recommendations provided Food Security Initiative feasible solutions to reduce unintended negative health impacts and promote positive health impacts in the Program, which can generate equity-based improvements to the Program.

Our group learned how to create a situational assessment and a Health Equity Impact Assessment for a program that addresses food insecurity in the UBC community. We incorporated community engagement by inviting UBC students to participate in the focus groups. This ensures that the recommendations we made for the Program best suit their needs. When conducting the focus groups, communicating the expectations and the confidentiality made participants more secure about sharing their feelings and experience. Also, asking casual while clear and directional questions encouraged participants to share their experience, targeting the key questions we want to address for the project. We identified that effective communication is the key to the collaboration with our community partner. Keeping them updated throughout the project helped them know the project progress and also allowed them to provide feedback if they needed to.

The next step for the UBC Food Security Initiative is to implement equity-based measures within the Program. This includes targeting outreach to specific populations such as international students, allocating 50% more funds to self-identified equity-seeking groups at UBC by 2022, and using a descriptive application process where applicants can describe their situation regarding food accessibility, dependents, and other relevant information. Furthermore, the program can meet various accessibility needs by offering additional forms of funds for individuals to choose from (i.e. grocery gift cards, food or grocery delivery credit, money, and/or UBC cards).

Authors' Contributions

Name	Contributions
Rachel Chan	Worked on Health Behaviour Theory and formatted some slides in the final presentation; worked on Executive Summary, Health Behaviour Theory, and Assets for Target Population in the written report; Edited the References, proofread and edited style and grammar in the written report; took part in two focus groups (one as a facilitator, one as a notetaker); did a final check of the codes; tallied up codes for the question on Food Accessibility on campus; jotted down notes in meetings.
Malki Perera	Worked on the Evaluation Plan on the final presentation; worked on the Evaluation Plan and the Social Exclusion and Stigma, Mental Health, Diet Accessibility sections in the Situational Assessment on the written report; worked on the Inputs, Process Indicators, Strengths and Limitations on the Draft Logic Model presentation; Formatted and designed all slides on the Draft Logic Model Presentation; worked on focus group interview questions and took part in two focus groups (one as facilitator, one as a notetaker; tallied up codes for the questions on "Website" and "Potential to Participate."
Kiki Meng	Worked on Health Behaviour Theory on the final presentation and written report; wrote the relationships between our project Outputs and Health Behaviour Theory in the final presentation; worked on focus group questions and took part in two focus groups (notetaker); tallied up codes for "Positive and Negative Health Outcomes of Participating in the Program as Currently Designed"; edited the newsletter.
Betty Cui	Worked on the Introduction and Process Objectives on the final presentation; worked on Introduction, Conclusion and Reference on the written report; worked on Project Outputs and Process Indicator on the Logic Model presentation; worked on focus groups questions; took part in two focus groups (notetaker); tallied up codes for the question on "Outreach" and questions; communicated with Sara and Nelly via email.

<p>Anna Kwasniak</p>	<p>Worked on Social Stigma and Exclusion, Financial Debt, and Limitations sections on the situational assessment in the written report; developed the newsletter; worked on the Lessons Learned section for the final presentation; worked on the Introduction and Situation sections for the Logic Model presentation; took part in three focus groups (facilitator); created the focus group application survey and interview questions; tallied up codes for the questions on “Application”; communicated with focus group participants and Sara.</p>
<p>Fang-Yu Hsu</p>	<p>Worked on Mediating Factors, Methods of Analysis, Outputs, Appendices A-K on the written report; worked on the Long-term Outcomes on the Logic Model presentation; worked on the HEIA and Project Findings in the final presentation; coordinated data analysis (created Google Sheets templates with formulas, delegated work, coded data in NVivo & generated and formatted matrices); edited & hyperlinked report; emailed with Sara, Alexa, and Nelly; took part in two focus groups (one as a facilitator and another as a notetaker); created report and presentation slides for delegating parts.</p>

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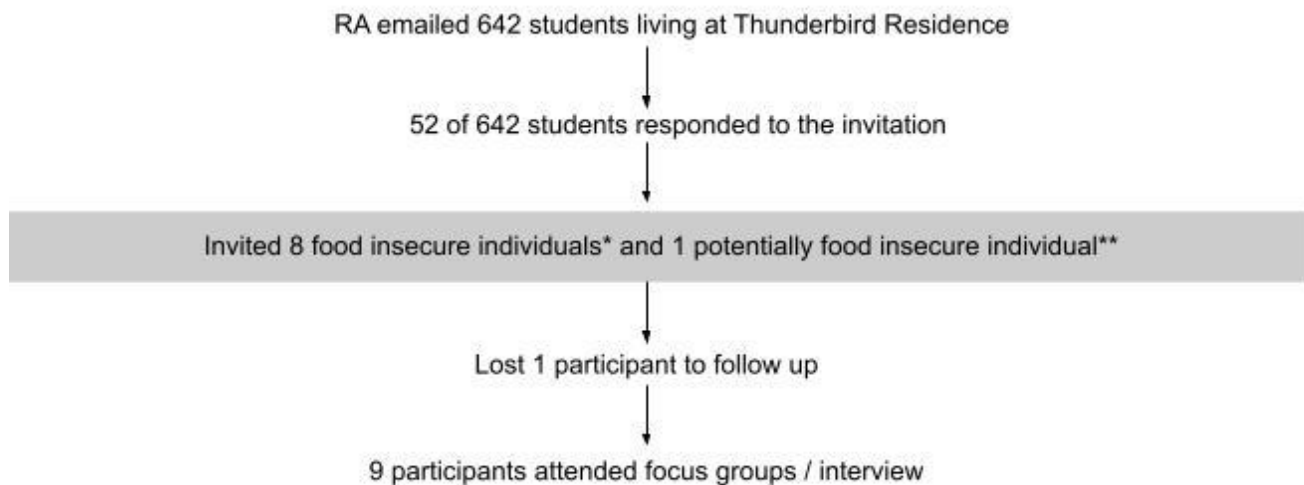
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Appendices

Appendix A: Recruitment

Figure A-1. Process of Participant Recruitment for Focus Groups



**Individuals were automatically defined as "food insecure" if they answered at least ONE of the following questions as indicated:

"Q: Which of these statements describes the food eaten in your household in the past 12 months?"

Those that answered with either "Sometimes not enough to eat" or "Often not enough to eat" were considered to be food insecure.

"Q: In the past 12 months, I have cut the size of meals or skipped meals because there wasn't enough money for food"

Those that answered "yes" were considered to be food insecure.

"Q: What difficulties prevent you from accessing food? Please select all that apply."

Those that answered with "I don't have enough money to buy enough food", and "I don't have enough money to buy enough healthy food were considered to be food insecure.

We picked a potentially food insecure participant. This individual indicated having "enough of the kinds of food I want to eat" but was invited since they expressed that they are cautious about spending food on campus by making sure they spend no more than \$10 for a meal and they expressed how they believe that the grocery stores on campus are very expensive. Out of all the individuals who did not express food insecurity in the invitation survey, this individual seemed to be the most cautious on their food spending habits.

Appendix B: Application & Closing Surveys

Figure A-2. Application Survey

We are a team of UBC students in FNH 473 collaborating with UBC's Food Security Initiative and would like to invite anyone who may be interested in participating in our focus group interviews. The UBC Food Security Initiative has launched UBC's first digital meal donation program as a dignified form of emergency support for students facing food insecurity on campus. We are trying to identify the impacts which the UBC Meal Share program may have on systematically disadvantaged populations on campus. Within the focus group interview, we will present a summary of the program and walk participants through the application process. We will then ask questions regarding their thoughts on the program.

All information collected will be used to help us make equity-based recommendations to help improve the UBC digital meal donation program before the full launch.

Focus groups will be conducted in groups of 4-5 over a ~40 minute Zoom meeting.

Each participant will receive a \$25 Save-on-Foods gift-card for compensation.

If you are interested, please submit this form by March 11 (Thursday) 11:59 pm PST. Upon receiving your submission, we will email you to confirm the focus group interview date/time with you, along with a Zoom invitation.

Time slots for focus group interview (please go to the last question of this form to choose):

Saturday, March 13th at 6pm

Sunday, March 14th at 5pm

Wednesday, March 17th at 7pm

For more information on the UBC Meal Share Program, please check out this link <https://wellbeing.ubc.ca/ubc-meal-share-program>

What is your name? (We will NOT be collecting your name for the research. We only need it to take attendance during the focus group interviews and to identify your sign-up form so that we can email the gift-card to the correct person. If you would like, you may fill out the form using a different name, but please make sure that the name you are using will be the same as your Zoom screen name)

What is your email address? (We will NOT be collecting your email for the research. We need it so that we can send you the Zoom invitation and send you the gift-card after the interview)

Your answers for the following questions below will be collected to help us make recommendations to improve the UBC digital meal program. You are under no obligation to answer questions which you do not feel comfortable answering.

Which statement do you identify with? Select all that apply.

- I am an international student
- I am a domestic student
- I am an undergraduate student
- I am a graduate student

I identify as ____

- Transgender
- Non-binary
- Female
- Male
- Rather not say
- Other:

Which race and/or ethnicity do you self-identify as? Select all that apply.

- Black or African American
- Hispanic or Latinx
- Indigenous
- Middle Eastern
- East Asian
- Southeast Asian
- Arab or West Asian
- White or Caucasian
- Pacific Islander
- I prefer to not identify my race/ethnicity
- Other

Which of these statements describes the food eaten in your household in the past 12 months?

- Enough of the kinds of food I want to eat
- Enough but not always the kinds of food we want
- Sometimes not enough to eat
- Often not enough to eat
- Don't know

In the past 12 months, I have cut the size of meals or skipped meals because there wasn't enough money for food.

- Yes
- No
- Don't know

Thinking about your daily meals, do you use any of the following ways of getting food?
Select all that apply.

- Inexpensive, filling foods at the grocery store or restaurant
- AMS Food Bank
- Food bank or meal program off campus
- Grocery store gift card from an Enrolment Services Advisor (ESA)
- Free food from classes, campus events, or club meetings
- Asking friends or family to buy groceries or meals
- None of the above
- Other (please specify)

What difficulties prevent you from accessing food? Please select all that apply.

- I don't have enough money to buy enough food
- I don't have enough money to buy enough healthy food
- I don't have enough money to buy food that is culturally acceptable to me
- I don't have time to go grocery shopping and/or prepare food
- I don't have accessible and reliable transportation to the grocery store
- I don't have the knowledge or skills to prepare food
- UBC's response to COVID-19 was a barrier
- None of the above
- Other (please specify)

The following are the available times/dates for the focus group interviews. Please mark ALL THE TIME SLOTS YOU ARE AVAILABLE. (We want to make sure that we can evenly organize all of those who signed up into slots that work for them).

- Saturday, March 13th at 6pm
- Sunday, March 14th at 5pm
- Wednesday, March 17th at 7pm
- If any of these times don't work for you, please specify another time (but not guaranteed)

If you prefer to do a one-on-one interview, please email anna.kwasniak@ubc.ca

This is the end of the sign-up form. Pressing the next button will submit this form. Once you submit, we will send you an email within the next few days to confirm your time/slot and send you a Zoom invitation!

Figure A-3. Closing Survey

Thank you for participating in our focus group on the UBC Meal Share Program.

We appreciate it if you can answer the following questions. Your answers will help to make the Program more equitable, and will be kept confidential.

Please note that we would need to collect your name to pass it to SEEDS for the distribution of gift cards. At this stage, you can provide a pseudonym. However, SEEDS would require your real first and last name and mailing address for the actual collection process. This process would be separate from the focus group, such that there will be no association made between recipients and responses, so your confidentiality will still be maintained.

Your first and last name, or a pseudonym if you wish (please give the same pseudonym as before):

Your email (please give the same email as before):

Any last recommendations or thoughts on the UBC Meal Share Program? Please consider how the program can be made more equitable for you.

On a scale of 0-10, how much opportunity was there to share your thoughts (0 = no opportunity, 10 = full opportunities).

0 1 2 3 4 5 6 7 8 9 10

None



Please explain what would have made your answer closer to a 10.

Do you identify with any of the following statements? Select all that apply.

- I am a transfer student.
- I am an international student.
- I am a former or current foster youth.
- I am the first person or part of the first generation in my family to get a college degree.
- I receive grants to pay for university.
- I use student loans to pay for university.
- I am LGBTQIA+.
- I am a parenting student with child(ren).
- I live with my family (parents, siblings etc).
- I live with roommates.
- I live alone.
- I am a mature student.
- I am a working student with at least one job.
- None of these apply.
- Other (please specify):
- I prefer not to answer (we encourage you to answer, to help make the program more equitable).

Appendix C: Consent Form

Thank you for agreeing to participate in a focus group hosted by UBC students in FNH 473: Applied Public Health Nutrition.

Your data will be used to inform equity-related improvements to the Meal Share Program at UBC.

Your name will be known by the student hosts organizing this focus group, but if you wish to remain anonymous you may use a nickname on Zoom, turn your camera off, and mute your microphone (and type your responses in the chat). We encourage you to keep your camera and microphone on to facilitate better group discussion. The waiting room function will ensure that you have renamed yourself and set up your camera as desired before you enter the call.

How to change your name on zoom:

1. A Participants bar will appear on the right side of the screen. Hover over your name and a "More >" button will appear.
2. Click on the "Rename" button that will appear after you click on the "More >" button.
3. Enter your new name in the "New Screen Name" field.
4. After clicking the blue "OK" button, your new name will appear.

If you need to change your Zoom display name before entering a room, you can do so through the Zoom app installed on your desktop. Just find the Zoom icon on the desktop and open it up.

1. There will be an option to "Join a meeting." Click on that.
2. That will open up a window where you can manually join a meeting (instead of clicking a link).
3. Enter the Zoom room number/name if you know it and enter in the Display Name that you'd like.

We will not record the focus group session.

If you agree to participate under these terms, please type your full name and date. If you have any questions, please let us know by replying to this email.

Full Name:

Date:

Appendix D: Demographics

Identity Category	Identity	Number of individuals
Total Number of Individuals		9
Food Security	Food Insecure	8
	Potentially Food Insecure	1
Cutting Meal Size or Skipping Meals (Yes/No/Frequency)	No	3
	1x/ month	4
	No answer	1
	1x/ few months	1
Ways of Getting Food	Asking friends or family to buy groceries; Inexpensive, filling foods at grocery store/restaurant	1
	Free food from classes/ campus events/club meetings; Inexpensive, filling foods at grocery store/restaurant	1
	AMS Food Bank; Free food from classes/campus events/club meetings; Inexpensive, filling foods at grocery store/ restaurant	1
	Inexpensive, filling foods at grocery store/restaurant	2
	No answer	1
	Free food from classes/campus events/club meetings; Asking friends or family to buy groceries or meals; Inexpensive, filling foods at grocery store/restaurant	1
	Cook to save or target meals <\$10 on campus (Can purchase 2 meals with more than 15 CAD per week); Inexpensive, filling foods at grocery store/restaurant	1
	Food bank or meal program off campus; Free food from classes/campus events/club meetings; Inexpensive, filling foods at grocery store/restaurant	1
Difficulties Accessing Food	Not enough money to buy enough food	2
	No time to go grocery shopping and/or prepare food	1
	No accessible and reliable transportation to the grocery store; Not enough money to buy enough healthy food; No time to go grocery shopping and/or prepare food	1
	Not enough money to buy enough healthy food; Not enough money to buy food that is culturally acceptable to me; No time to go grocery shopping and/or prepare food; No accessible and reliable transportation to the grocery store	1
	No accessible and reliable transportation to the grocery store	2
	Not enough money to buy enough healthy food	1
	The grocery store on campus is very expensive	1

Identity Category	Identity	Number of individuals
International / Domestic	International	6
	Domestic	3
Graduate / Undergraduate	Graduate	5
	No answer	1
	Undergraduate	3
International/Domestic, Grad/Undergrad	International & Graduate	5
	International & Unspecified whether graduate or undergraduate	1
	Domestic & Undergraduate	3
Sex	Male	3
	Female	5
	Non-binary	1
Race/ Ethnicity	I prefer not to identify	1
	Southeast Asian	1
	White / Caucasian	3
	Middle Eastern	1
	South Asian	1
	Middle Eastern, Aarab, & West Asian	1
	Middle Eastern & South Asian	1
Any last recommendations	No answer	4
	It's a great program. Just making sure it reaches out to the people in need and not just everyone would be the key to its success	1
	I think I said everything I could think of during the session! But please let me know when this launches so I can sign up.	1
	It's great. Please let me know when you start it	1
	In terms of equity, I feel including a separate option ie \$100 No Frills, or a cheque sent in the mail would be better as options on campus are expensive and are very limited when it comes to dietary restrictions	1
	I think the meal share program should have an option for gift cards or other forms instead of UBC cards. There are not many affordable options on campus and the gift card would be more flexible.	1
Opportunity to Share Thoughts	7	1
	8	1
	9	1
	10	6

Identity Category	Identity	Number of individuals
What Would Make Previous Answer Closer to a 10/10	No answer	5
	Ample time given to speak.	1
	2 minutes to rant [per question] is a good amount of time. I think I went over a bit and wasn't stopped so that works for folks who have more to say.	1
	There was enough time to share my thoughts and opinions, and I felt totally comfortable to share.	1
	I felt comfortable sharing my thoughts	1
Employment Status	Did not identify as working	4
	Working	4
	I prefer not to answer	1
Transfer Student Status	Did not identify as a transfer student	7
	Prefer not to answer	1
	Transfer student	1
Foster Youth Status	Did not identify as ever being foster youth	8
	Prefer not to answer	1
First Generation University Student Status	Did not identify as a 1st generation university student	6
	1st generation university student	2
	Prefer not to answer	1
Student Grant Use	Did not identify as using student grants	5
	Uses Student Grants	3
	Prefer not to answer	1
Student Loan Use	Did not identify as using student loans	3
	Uses Student Loans	5
	Prefer not to answer	1
Parenting with Children	Did not identify as Parenting with child(ren)	8
	Prefer not to answer	1
Living Alone or With	No answer	2
	Alone	2
	Roommates	4
	Prefer not to answer	1
Mature Student Status	Did not identify as a mature student	6
	Mature student	2
	Prefer not to answer	1

Identity Category	Identity	Number of individuals
What Would Make Previous Answer Closer to a 10/10	No answer	5
	Ample time given to speak.	1
	2 minutes to rant [per question] is a good amount of time. I think I went over a bit and wasn't stopped so that works for folks who have more to say.	1
	There was enough time to share my thoughts and opinions, and I felt totally comfortable to share.	1
	I felt comfortable sharing my thoughts	1
Employment Status	Did not identify as working	4
	Working	4
	I prefer not to answer	1
Transfer Student Status	Did not identify as a transfer student	7
	Prefer not to answer	1
	Transfer student	1
Foster Youth Status	Did not identify as ever being foster youth	8
	Prefer not to answer	1
First Generation University Student Status	Did not identify as a 1st generation university student	6
	1st generation university student	2
	Prefer not to answer	1
Student Grant Use	Did not identify as using student grants	5
	Uses Student Grants	3
	Prefer not to answer	1
Student Loan Use	Did not identify as using student loans	3
	Uses Student Loans	5
	Prefer not to answer	1
Parenting with Children	Did not identify as Parenting with child(ren)	8
	Prefer not to answer	1
Living Alone or With	No answer	2
	Alone	2
	Roommates	4
	Prefer not to answer	1
Mature Student Status	Did not identify as a mature student	6
	Mature student	2
	Prefer not to answer	1
Other Identify (Please Specify)	No answer	7
	Woman with hidden disability	1
	Prefer not to answer	1
LGBTQIA2+ Status	Did not identify as LGBTQIA2+	5
	LGBTQIA2+	3
	Prefer not to answer	1

Identity Category	Identity	Number of individuals
Intersecting Identity	International (South Asian) (#14)	1
	International (Middle Eastern, Arab & West Asian or Prefer not to Identify), graduate (#s 13, 24)	2
	International (Middle Eastern), graduate, working, mature student, living alone (#49)	1
	International (Southeast Asian), graduate, student loans, living alone (#15)	1
	International (White or Caucasian), graduate, student-loans, LGBTQIA2+, working, hidden disability, living with roommates (#18)	1
	Domestic (Middle Eastern & South Asian), undergrad, student loans, working, 1st gen. university student, transfer student, roommates (#30)	1
	Domestic (White or Caucasian), undergrad, student loans, LGBTQIA2+, lives with roommates (#41)	1
	Domestic (White or Caucasian), undergraduate, student loans, LGBTQIA2+, working, 1st generation university student, lives with roommates (#27)	1

Appendix E: Focus Group Guide

Methods

During focus groups on Zoom, one person facilitated and one to two team members typed out participants' verbal responses to Google Sheets with the help of a live transcript aid (responses were not labeled with participant names but rather their unique number we assigned to maintain confidentiality). After focus groups concluded, we collectively generated codes (i.e. distinct ideas to categorize their responses, for instance "unaffordable groceries on campus"). Then on Google Sheets, each team member took several codes and tallied up the number of individuals who had mentioned each code. One member reviewed any further changes to codes by the other members and finalized the codes in NVivo, subsequently generating a matrix to tally the codes by student identity (for instance, the number of all student loan bearers in our sample who mentioned "unaffordable groceries on campus") (Appendix E).

Actual focus group content:

- Host: Before starting call: ensure settings are waiting room function on and cameras off
- Notetakers: Before admitting anyone, send separate messages to each person in waiting room
 - Hi! Thanks for coming. Please remember to change your zoom name to a pseudonym (the one on your application form) if preferred. We will admit you after this!
- Host: Wait until each person replies, and notetakers confirm they have matched rows w/ names before admitting everyone
 - Google Sheet to write down participant answers:
<https://docs.google.com/spreadsheets/d/1VN6rpC7qpr5XembhLCcSY46TAAKpMLaVyiLUhNEhRH4/edit?usp=sharing>
- Host: Admit everyone and Enable live transcript
- Introduction (1 min):
Script: Hi everyone, thank you for coming. The purpose is to have a group discussion on your thoughts about the Meal Share Program - in particular its accessibility and potential health outcomes. We are UBC students collaborating with UBC's Food Security Initiative to make the program more accessible to equity seeking groups on campus.

We turned on subtitles and you can view a transcript of the conversation under More. This is to help the team members type out your responses.

We're not recording anything - not audio or video or subtitles. A few team members are jotting down notes but your name is not recorded with it because we use numbers instead of names to protect privacy. We will maintain your anonymity so please do not share anything discussed here with others

outside of this group. That way we can have an open dialogue on what you think and feel about the Meal Share program.

We hope to keep this to 40 minutes, so please try to keep your answer to each question to 2 minutes max.

- Ice breaker (3 min):
 - Rose, Thorn, Bud (RTB): what was the highlight of your day, what went wrong, and what do you look forward to tomorrow? <https://medium.com/philosophy-logic/rose-thorn-bud-rtb-a-5-minute-game-to-kickstart-your-mindfulness-habit-5ca54dee0e21>
 - What's your pandemic hobby? What would be the first thing you want to do if the pandemic ends tomorrow?

Official questions:

1. Let's start with your experience getting food on UBC campus. Do you think the food is accessible, available, and affordable in the community? **(2 min/person)**
 - a. Everyone can each take 2 minutes to share their experience
- Run through of program/application (1 min):
 - Explain Meal Share Program (1 time emergency fund of \$100 dollars from community)
 - **Script:** The Meal Share program is intended to provide dignified emergency funds to students facing food insecurity. Students sign up with their student number, then will receive funds on their UBC card, so they can discreetly use the funds at any food outlet that accepts UBC cards. You do not need to provide your actual details in this test survey.



QR code for test survey (actual experience applying)

Application: https://ubc.ca1.qualtrics.com/jfe/form/SV_5705XvqOsw8GtCK?Q_CHL=qr&fbclid=IwAR0WqBU4Sly_0M8liZgG8E2c_EKDS8g7KJI0FZ8GO7Pyt69HtuTDVODtRtM

Website: <https://wellbeing.ubc.ca/ubc-meal-share-program>

Questions on application (for our knowledge)

- First last name
- UBC student number
- Email

- I am currently registered in undergrad or graduate program at UBCs Vancouver campus Yes/No
 - I could physically access food outlets on UBC immediately after receiving the funds Yes/No
 - Please indicate if you would like to be contacted by an Enrolment Services Advisor. By indicating yes your information will be shared with enrolment services
2. Please take 2.5 minutes on your own to explore website **(2 min/person)**
 - a. Website link (notetaker sends [link](#))
 - i. Do you feel like you could be part of this Program?
 - ii. Did anything make you feel like you would be excluded or don't belong?
 3. Please take 2.5 minutes on your own to explore the application **(2 min/person)**
 - a. Application (notetaker sends [link](#))
 - i. What is your experience with this application process?
 - ii. What are some pros of the application process?
 - iii. What are some cons of this application process?
 4. Is there anything that would stop you from using this program or anything that makes it less useful to you? **(2.5 min/person)**
 - a. Examples of barriers: Time to eat (between classes etc.), proximity to UBC food outlets, work/other schedules/living off campus, proximity of food outlets offering the types of foods desired (e.g. someone regularly provides you with certain foods and you are in need of specific types of foods that some UBC outlets don't offer), mental health condition, disability, student debt, religious reasons (maybe religious reasons for not accepting financial support technically- so maybe this program wouldn't meet that need and something like a community meal is a better fit)
 - b. How could the Program be designed to reduce this barrier?
 5. Would this Program affect your well being? **(2 min/person)**
 - a. What are some positive effects? (e.g. reduce stress, anxiety?)
 - b. What are some negative effects?
 6. Before participating in this focus group, were you aware of the UBC Meal Share Program? **(2 min/person)**
 - a. If yes, where did you hear about it?
 - b. Where/who could it be promoted so that you'd see it?
 - c. How could it be promoted to best meet you or your communities needs?
 7. At which times of the year would you most likely use this one-time emergency fund? **(1 min/person)**

Prompts for after the questions regarding UBC Meal Share Program:

- Instead of receiving money on your UBC card, would you prefer to get specific gift cards/money some other method?
- How often do you eat on campus? What factors affect this?

Closing survey: https://ubc.ca1.qualtrics.com/jfe/form/SV_bHGocxjJqM32PS6 (5 min)

Please take a few minutes to fill out the closing survey - link in zoom chat.

Your answers will help make the Program more equitable

Your answers will be kept confidential

We need your name and email address on the survey to send to UBC SEEDS for distributing your gift card.

Thank you for participating!

Appendix F: Raw Results

Questions	13	15	18	49	14	27	41	24	30
1. Do you think the food is accessible, available, and affordable in the community? Share your experience of getting food on UBC campus.	-not culturally appropriate: Less south asian food options- asian grocery stores takes an hour to get to. not lots of Halal foods on campus. eats Halal when available but if not doesn't. Prefers variety, is from Bangladesh, is ok with indian cuisine and spicy food but hard to find that food on campus - maybe just 1-2 stalls in general. -COVID19 caused lots of closures on campus esp in international food court, nest has reopened but initially many in nest were closed (living on campus since jan slightly before covid - live near forestry and tim hortons. accessibility has returned since start of covid. but lots of shops havent completely opened -affordability - for groceries go 1hr away for monthly groceries not save on 10 min away because of priciness.	-Feels like there could be more options, more food outlets, might be due to covid that some closed, couldnt explore much, -being international finds joints in city are more affordable/cheaper options than on campus and has more options in the city than on campus- . can get Indian food that is more affordable.	-thinking back to undergrad i remember bringing lunch from home most days, -from states so have student loan and hard to afford lunch. -vegan, hasn't been hard finding vegan options but are more expensive than would like. frustrating when sandwich and they take out the meat and charge you more or the same. there's a perception that veganism is what rich white people do. hard to find premade food if late at night, 10 or 11 pm. -affordability is an issue, accessibility is ok. -many cuisines on campus. -wish there was another international food court on main mall. -1. accessibility & available: less vegan options, less premade food at latenight, need more international food options 2. affordable: hard to afford for students who have student loan, need cheaper vegan food	-healthy, quality, and cooked food are unaffordable -Variety is not much -not culturally appropriate	-study at night there is nothing to eat at night, order online--> expensive, low quality. -Vegetarian, limited options. off-campus is expensive. \$20-25 restaurant. -Holiday food not available. Timing, price. -International student, currency. -No job	-a lot of different options on campus, -it can be really pricey in student budget	- Vegan. hard to find vegan food and cheap pricey	-few options that are good quantity for price) -fast food are not healthy. -only option available is pasta food, does not feed well and not healthy. -after covid lack of cheap grocery options on campus. -there is not much Hala meal options - one is expensive, and some only for residence people	-Moved to campus one month ago (UBC transfer student). -Food is accessible, but wouldn't say it is affordable because you do have to go pretty far to get affordable groceries (UBC grocery store is so expensive - they said they support that it's organic and high quality but it's too expensive). -But also difficult for them to answer the question since campus is closed and she hasn't been here when it's open. They assume that if everyone was open there would probably be cheap cafes to go to or somewhere cheap to pick up bananas or something that's not the grocery checkout at UBC. Basically food is accessible but not affordable at UBC.

Question	13	15	18	49	14	27	41	24	30
2. Based on your review of the website, do you think you could be part of this program? Is there anything that makes you feel like you would be excluded or don't belong?	-I feel like i could be part of this program, -don't feel like i would be excluded. very detail oriented. -recommendations: two things that i'm curious about is 1) UC Vancouver food outlets - which outlets accept the UBC cards - if I know where I can use it, and duration of the pilot project (how long will the fund be available to use)	-generous supportive program, -would be a part of it -doesn't feel excluded and doesn't think anyone would feel excluded from the program cause it only asks for ubc card. -recommendations: would like to know how to get to the website, how to navigate to this program; more information on how to get to this program website would be useful	-Aesthetic and beautiful and attention drawing. -Promoted to grad students which is nice. -Vegan and vegetarian options makes me feel really happy and included. -Would love to be part of this program and don't feel excluded -recommendations: Wonder how easily one could navigate to this page if not given the link directly.	-could be part of the program. -nothing makes her feel like being excluded.	-Yes want to be part of the program. -Online application makes it accessible. - recommendations: Put "apply now" and "donate" on the top of the website. Empty space on the right hand side?? Long page/long image to read	-Website: no one other than the ones applying will know, which is nice. - recommendations: dont understand who will be eligible, or will there be restriction	-inclusive, - confidential stuff -stigma free	-great initiative -recommendations: \$100 not much since majority of places accepting UBC card are expensive places (the point, residents canteen) -recommendations: must think about available options - may not want students to use in tim hortons and starbucks, not healthy foods	-They think that they themselves and most other students would be able to be a part of this program. -As far as excluded, you would just have to be on campus to use the card, but since UBC has many locations, it's not too limiting in terms of accessibility even if you're on a wheelchair, plus there are a ton of different options. -They wouldn't say there's anything that makes them feel that they're excluded or don't belong. It seems very anonymous. They wondered how anyone could actually criticize this program since it's very low barrier - they only see great things.

Questions	13	15	18	49	14	27	41	24	30
3. What is your experience with this application process? Any pros and cons of the application process?	<p>-PRO: straightforward.</p> <p>-CON: concerned that people don't have to log into CWL (potential to be seen as a scam if people are unfamiliar with this program).</p> <p>-CON: agree with lots of pages</p> <p>-CON: potential to be labeled as financially in need so agree just provide info about ESA but don't have people check yes/no to be contacted</p> <p>-recommendation: just provide info about ESA but don't have people check yes/no to be contacted</p> <p>-recommendation: put all qs on 1 page</p> <p>-recommendation: request people to log in with CWL</p>	<p>-PRO: simple process on PC</p> <p>-CON: last question might be confusing, doesn't think clicking yes or no is necessary for the ESA</p> <p>question because some don't want to be contacted by them (just have it as ending info)</p> <p>- recommendations: just have ESA question be information (don't require people to click yes or no because some don't want to be contacted)</p>	<p>-PRO: On an Android phone: pretty streamlined, straightforward.</p> <p>-CON: Format issue on android phone - the first page is blank. cons: format issue on different devices(android), questions in separate 10 pages(too long)</p> <p>-CON: only suggestion is to have all questions on one page -less intimidatng if have fewer steps to get to the end (10 different pages is too much work and people might not go through it all and realize how easy it is) so just have questions on one page and</p> <p>-recommendation: then have enrolment services question on last page. (note: it is already on the last page though - maybe they mean have all other qs on one page, then ESA on separate page)</p> <p>-recommendation: check formatting of 1st page on android (it's blank)</p> <p>-recommendation: shorten number of clicks (10 pg too long) by having all 1 on one page</p>	<p>-PRO: straightforward and quick, easy, clear to understand.</p> <p>-no cons</p>	<p>-PRO: Short, simple and easy.</p> <p>-Cons: none.</p> <p>Online application makes it accessible</p>	<p>-PRO: really accessible and straight forward</p> <p>-PRO: like the q on regularly struggling and want to be contacted by ESA (many might not know this financial planning support)</p> <p>-CON: wonder if this program will have limitation due to question asking if you already accessed twice</p> <p>-CON: worrisome for students to agree to the last question - labelled by UBC system to be financial in need?</p> <p>-recommendation: in the application form, clarify how many times people can apply for program (twice)</p> <p>-recommendation: don't ask people to respond yes/no to being contacted by ESA, just provide the information</p>	<p>-PRO: surprisingly short, few questions</p> <p>-CON: anyone can access even if not in financial need</p>	<p>-PRO: agree, he would be afraid if his application shows on somewhere (so good that it's confidential)</p> <p>-no cons mentioned</p>	<p>-PRO: Super fast. Shorter than most applications.</p> <p>-CON: People who just transferred get a digital card (e-card) so they were wondering how it would work for people. She can get a physical card but she doesn't want to pay for it (The e-card only has a barcode).</p> <p>-recommendations: clarify how the application process works for those without a physical ubc card (with only a digital card that has only a barcode)</p>

Questions	13	15	18	49	14	27	41	24	30
4. Is there anything that would stop you from using this program or anything that makes it less useful to you? How could the Program be designed to reduce this barrier?	-Having mindset of going to Harvest (more expensive than Save on) then after money is gone, will go to Harvest every other week (don't want to get into habit of always buying food on campus)) -recommendation: more flexible ways to spend the amount would be appreciated (out of 100 dollars, 50 can be save on or grocery stores and rest can be UBC dollars.	-doesn't think it would stop anyone from using it-a very simple and generous process. -Only getting money to the UBC card might put some people off from using the program as there is less options they prefer, and can't use the UBC card at the grocery stores that are cheaper or near campus (ie. save on vs. harvest). if he wants to pick up grocery he shops at save on foods, and harvest is expensive to shop. campus	-Might be too accessible (people who don't have the need could hear about it and sign up) although it'd be detrimental to introduce a barrier to prove financial struggle so don't know how to resolve but does see a concern about being too low barrier and taking away from those who really need it. -can't use at grocery stores. currently it only covers for when people are going between classes and are hungry (can starve before going home or pay money) -recommendation: being able to use at grocery store would help you get more food than on campus. 2 weeks of groceries for a couple (50 dollars a week). -recommendation: would be more useful if could use Save On Foods (but not only at Save On Foods since the way back to residence is uphill and some carry heavy groceries by hand -	-only usable on campus, can't be used in save on to get grocery - - recommendation: prefer grocery stores close to campus	Wants to join. -Can't go to the city, covid hard to transit, -save on is expensive. -The program probably could help 3-4 weeks. Vegetarian, grocery every week \$25-30. -limited choices on campus for vegetarians. -Timings: closing hours	-during exams won't want to cook like usually does to save - recommendation: provide cheap meals & grocery store gift card (No Frills) - recommendation: send grocery store gift card to mailbox (No Frills)	-difficult to last for whole semester if only accepted at UBC card outlets (most meals are 10-20\$, only get 6-8 meals) - recommendation: prefers 100 towards grocery store, people can stock up (get more food with same amount \$) - recommendation: please offer educational resources for cheap healthy food to buy at grocery store	- recommendation: provide cheap meals & grocery store gift card (No Frills) - during exams won't want to cook like usually does to save - recommendation: send grocery store gift card to mailbox (No Frills)	-Nothing would stop them from using it -but they see how it can get overwhelming since most people would probably want to use to program. They wondered how anyone could actually criticize this program since it's very low barrier - they only see great things. -recommendation: They suggested to maybe exclude places such as Point grill or triple Os since people would just spend it on expensive food which could lead to funds running out faster since for people who go to

Questions	13	15	18	49	14	27	41	24	30
5. Would this program affect your wellbeing? what are some positive effects? What are some negative effects?	<p>-positive: very useful certain nights before course due dates.</p> <p>-negative: For lunch go to Uncle Fatihs, then dinner has to choose to go to uncle fatih's or another more costly pizza place like pizza garden. prefers to choose healthier foods although has to balance cost.</p> <p>-negative: sometimes might need 50\$ more. in total if spend 40\$ each week if can add 10 more dollars each week it won't add to 100\$ er month. so can you get 60 dollars one month. based on need</p> <p>-negative: builds mindset of buying food on campus (expensive) even after money is gone (eg don't want habit of going to harvest every other week after money is gone)</p>	<p>-negative: being on a stringent budget affects how he looks for food, looks for the cheapest option,</p> <p>-negative: would cut out meat options which they believe is healthy options</p> <p>-agrees with the other two participants - useful when lots of due dates</p>	<p>-positive: Between classes and have two midterms and can't mak dinner. having 10\$ for lunch would be helpful.</p> <p>-positive: improved mental health and social lives - Should we get a drink or do picnic? Pushed for picnic but with funding would be more inclined to go for drink/other options.</p> <p>-positive: This is different from food bank where you feel judged and this person doesn't look like someone struggling financially because has family that gives gifts (not food or money for food) and if you go to a food bank in a nice jacket you might be judged.</p> <p>-negative: Revoiced concerns about someone taking advantage of the program when they don't need it.</p> <p>-recommendations: What if you needed a referral from ESA? Not everyone talks to ESA but if staff on campus can extend invitations to only those who need them. Or anyone who is on student loans, or anyone who has a needs based scholarship.</p>	<p>-POSITIVE: financial support improves diet quality</p> <p>-POSITIVE: reduce financial stress.</p> <p>-Negative: doesn't include grocery store.</p> <p>-negative: encourages her to cook less, may go for unhealthy options (cheaper--> use for more meals)</p> <p>-negative: supports businesses more than students by forcing students to buy pricey food on campus</p>	<p>Positive effect: immediate help, also a sense of care and confidence as international student. International student needs the fund. Good initiative. Negative effect: no.</p>	<p>-negative: stress about using all \$100 - what if you're a few dollars short of a meal</p> <p>-negative: campus meals are fast food and expensive (Browns \$30 meal) so 100 won't last long and not whole semester(only get 6-8 meals)</p> <p>-positive: extra boost</p>	<p>positive: reduce stress</p> <p>negative: stigma, bad attitude toward people who need help</p> <p>-negative: if administered at start of year will stress about how far \$ can go</p>	<p>- negative: \$100 one time would not last very long</p> <p>- negative: will stress about needing to cook during finals season to save money</p>	<p>-positive: reduce stress, anxiety, benefits nutrition and mental health, financial health (lose job, paycheck to paycheck). This would effect their wellbeing positivly because during times of situations that are really bad, and they didn't have money, they would stress out about not having money to buy food. Especially if you lose your job, you have to stress out to find another one quickly otherwise you'll run out of grocery money but this program takes some of the anxiety and stress around potential poverty away since most of us are living paycheck to pacycheck. "I think this is just incredibly helpful like nutritionally and mental health wise"</p> <p>-negative: if some people spend at expensive places it reduces the funds available to everyone else</p>

Questions	13	15	18	49	14	27	41	24	30
6. Before participating in this interview, were you aware of the UBC Meal Share Program? If yes, where did you hear about it? If no, where/who could promote if so that you'd see it? How could it be promoted to best meet you or your communities needs?	-Heard from a friend about a program - not sure if it was this one. -But if didn't get our email wuldn't have known. -RAs are a good way to promote, emails, and posters too, but probably won't be well known if just left as a website. -Can promote at thunderbird mailboxes see lots of ads on services on campus.	-Not previously aware of the program: - recommendation: with COVID disrupting income, and getting funds is disrupted so international students would be the target markey, they would want it more	-Not previously aware of the Program. -recommendations: Posters at thunderbird mailbox . You can say - see if you qualify for the meal Share Program - then only the people who need it will scan the QR code and see if they qualify. so this might help target the people who need it. To target general ubc students Post to UBC confessions , tik tok , social media . Having ESA offer this (interacted very frequently with them as an undergrad) or surveys.	-Previously aware from friend. - recommendations: Announcement by department, weekly newsletter, RAs of housing - recommendations: AMS club, ex. Halah, specify the type of food when sending info to these communities	-Not previously aware - recommendations: Place where people go for financial help. Reach out to students who need the most.	-not previously aware of Program - recommendations: have outreach	-not previously aware of Program - recommendations: promote it in upper residences, social medias, posters	"-not previously aware of Program - recommendations: promote to residences through emails, social medias, all the outreach method.	-Yes, previously aware of this program, They were just clicking around after the ESA sent an email. -recommendations: For promotion, maybe get AMS involved, put flyers in common spaces in residences and keeping it visible. Pairing with other UBC initiatives. Maybe getting the ESA to send out emails about this. Mostly doing online engagement.

Questions	13	15	18	49	14	27	41	24	30
7. At which times of the year would you most likely use this one-time emergency fund?	- <u>Recommendation</u> s: <u>Before/during</u> <u>finals</u> . Wouldn't use during summer. Term 1 and 2	- Recommendations: Once course starts and during exam season- no need during summer, can get budgeting sorted during the summer-- Once a course starts and during exams. Don't see a point of using in summer because might have a job during that time to get extra revenue.	-Recommendations: Would be nice to have in summer (for those taking summer classes - use breaks in lecture to go grab food rather than stress about packing food). Midterms and Finals season. When lab socials occur which can happen anytime.	-- Recommendations: in COVID19 pandemic: summer. good weather, go for a walk, enjoy food with the weather. -- Recommendations: For regular lifestyle (at school most of the day): fall and winter, when it's rainy and I'm very busy with school, want to quickly grab something to eat.	- Recommendations: when paying for tuition fee. When going through physical/ psychologic al health issues. when struggling with the study.	-- Recommendations : start of year, paying for tuition -- Recommendations : middle of term. mid october. things have stabilized , have paid most tuition, will know how much they have	- Recommendations: start of year. but will stress how far i can make this go.	- Recommendations: before finals, people would use food a lot on campus	-Recommendations: Finals seasons (december, april). People have less shifts during exams. As well, January and February she does seasonal jobs and tends to have less money after seasonal jobs and harder to get a job during these times. It's also hard to get jobs in the winter times so winter as well.

Questions	13	15	18	49	14	27	41	24	30
8. Instead of receiving money on your UBC card, would you prefer to get specific gift cards/money some other methods?	-I buy more fragile things from save on (eggs, banana). For bulk go to No Frills which is farther. -Recommendations: Prefer part on UBC card and part as money. 50% can be on UBC card and rest used as money more flexible for grocery shopping (so can visit Save On & No Frills & vending machines). The amount assigned to gift cards/money/UBC card would be very specific. -Recommendations: So would rather have No frills than Save on gift cards. Maybe can use for vending machines on campus.	-Recommendations: All money (can stretch it more, find cheap Indian food hard to find at UBC, and choose most affordable place to buy from) -would provide more options of what he is looking for- indian cheap food can be found, but if restricted to the UBC card its difficult- increase flexibility of getting the money- can get a lot more value if getting the money than on UBC card. can choose most affordable option - eg indian food choose to get at a place where it cost \$2.5 and not \$3-4 dollars and also know a place you can get for 2.5 dollars	-If UBC gave money would use to pay rent and not spend on food so it wouldn't change my food situation. - Recommendations: Allow the person on the application to indicate how much % they want to get on UBC card (like discreetness for social gathering on campus) and also have an option to choose which grocery store you'd like gift cards (save on, no frills, prepaid debit card if you feel that's the most accessible)	- Recommendations: gift card for grocery store - Recommendations: credit for food/grocery delivery apps) -As a way to support campus business??	-No grocery store on campus. -Limited choice on campus. - Recommendations: Would be more helpful to receive gift card for grocery store.	- Recommendations: prefer gift card to no frills which is the cheapest grocery store + near by (15 min bus) - Recommendations: send gift card to No Frills as cheque to mail box thru ubc financial services. - Recommendations: the save-on in campus is fairly expensive (easily spends \$100 in one go, lasts 2-3wks only)	- Recommendations: receive money another way	- Recommendations: prefer having options - Recommendations: prefer gift card/cheque over ubc card (would use cheque to suit dietary restrictions - not much halal meat options) - Recommendations: no frills is good, cheapest.	-Recommendations: Gift card to save-ons would be convenient - it would stretch everyone's dollars a lot longer. -Recommendations: No frill would be great too but its so far away. Thinks it would be better than the UBC card (unless people have mobility issues that would prevent them from being able to go to Save-on, but save-on would be better)
Other notes		Requests to be notified when program launched		usually do not eat on campus. order online/cook b/c food is expensive on campus. live in campus, do not eat on campus, order online or cooked own meal.	Not much help for international students (enrolment service). expressed a lot of thank to initiating the program :) Also would like to get informed when the program launched	cook own food, because able to find cheaper and more sustainable options off campus. at her first years, spend a lot money on coffee and snacks w ubc cards between meals.	rarely. usually cook own food. expensive on campus	NA	

Questions	13	15	18	49	14	27	41	24	30
Notes: already moved to relevant area	Other-already put into the right place			<p>Post-interview: 1. There was a question asking about other ways of distributing the money, e.g. gift cards. Giving the money in the form of credit on food/grocery delivery apps is an option that came to mind only after the interview.</p> <p>Post-interview: 2. Some of my answers were subconsciously based on work/study from home life style that we are currently experiencing. I realized it only after the interview. One question the answer to which will be completely different in regular lifestyle is what time of the year I am more probable to use this meal credit. I said summer because the weather is good. Subconsciously I had my current lifestyle in mind where I don't go to school, don't hangout with friends, and don't go off-campus much. For regular lifestyle where I am out at school most of the day, my answer would be fall and winter, when it's rainy and I'm very busy with school and just want to quickly grab something to eat.</p>					

Appendix G: Coded Results (Table)

[\(Figures in Appendix H\)](#)

Table A-1. Excerpt of NVivo matrix showing the number of focus group individuals who mentioned particular codes regarding perceived food accessibility on campus, factors encouraging or discouraging participation in the Meal Share Program, and potential health

impacts

	Total Count
	Total Persons Mentioning the Code
1 : Food Accessibility on Campus	9
2 : Cultural Appropriateness	4
3 : Eats at international food court or wishes there was another on Main Mall	2
4 : Few Indian options	2
5 : Few South Asian options	1
6 : Not culturally appropriate (Middle Eastern)	1
7 : Dietary Restrictions	5
8 : Few Halal options (1 expensive, 1 only open to residence)	2
9 : No mention of dietary restrictions	3
10 : Timing of Availability	6
11 : Few or no premade foods at evening and late night (after 4 and at 10-11pm)	2
12 : many COVID19 related closures	4
13 : No food on holidays	1
14 : No mention of timing of availability	3
15 : Unaffordability	9
16 : Few affordable vegetarian options	1
17 : Food less affordable here than back home	1
18 : Grocery shops off campus (eg 1 hr away) for affordability & variety	7
19 : Many options but pricey	2
20 : Off campus eateries more affordable or various than on campus	1
21 : Unaffordable groceries on campus	7
22 : Unaffordable healthy and good quality food for the volume	2
23 : Unaffordable ready-to-eat food on campus (or few affordable-for-quantity ones)	9
24 : Vegan options too expensive or charge same for taking out meat or Few Affordable Vegan options	2
25 : Variety	6
26 : Lacks variety	4
27 : Lacks variety due to COVID 19 closures	2
28 : Many cuisines or options on campus	2
29 : More variety off campus than on campus	1
30 : Wishes for another international food court on Main Mall	1

	Total Count
	Total Persons Mentioning the Code
31 : Perceived factors that discourage and promote participation	9
32 : Application	9
33 : Application - Discouraging Factors	7
34 : 1st page blank (Android phone)	1
35 : Can only apply twice - realized in the middle of application	1
36 : CWL log-in not required (unsure if scam)	1
37 : Potentially labeled as 'financial needy' by UBC (eg worried about having to answer yes or no to being contacted by ESA to apply successfully)	4
38 : Stop applying halfway due to excess pages (1 question per page is intimidating and tedious, people may not realize how low-barrier the whole application actually is)	2
39 : Those not in need can access	4
40 : Will digital UBC cards work (barcode only)	1
41 : Application - Promoting Factors	9
42 : Accessible because online	3
43 : Format clear on computer	1
44 : Likes ESA info & contact offer	1
45 : No cons to application	3
46 : Straightforward; simple; quick; short; shorter than most applications	8
47 : Application - Recommendations	5
48 : Add to application that individuals can only apply twice	1
49 : Don't require Yes or No to being contacted by ESA - just provide info about them	4
50 : Fewer pages or all questions on one page	2
51 : Fix format on phone	1
52 : Request CWL log-in (prevent scam or prevent people stealing other's UBC card)	1
53 : Share how it works for new transfer students with only digital UBC card (only has barcode), doesn't want to pay for physical card	1

	Total Count
	Total Persons Mentioning the Code
54 : Outreach	9
55 : Outreach - Discouraging Factors	7
56 : Not previously aware of the program	6
57 : Unsure if the program they heard of was this one	1
58 : Outreach - Promoting Factors	2
59 : Previously aware of the program (from friend)	2
60 : Outreach - Recommended audience	8
61 : AMS and or AMS clubs & specify preferences (e.g. Halal) will be accessible	2
62 : Pair with other UBC initiatives	2
63 : Promote to international students (COVID disrupted income & funds)	2
64 : Promote to people who need it the most (student loans, needs based scholarship)	2
65 : Promote to residences (including upper residences)	6
66 : Outreach - Recommended Promoters	8
67 : Department	1
68 : Email or Newsletter	4
69 : ESA or where people go for financial help (frequently contacts ESA)	3
70 : Have a dedicated team or person conduct outreach	2
71 : Posters (Residence Mailbox or Common Areas - Saying 'if you qualify, follow this QR code')	4
72 : Residence Advisors should promote the program	2
73 : Social media - eg tik tok, UBC confessions	3
74 : Surveys	1

	Total Count
	Total Persons Mentioning the Code
75 : Potential to Participate	9
76 : Participation - Clarifications	1
77 : Can I use to support my partner too	1
78 : Participation - Discouraging Factors	9
79 : Cannot use for groceries	9
80 : Cannot use for off campus groceries - Save On Foods UBC is expensive	7
81 : Can't use after closing hours	1
82 : Covers few meals or short duration (UBC meals are expensive, \$10-30 and \$100 won't last long)	7
83 : Only buy snacks & coffee on campus	1
84 : Rarely buy meals on campus	3
85 : Will not cover dietary preferences (limited options at UBC)	5
86 : Participation - Promoting Factors	2
87 : Nothing that would discourage or stop - very low barrier program	2
88 : Participation - Recommended Form	9
89 : Credit on food & grocery delivery apps	1
90 : Gift card (unspecified type)	1
91 : Grocery gift card or credit (sent to mailbox)	9
92 : Individuals choose how much they want on UBC card & groceries, and which grocery stores	2
93 : Money (e.g. as cheque to mailbox through financial services) - Opens access to vending machines, choice of cheaper grocery stores, cultural foods at more affordable prices	3
94 : Not Money - would lead to using it for rent not food	1
95 : Prepaid debit card could be an option for some	1
96 : UBC card	2
97 : Participation - Recommended Outlets	9
98 : Exclude expensive outlets to stretch funds (Point Grill, Triple O's, Ponderosa Commons)	3
99 : Exclude Save on Foods UBC - distant for walkers & expensive	3
100 : Exclude Tim Hortons and Starbucks (not healthy)	1
101 : Freshmart	1
102 : Grocery stores close to campus	6
103 : No Frills & Cheaper Grocery Stores	5
104 : Ready-to-eat food outlets plus grocery (won't cook during exams)	6
105 : Save On Foods UBC (some can't easily leave campus, some buy fragile foods there like eggs etc and only leave campus to buy bulk items)	4
106 : Would like educational resources on cheap healthy food to buy at grocery stores	1

	Total Count
	Total Persons Mentioning the Code
107 : Website	9
108 : Website - Discouraging Factors	5
109 : Hard to find apply or donate on the website	1
110 : Hard to find website if not given a direct link	2
111 : Long page and image; empty space on right	1
112 : Unsure how long the pilot lasts and funds are available	1
113 : Unsure of exclusion criteria or restrictions if any	1
114 : Unsure which outlets accept UBC card	1
115 : Website - Promoting Factors	9
116 : Accessible program	9
117 : Aesthetic, beautiful, draws attention	1
118 : Confidential; anonymous; stigma-free	4
119 : Inclusive	8
120 : Promoted to grad students which is nice	1
121 : Vegan & vegetarian options makes me feel included	2
122 : Website - Recommendations	5
123 : Add eligibility, exclusion, & restriction criteria	1
124 : Clarify duration of pilot, how long funds are available & how many times they can apply	2
125 : Clarify how to access website if not given a direct link	2
126 : List outlets accepting UBC card	1
127 : Put 'donate' and 'apply now' at top of website	1
128 : Shorten length - long page and image; Empty space on the right	1

	Total Count
	Total Persons Mentioning the Code
129 : Positive and Negative Health Outcomes of Participating in the Program as Currently Designed	9
130 : Negative Health Outcomes	8
131 : Benefits campus businesses as fund is limited to campus food service, but students have limited choice	1
132 : Builds expensive habit of buying meals on campus (eg Harvest) (even after money is used up) (reduces funds for all)	2
133 : Negative - Stress of managing funds to use all \$100 (every dollar) (stress may be at start of year if that's when fund is provided)	2
134 : Stigma, bad attitude from others to those who need help	1
135 : Stress on months when need more than other months	1
136 : Stress when insufficient funds remain or stress about short duration (\$100 won't last long)	4
137 : Those not needing take advantage of Program	4
138 : Unhealthy Dietary Choices	5
139 : Choose cheaper & less healthy foods to stretch money	5
140 : Cook less & eat less healthy since it can't be used at grocery stores	1
141 : Cut meat from diet to stretch money	1
142 : Positive Health Outcomes	8
143 : Financial Health Benefit - Extra boost of money & immediately	4
144 : Low barrier (would be detrimental to have barrier of proving financial struggle)	7
145 : Mental Health Benefit	4
146 : Benefits mental health	2
147 : Feels cared for and more confident as international student	1
148 : Stigma-free - no judgement (e.g. family gives gifts like nice jacket but not money for food - at food bank would be judged for wearing nice jacket)	2
149 : No negative health outcomes	1
150 : Nutritional benefit; healthy eating; access to quality food	3
151 : Social health benefits - can attend drinks with friends vs picnics or only food-related events (less social shame)	1
152 : Stress Reduction (Financial stress; Anxiety from living by each paycheck and if losing a job; Near course deadlines)	6
153 : Recommendations for Positive Health Impact	9
154 : Modify program based on how expensive meals are at UBC	9
155 : Provide more one month and less another month based on need	1
156 : Require referral from ESA & target those in financial need or with student loans or needs-based scholarship	1
157 : Time of Most Usage	9
158 : Course due dates (throughout term)	3
159 : Fall & Winter terms (rainy, harder to get jobs)	9
160 : Finals & Midterms (e.g. less work shifts during this time. eg. after paying tuition knows how much money is left)	6
161 : Including summer (classes, lab socials)	2
162 : January and February (after little income from seasonal jobs)	1
163 : Lab socials which can occur anytime	1
164 : Not Summer (might get a job)	2
165 : Start of term or year - tuition payment	4
166 : Times of physical or psychological health issues	1

Appendix H: Coded Results (Figures)

(Tables in Appendix G)

*Note some codes are cut off (see full codes in Appendix G)

*the last bar of each section that lacks a code on the vertical axis represents the code on the vertical axis

Figure A-4. Number of individuals mentioning food accessibility codes

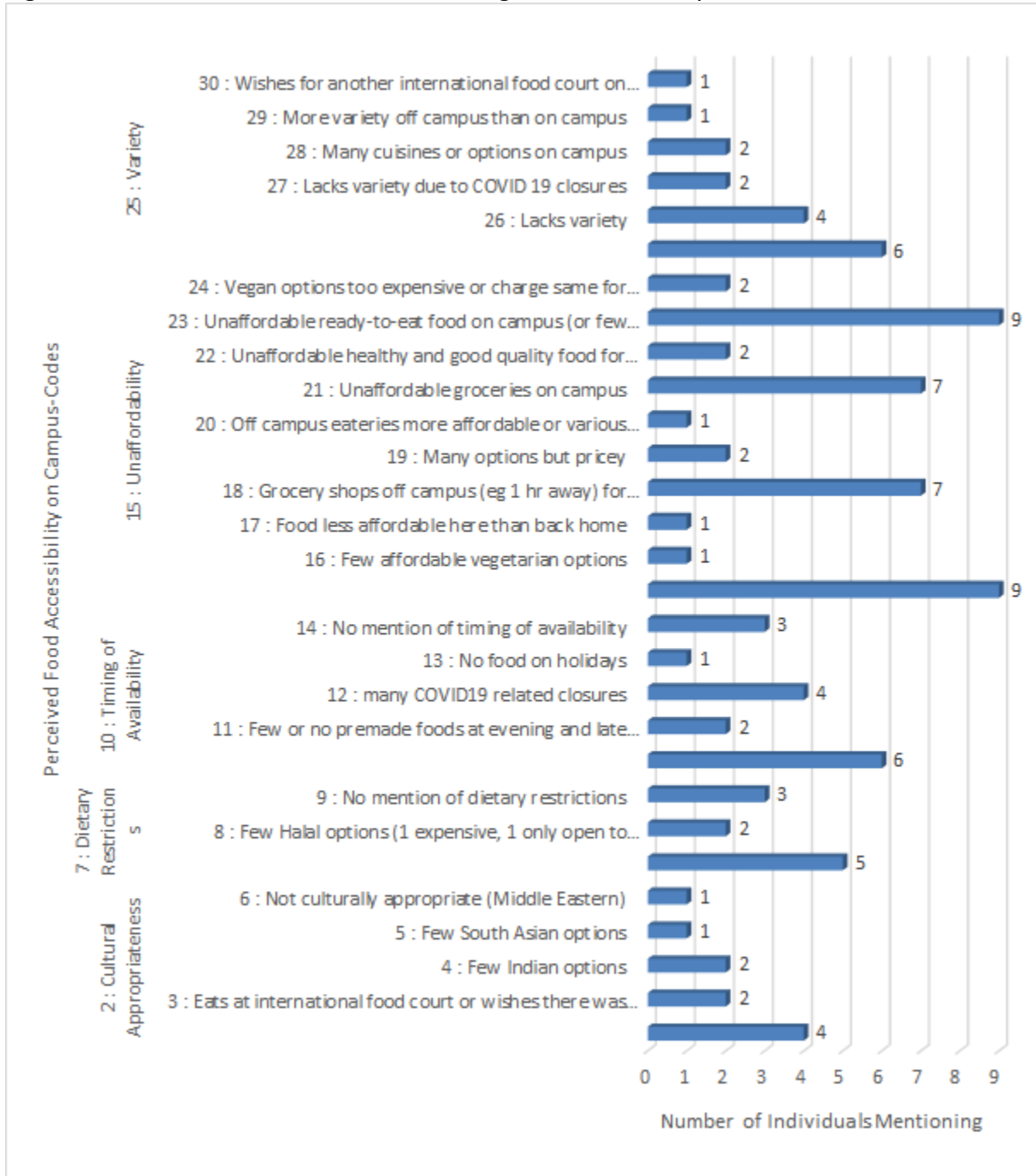


Figure A-5. Number of individuals mentioning application-related codes

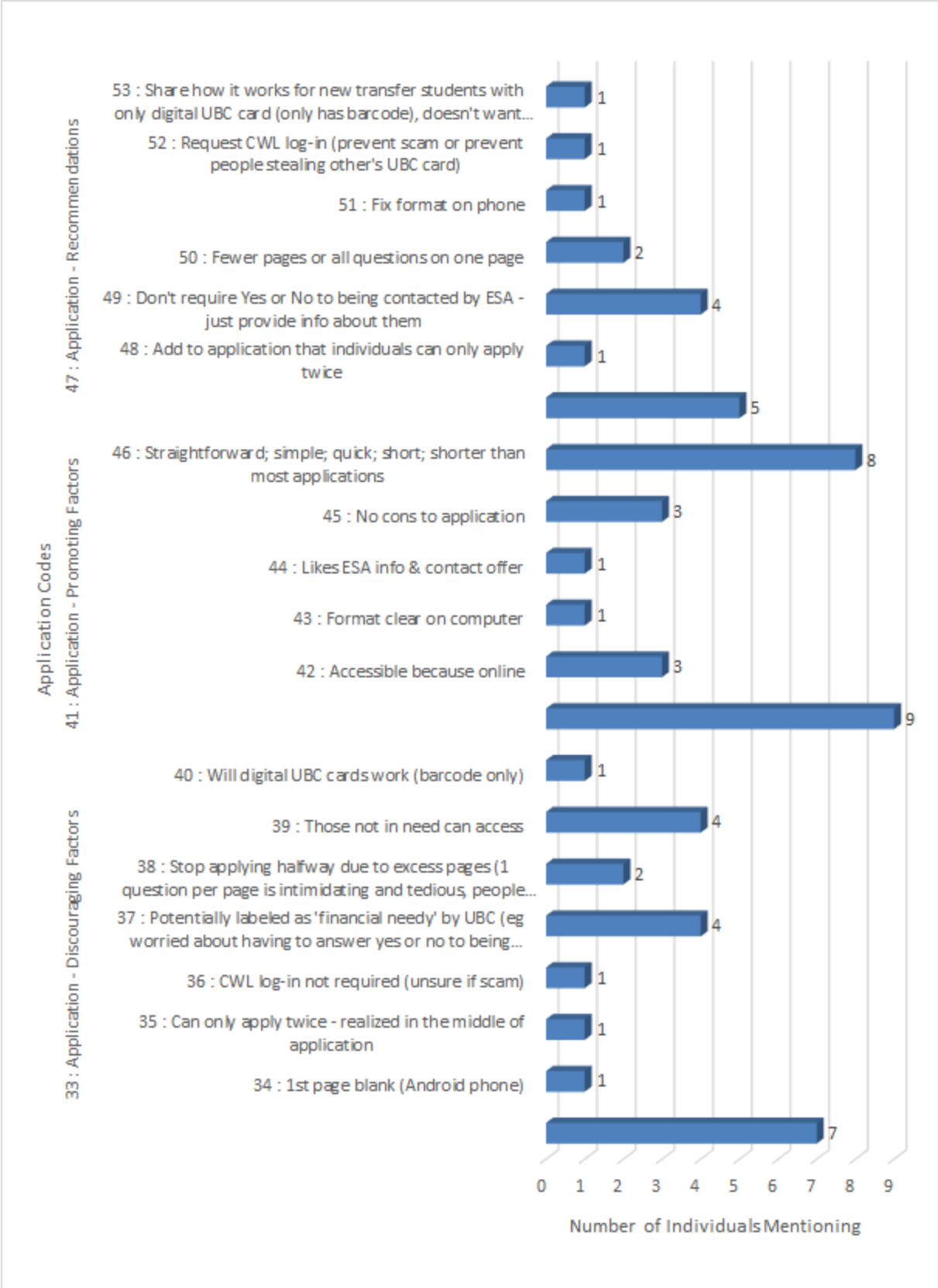


Figure A-6. Number of individuals mentioning website codes

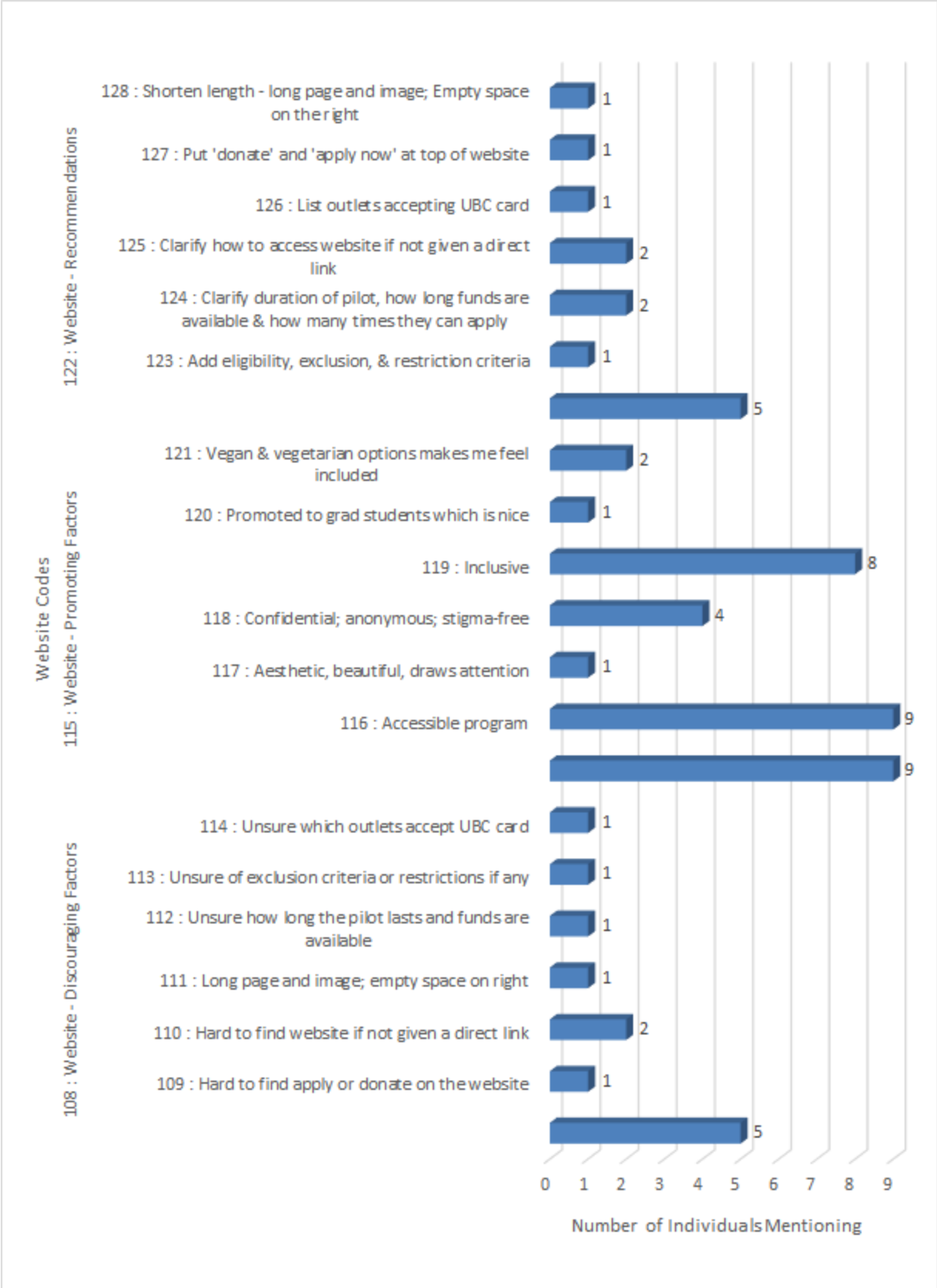


Figure A-6. Number of individuals mentioning outreach codes

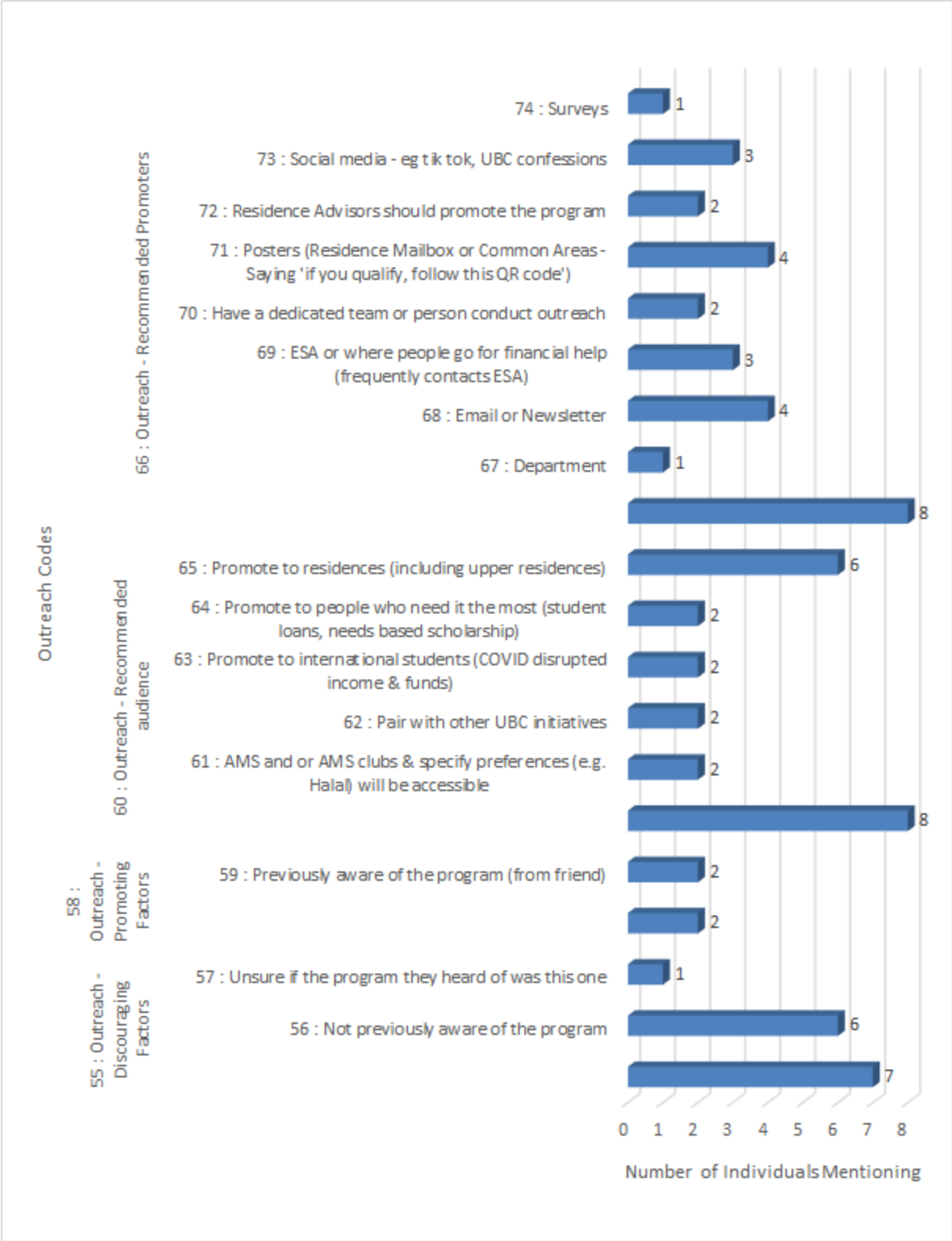


Figure A-7. Number of individuals mentioning potential to participate codes

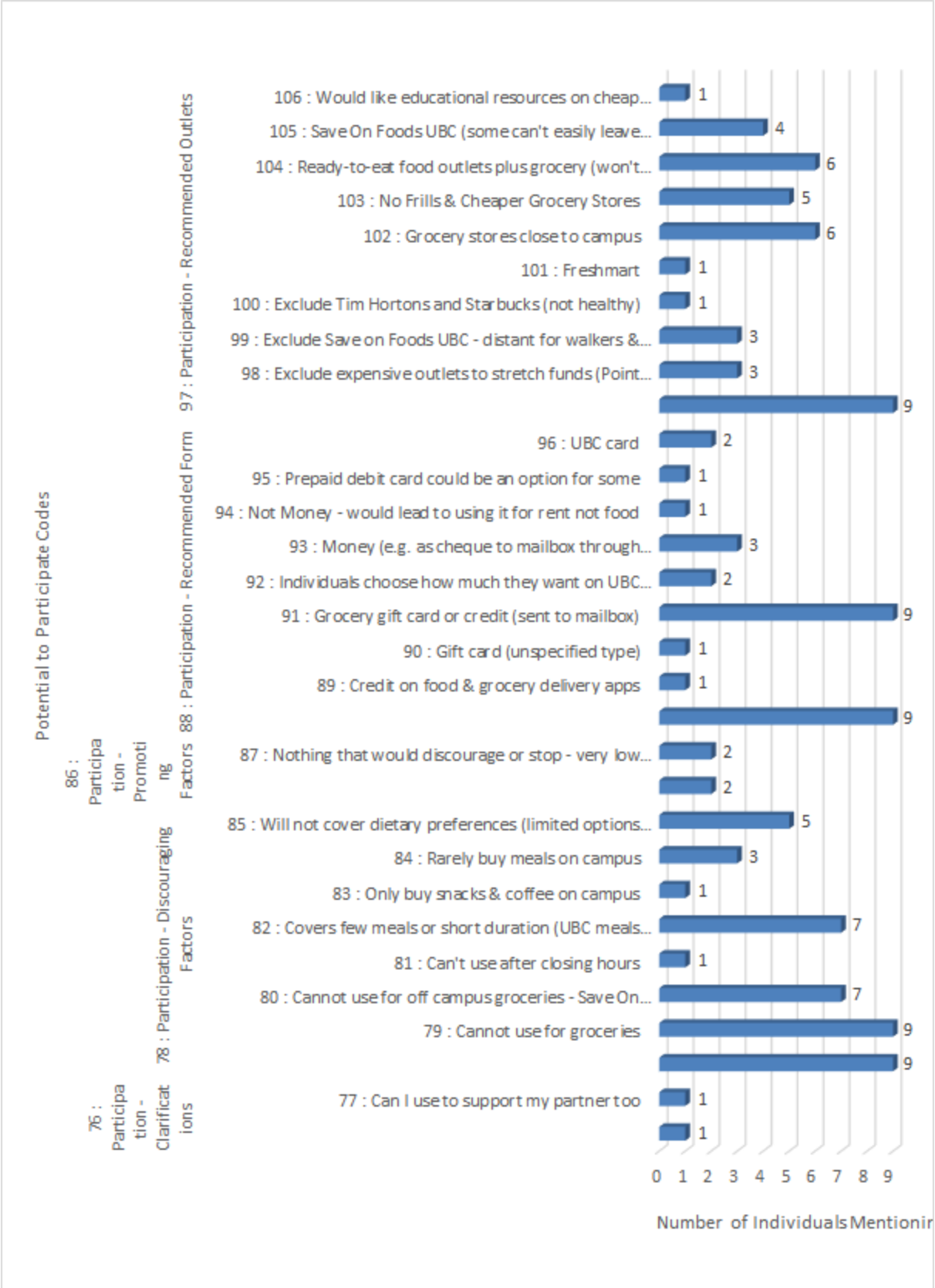
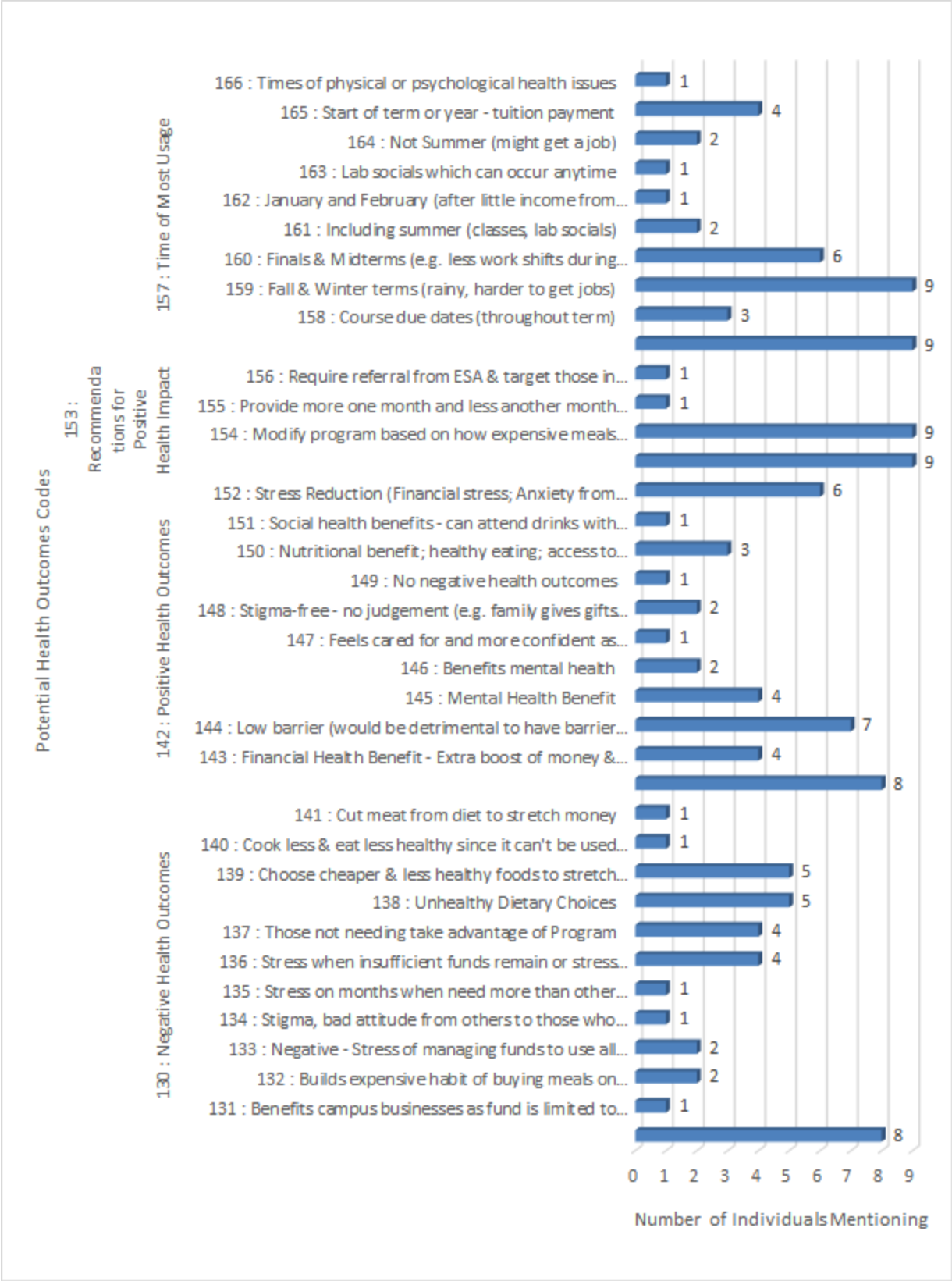


Figure A-9. Number of individuals mentioning potential health outcomes codes



Appendix I: Select Screenshots of Result Matrix Showing Layout

Table A-2. Sections of NVivo matrix showing codes by number of mentions from specific identities

Table 1. Perceived food accessibility on campus, factors encouraging or discouraging participation in the Meal Share Program, and potential health outcomes of part													
	Person (Code)										Total Count	Food Security	
	13	14	15	18	24	27	30	41	49	Total Persons Mentioning the Code		Food Insecure	Potentially Food Insecure
1 : Food Accessibility on Campus	1	1	1	1	1	1	1	1	1	1	9	8	1
2 : Cultural Appropriateness	1	0	1	1	0	0	0	0	1	4	4	0	
3 : Eats at international food court or wishes there was another one	1	0	0	1	0	0	0	0	0	2	2	0	
4 : Few Indian options	1	0	1	0	0	0	0	0	0	2	2	0	
5 : Few South Asian options	1	0	0	0	0	0	0	0	0	1	1	0	
6 : Not culturally appropriate (Middle Eastern)	0	0	0	0	0	0	0	0	1	1	1	0	
7 : Dietary Restrictions	1	0	1	0	1	1	1	0	0	5	4	1	
8 : Few Halal options (1 expensive, 1 only open to residence)	1	0	0	0	1	0	0	0	0	2	1	1	
9 : No mention of dietary restrictions	0	0	1	0	0	1	1	0	0	3	3	0	
10 : Timing of Availability	1	1	1	1	1	0	1	0	0	6	5	1	
11 : Few or no premade foods at evening and late night (after 4 ar	0	1	0	1	0	0	0	0	0	2	2	0	
12 : many COVID19 related closures	1	0	1	0	1	0	1	0	0	4	3	1	
13 : No food on holidays	0	1	0	0	0	0	0	0	0	1	1	0	
14 : No mention of timing of availability	1	0	1	1	0	0	0	0	0	3	3	0	
15 : Unaffordability	1	1	1	1	1	1	1	1	1	9	8	1	
16 : Few affordable vegetarian options	0	1	0	0	0	0	0	0	0	1	1	0	
17 : Food less affordable here than back home	0	1	0	0	0	0	0	0	0	1	1	0	
18 : Grocery shops off campus (eg 1 hr away) for affordability & va	1	1	1	1	1	1	1	0	0	7	6	1	
19 : Many options but pricey	0	0	0	1	0	1	0	0	0	2	2	0	
20 : Off campus eateries more affordable or various than on camp	0	0	1	0	0	0	0	0	0	1	1	0	
21 : Unaffordable groceries on campus	1	1	1	1	1	1	1	0	0	7	6	1	
22 : Unaffordable healthy and good quality food for the volume	0	0	0	0	1	0	0	0	1	2	1	1	
23 : Unaffordable ready-to-eat food on campus (or few affordable	1	1	1	1	1	1	1	1	1	9	8	1	
24 : Vegan options too expensive or charge same for taking out m	0	0	0	1	0	0	0	1	0	2	2	0	
25 : Variety	1	1	1	1	0	1	0	0	1	6	6	0	

	Cutting Meal Size or Skipping Meals (Yes/No/Frequency)				International / Domestic	
	No	1x/ month	No answer	1x/ few months	International	Domestic
Total Persons With Identity Stated in Column	3	4	1	1	6	3
31 : Perceived factors that discourage and promote participation	3	4	1	1	6	3
32 : Application	3	4	1	1	6	3
33 : Application - Discouraging Factors	2	4	0	1	4	3
34 : 1st page blank (Android phone)	0	1	0	0	1	0
35 : Can only apply twice - realized in the middle of application	0	0	0	1	0	1
36 : CWL log-in not required (unsure if scam)	1	0	0	0	1	0
37 : Potentially labeled as 'financial needy' by UBC (eg worried about having to answer yes or no to being contacted by ESA to apply successfully)	2	1	0	1	3	1
38 : Stop applying halfway due to excess pages (1 question per page is intimidating and tedious, people may not realize how low-barrier the whole application actually is)	1	1	0	0	2	0
39 : Those not in need can access	0	4	0	0	2	2
40 : Will digital UBC cards work (barcode only)	0	1	0	0	0	1
41 : Application - Promoting Factors	3	4	1	1	6	3
42 : Accessible because online	0	2	0	1	1	2
43 : Format clear on computer	1	0	0	0	1	0
44 : Likes ESA info & contact offer	0	0	0	1	0	1
45 : No cons to application	1	1	1	0	3	0
46 : Straightforward; simple; quick; short; shorter than most applications	2	4	1	1	5	3
47 : Application - Recommendations	2	2	0	1	3	2

Table 1. Perceived food accessibility on campus, factors encouraging or discouraging participation in the Meal Share Program, and potential health outcomes of participating, org:

	International / Domestic		Graduate / Undergraduate			International/Domestic, Grad/Undergrad		
	International	Domestic	Graduate	No answer	Undergraduate	International & Graduate	International & Unspecified whether graduate or undergraduate	Domestic & Undergraduate
75 : Potential to Participate	6	3	5	1	3	5	1	3
76 : Participation - Clarifications	1	0	1	0	0	1	0	0
77 : Can I use to support my partner too	1	0	1	0	0	1	0	0
78 : Participation - Discouraging Factors	6	3	5	1	3	5	1	3
79 : Cannot use for groceries	6	3	5	1	3	5	1	3
80 : Cannot use for off campus groceries - Save On Foods UBC is e	5	2	4	1	2	4	1	2
81 : Can't use after closing hours	1	0	0	1	0	0	1	0
82 : Covers few meals or short duration (UBC meals are expensive	4	3	3	1	3	3	1	3
83 : Only buy snacks & coffee on campus	0	1	0	0	1	0	0	1
84 : Rarely buy meals on campus	2	1	2	0	1	2	0	1
85 : Will not cover dietary preferences (limited options at UBC)	3	2	2	1	2	2	1	2
86 : Participation - Promoting Factors	1	1	1	0	1	1	0	1
87 : Nothing that would discourage or stop - very low barrier prog	1	1	1	0	1	1	0	1
88 : Participation - Recommended Form	6	3	5	1	3	5	1	3
89 : Credit on food & grocery delivery apps	1	0	1	0	0	1	0	0
90 : Gift card (unspecified type)	1	0	1	0	0	1	0	0
91 : Grocery gift card or credit (sent to mailbox)	6	3	5	1	3	5	1	3
92 : Individuals choose how much they want on UBC card & grocer	2	0	2	0	0	2	0	0
93 : Money (e.g. as cheque to mailbox through financial services)	3	0	3	0	0	3	0	0
94 : Not Money - would lead to using it for rent not food	1	0	1	0	0	1	0	0
95 : Prepaid debit card could be an option for some	1	0	1	0	0	1	0	0
96 : UBC card	2	0	2	0	0	2	0	0
97 : Participation - Recommended Outlets	6	3	5	1	3	5	1	3
98 : Exclude expensive outlets to stretch funds (Point Grill, Triple	2	1	2	0	1	2	0	1

	Opportunity to Share Thoughts				Student Loan Use			Other Identify (Please Specify)			LGBTQIA2+ Status		
	7	8	9	10	Did not identify as using student loans	Uses Student Loans	Prefer not to answer	No answer	Woman with hidden disability	Prefer not to answer	Did not identify as LGBTQIA2+	LGBTQIA2+	Prefer not to answer
Total Persons With Identity Stated in Column	1	1	1	6									
129 : Positive and Negative Health Outcomes of Participating in the Program as Currently Designed	1	1	1	6	3	5	1	7	1	1	5	3	1
130 : Negative Health Outcomes	1	1	0	6	2	5	1	6	1	1	4	3	1
131 : Benefits campus businesses as fund is limited to campus food service, but students have limited choice	0	0	0	1	1	0	0	1	0	0	1	0	0
132 : Builds expensive habit of buying meals on campus (eg Harvest) (even after money is used up) (reduces funds for all)	0	1	0	1	1	1	0	2	0	0	2	0	0
133 : Negative - Stress of managing funds to use all \$100 (every dollar) (stress may be at start of year if that's when fund is provided)	0	0	0	2	0	2	0	2	0	0	0	2	0
134 : Stigma, bad attitude from others to those who need help	0	0	0	1	0	1	0	1	0	0	0	1	0
135 : Stress on months when need more than other months	0	1	0	0	1	0	0	1	0	0	1	0	0
136 : Stress when insufficient funds remain or stress about short duration (\$100 won't last long)	1	0	0	3	0	3	1	3	0	1	1	2	1
137 : Those not needing take advantage of Program	0	0	0	4	0	4	0	3	1	0	2	2	0
138 : Unhealthy Dietary Choices	1	1	0	3	2	2	1	4	0	1	3	1	1
139 : Choose cheaper & less healthy foods to stretch money	1	1	0	3	2	2	1	4	0	1	3	1	1
140 : Cook less & eat less healthy since it can't be used at grocery stores	0	0	0	1	1	0	0	1	0	0	1	0	0
141 : Cut meat from diet to stretch money	0	0	0	1	0	1	0	1	0	0	1	0	0
142 : Positive Health Outcomes	1	0	1	6	2	5	1	6	1	1	4	3	1

Table 1. Perceived food accessibility on campus, factors encouraging or discouraging participation in the Meal Share Program, and potential health outcomes of participating, o

	Sex			Race/ Ethnicity							
	Male	Female	Non-binary	I prefer not to identify	Southeast Asian	White / Caucasian	Middle Eastern	South Asian	Middle Eastern, Arab, & West Asian	Middle Eastern & South Asian	
97 : Participation - Recommended Outlets	3	5	1	1	1	3	1	1	1	1	
98 : Exclude expensive outlets to stretch funds (Point Grill, Triple	1	2	0	0	0	1	0	0	1	1	
99 : Exclude Save on Foods UBC - distant for walkers & expensive	0	2	1	0	0	2	0	1	0	0	
100 : Exclude Tim Hortons and Starbucks (not healthy)	1	0	0	0	0	0	0	0	1	0	
101 : Freshmart	1	0	0	0	1	0	0	0	0	0	
102 : Grocery stores close to campus	2	3	1	1	1	2	1	0	0	1	
103 : No Frills & Cheaper Grocery Stores	2	2	1	1	0	2	0	0	1	1	
104 : Ready-to-eat food outlets plus grocery (won't cook during e	2	3	1	1	0	2	1	0	1	1	
105 : Save On Foods UBC (some can't easily leave campus, some b	2	2	0	1	1	1	0	0	0	1	
106 : Would like educational resources on cheap healthy food to l	0	1	0	0	0	1	0	0	0	0	
107 : Website	3	5	1	1	1	3	1	1	1	1	
108 : Website - Discouraging Factors	2	2	1	1	1	2	0	1	0	0	
109 : Hard to find apply or donate on the website	0	1	0	0	0	0	0	1	0	0	
110 : Hard to find website if not given a direct link	1	1	0	0	1	1	0	0	0	0	
111 : Long page and image; empty space on right	0	1	0	0	0	0	0	1	0	0	
112 : Unsure how long the pilot lasts and funds are available	1	0	0	1	0	0	0	0	0	0	
113 : Unsure of exclusion criteria or restrictions if any	0	0	1	0	0	1	0	0	0	0	
114 : Unsure which outlets accept UBC card	1	0	0	1	0	0	0	0	0	0	
115 : Website - Promoting Factors	3	5	1	1	1	3	1	1	1	1	
116 : Accessible program	3	5	1	1	1	3	1	1	1	1	
117 : Aesthetic, beautiful, draws attention	0	1	0	0	0	1	0	0	0	0	
118 : Confidential; anonymous; stigma-free	1	2	1	0	0	2	0	0	1	1	
119 : Inclusive	3	5	0	1	1	2	1	1	1	1	
120 : Promoted to grad students which is nice	0	1	0	0	0	1	0	0	0	0	
121 : Vegan & vegetarian options makes me feel included	0	2	0	0	0	1	0	1	0	0	
122 : Website - Recommendations	2	2	1	1	1	2	0	1	0	0	
123 : Add eligibility, exclusion, & restriction criteria	0	0	1	0	0	1	0	0	0	0	
124 : Clarify duration of pilot, how long funds are available & how	1	0	1	1	0	1	0	0	0	0	
125 : Clarify how to access website if not given a direct link	1	1	0	0	1	1	0	0	0	0	
126 : List outlets accepting UBC card	1	0	0	1	0	0	0	0	0	0	
127 : Put 'donate' and 'apply now' at top of website	0	1	0	0	0	0	0	1	0	0	
128 : Shorten length - long page and image; Empty space on the ri	0	1	0	0	0	0	0	1	0	0	

Appendix J: Health Equity Impact Assessment



Date: April 4, 2021

Organization: UBC Food Security Initiative & FNH 473 Group 8

Name and contact information for the individual or team that completed the HEIA: FNH 473 Group 8

Project Name: Health Equity Impact Assessment of the UBC Meal Share Program

Project Summary:

A Health Equity Impact Assessment was conducted to examine potential health impacts of the UBC Meal Share Program on food-insecure Thunderbird residents with various and intersecting equity-seeking identities. Data was gathered through focus groups and coded using NVivo. Secondary data was gathered regarding factors that would encourage and discourage participation in the UBC Meal Share Program.

Objective for Completing the HEIA:

1. To increase Food Security Initiative's knowledge on the unintended positive and negative health outcomes of the current UBC Meal Share Program design as perceived by equity-seeking groups at UBC, by April 2021.
2. To increase Food Security Initiative's knowledge on factors that would encourage and discourage participation of the UBC Meal Share Program by equity-seeking groups at UBC, by April 2021.

NOTE: This section to be filled in after completing the following HEIA template.

Conclusions:

To maximize potential positive health impacts and mitigate potential negative health impacts, we recommend

- Offering the fund in various forms (i.e., students choose one/more of UBC card, gift card to grocery store of their choice, credit on food/grocery delivery apps, money, prepaid debit card)
- Send gift cards to residence mailbox or another discreet method
- Distribute educational resources on healthy & inexpensive foods to buy at grocery stores
- Exclude expensive outlets that accept the UBC card
- Holistic application to help those most in need if demand exceeds supply (from Alexa Aburto)

Step 1. SCOPING		Step 2. POTENTIAL IMPACTS		Step 3. MITIGATION	Step 4. MONITORING	Step 5. DISSEMINATION
a) Populations*	b) Determinants of Health	Unintended Positive Impacts.	Unintended Negative Impacts.	Identify ways to reduce potential negative impacts and amplify the positive impacts.	Identify ways to measure success for each mitigation strategy identified.	Identify ways to share results and recommendations to address equity.
International (South Asian) (#14)	Income Culture	International students feel cared for	- Covers few meals, \$\$\$ ^a & few vegetarian options - Unavailable campus food at night, holiday - Exploitable by those not in need	- Promote to international students - Promote where financial services are - Grocery gift cards (SOF ^b \$\$\$)	- Survey preference, wellbeing	Report
International, graduate (Middle Eastern, Arab & West Asian or Prefer not to Identify) (#s 13, 24)	Income Culture	- Inclusive - Very useful on nights before course due dates - Great initiative - Confidential	- Covers few meals, \$\$\$ & few south asian, Halal, & Indian options - Choose cheap & unhealthy food to stretch fund - Stress about cooking during finals to save money - Reduced funds for all (since most places accepting UBC card are \$\$\$ - The Point, Residents Canteen) - Need more during some months than others - Builds expensive habit of buying food on campus	- Do not require response (ESA Q) ^c - Amount based on need at time - Have options: <ul style="list-style-type: none"> • UBC card (cheap outlets for exam time when don't want to cook) • Money (suit dietary restrictions- find Halal meat, buy fragile foods at SOF and bulk at NoFrills, vending machines) • send gift card to mailbox 	- Application feedback survey - # of individuals receiving funds - survey preference, satisfaction	
International (Middle Eastern), graduate, working, mature student, living alone (#49)	Income Culture	- Diet quality ↑ - financial stress reduction	- Covers few meals, \$\$\$ eateries - Not much variety, not culturally appropriate - Encourages cooking less, eating less healthy - Choose cheap & unhealthy food to stretch fund - May support businesses more than students	- Grocery gift card (close to campus) - Credit for food/grocery delivery app	- Survey preference, wellbeing	
International (Southeast Asian), graduate, student loans, living alone (#15)	Income Culture	- Generous, supportive, useful at due dates - Inclusive	- Covers few meals, \$\$\$ & few Indian options - Choose cheap & unhealthy food to stretch fund - Cut meat from diet to stretch fund - Exploitable by those not in need	- Do not require response (ESA Q) ^d - Promote to international students - All money (stretches further, find most affordable Indian food off campus) - Freshmart & SOF (Harvest \$\$\$)	- Application feedback survey - Survey preference, satisfaction	
International (White or Caucasian), graduate,	Income Culture	- Helps when no	- Covers few meals, \$\$\$ vegan options - Exploitable by those not in need	- Require ESA or staff referral - Target: student loans & need-based	- Application feedback	

student-loans, LGBTQIA2+, working, hidden disability, living with roommates (#18)		time to cook - Discreet - Mental + social health	- When one partner works can the other partner use this to support the other	scholarship - Choice in % funds on UBC card, desired grocery store (including SOF & NoFrills), prepaid debit card - Not money (would lead to using for rent not food)	survey - Survey preference, satisfaction	
Domestic (Middle Eastern & South Asian), undergrad, student loans, working, 1st gen. university student, transfer student, roommates (#30)	Income Culture	- ↓ Stress, anxiety from unstable income - Nutritional + mental health	- Covers few meals, \$\$\$ options - Exploitable by those not in need - Would it work for digital e card (wouldn't have to pay for a physical one)	-Exclude \$\$\$ outlets (Point Grill, Triple Os to make funds last longer for all) -SOF gift card unless mobility issue -NoFrills gift card (better than UBC card but so far away)	- Survey preference, satisfaction	
Domestic (White or Caucasian), undergrad, student loans, LGBTQIA2+, lives with roommates (#41)	Income Culture	- Stress reduction	- Covers few meals (6-8), \$\$\$ & few vegan options - Exploitable by those not in need - Stigma, bad attitude toward those who need help - Stress about how far fund goes at start of year	- \$100 toward grocery to stock up more food with same amount \$ - Educational resources on cheap healthy food to buy at grocery	- Survey preference, satisfaction - Survey knowledge	
Domestic (White or Caucasian), undergraduate, student loans, LGBTQIA2+, working, 1st generation university student, lives with roommates (#27)	Income Culture	- Extra boost	- Stress of managing to use every dollar and not end up few dollars short of a meal - Covers few meals (6-8), \$\$\$ (Browns) - Choose cheap & unhealthy food to stretch fund - Stress about having to cook during exams to save	- Do not require response (ESA Q) - Provide cheap meals & grocery card (No Frills cheapest and nearby) to mailbox through UBC financial services (SOF \$\$\$)	- Application feedback survey - Survey preference, satisfaction	
Summary	Income Culture	Financial, Mental, Social, & Nutritional Health Benefits Low barrier Stigma-free Reduced stress & anxiety with unstable	<ul style="list-style-type: none"> ● covers few meals; campus eateries \$\$\$^a ● unable to use after closing hours Stress <ul style="list-style-type: none"> ● those not in need can exploit program ● those buying \$\$\$ meals reduce funds for all ● managing funds to use up every dollar/cent ● may need more than \$100 at times Unhealthy dietary choices <ul style="list-style-type: none"> ● choose cheap unhealthy meals to stretch \$ ● cut meat from diet to stretch \$ ● cook less and eat less healthy ● dietary needs not met (campus eateries 	Offer individuals choice in form of fund <ul style="list-style-type: none"> ● grocery store gift cards (NoFrills, Freshmart, SOF^b) ● money ● UBC card ● several or all of above, choose % funds on each - Offer >\$100 (can get <\$100 next time) - Modify application question about ESA - Target those in financial need - require referral from ESA/staff or target those with student loans/ needs based scholarships/ international students Keep it low barrier	Self reported rating of well being and experiences before / after implementing additional forms of funds and various amounts	

		employment Being cared for	have few or \$\$\$ Halal, vegan, vegetarian, South Asian, Indian, Middle Eastern food Builds expensive habit of buying meals on campus			
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^a\$\$\$ = unaffordable & expensive

^bSOF=Save On Foods UBC

^cSeveral students were afraid of having to respond to the question about being contacted by an ESA for their application to be successful, but they also worried this would cause UBC to label them as financially in need; ESA: Enrolment Services Advisors

Appendix K: Participant Recommendations

(suggestions for conflicting recommendations are bolded)

Recommended Forms of Fund

- Individuals choose multiple or all from these suggestions from focus groups:
 - Credit on food & grocery delivery apps
 - Gift card (unspecified type)
 - Grocery gift card or credit (sent to mailbox)
 - Individuals choose how much they want on UBC card & groceries, and which grocery stores
 - Money (e.g., as cheque to mailbox through financial services) (opens access to vending machines, choice of cheaper grocery stores, cultural foods at more affordable prices)
 - Not Money - would lead to using it for rent not food
 - **Include money option; it improves food accessibility for others**
 - Prepaid debit card could be an option for some
 - UBC card

Recommended Outlets by Focus Groups

- Exclude expensive outlets to stretch funds (e.g., Point Grill, Triple O's, Ponderosa Commons)
- Exclude Save on Foods UBC (distant for walkers & expensive)
 - **Do not exclude this as other students find it most accessible**
- Exclude Tim Hortons and Starbucks (not healthy)
- Freshmart
- Grocery stores close to campus
- No Frills & Cheaper Grocery Stores
- Ready-to-eat food outlets plus grocery (won't want to cook during exams like usual to save money)
- Save On Foods UBC (some can't easily leave campus, some buy fragile foods there like eggs etc and only leave campus to buy bulk items)

Other Recommendations for Maximizing Positive Health Impact

- Modify program based on how expensive meals are at UBC
- Provide more one month and less another month based on need
- Require referral from Enrolment Services Advisors & target those in financial need or

- with student loans or needs-based scholarship
- Would like educational resources on cheap healthy food to buy at grocery stores

Website-related Recommendations

- Add eligibility, exclusion, & restriction criteria
- Clarify duration of pilot, how long funds are available & how many times they can apply
- Clarify how to access website if not given a direct link
- List outlets accepting UBC card
- Put 'donate' and 'apply now' at top of website
- Shorten length - long page and image; Empty space on the right

Application-related Recommendations

- Add to application that individuals can only apply twice
- Don't require Yes or No to being contacted by Enrolment Services Advisors (just provide information about them)
- Fewer pages or all questions on one page
 - **Students worry the application is too low-barrier and people not in need may take advantage of the Program. Therefore, leave questions on separate pages so it does not easily reveal how low-barrier it is**
- Fix format on phone
- Request CWL log-in (prevent scam or prevent people stealing other's UBC card)
- Share how it works for new transfer students with only digital UBC card (only has barcode), doesn't want to pay for physical card

Recommended audience to target

- AMS and or AMS clubs & specify preferences (e.g., Halal) will be accessible
- Pair with other UBC initiatives
- Promote to international students (COVID disrupted income & funds)
- Promote to people who need it the most (student loans, needs based scholarship)
- Promote to residences (including upper residences)

Recommended promoters

- Department
- Email or Newsletter
- Enrolment Services Advisors or where people go for financial help (frequently contacts Enrolment Services Advisors)
- Have a dedicated team or person conduct outreach
- Posters (Residence Mailbox or Common Areas - Saying 'if you qualify, follow this QR

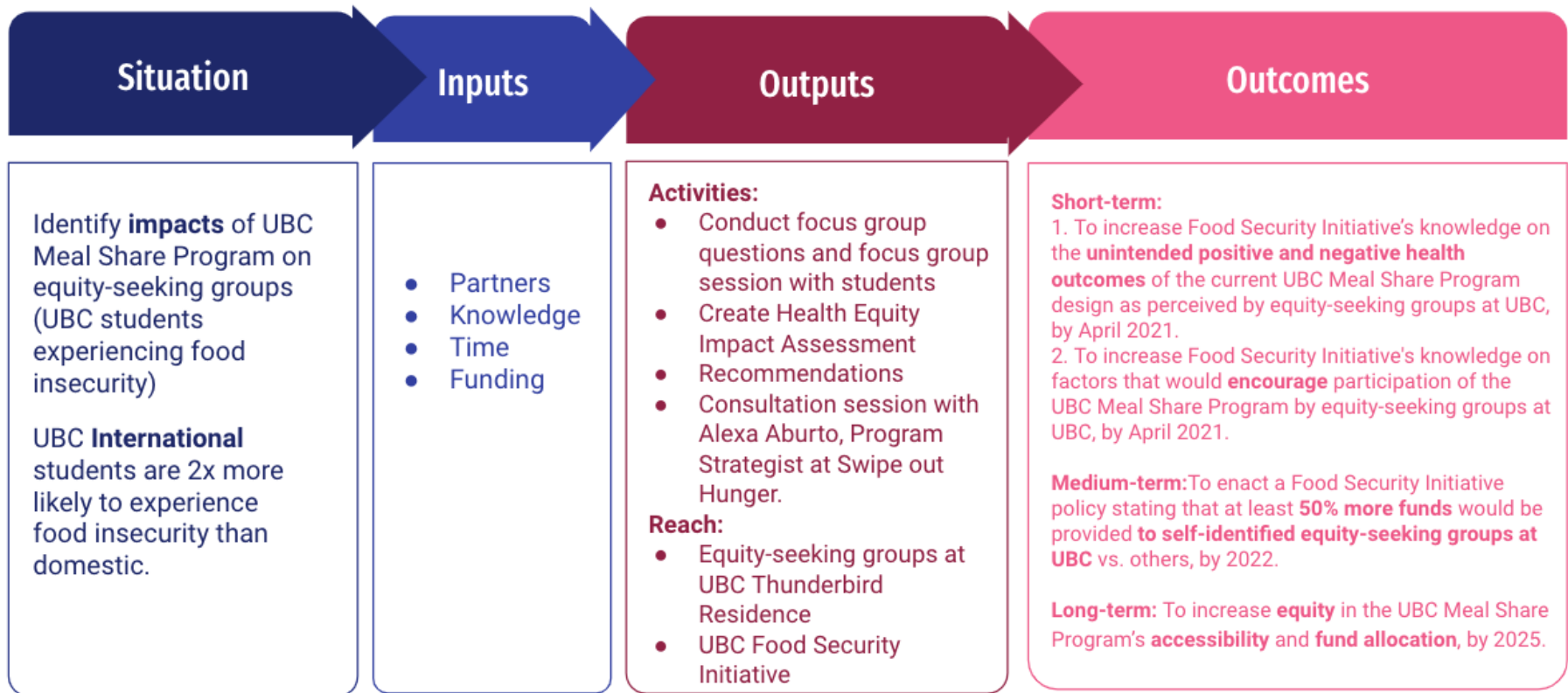
code')

- Residence Advisors should promote the program
- Social media - e.g., tik tok, UBC confessions
- Surveys

Time Students Are Most Likely To Use the Program the Most

- Course due dates (throughout term)
- Fall & Winter terms (rainy, harder to get jobs)
- Finals & Midterms (e.g., less work shifts during this time. eg. after paying tuition knows how much money is left)
- Including summer (classes, lab socials)
- January and February (after little income from seasonal jobs)
- Lab socials which can occur anytime
- Not Summer (might get a job)
 - **Include summer for those who find it helpful**
- Start of term or year - tuition payment
- Times of physical or psychological health issues

Appendix L: Logic Model



External Factors: UBC Enrollment Services, donations amounts, tuition fees, diversity of food selection, food prices

Assumptions: The publicity of this program reached most students, equity-seeking groups desire a stigma-free support program, sufficient data collection, enough funding

Theoretical Framework: Community Organization Theory

Appendix M: Newsletter

Health Equity Impact Assessment for

UBC'S MEAL SHARE PROGRAM



Group 8: Rachel Chan, Betty Cui, Fang-Yu Hsu, Anna Kwasniak, Kiki Meng, Malki Perera

OUR PROJECT

Our group of six UBC students from FNH 473 had the opportunity to collaborate with the UBC Food Security Initiative to conduct a Health Equity Impact Assessment for UBC's Meal Share Program. To complete our assessment, we conducted focus group and survey with equity-seeking individuals to help us form equity-based recommendations on how to improve the Meal Share Program.

WORKING WITH FOOD SECURITY INITIATIVE

Working with the UBC Food Security Initiative team, especially Sara, was an incredibly rewarding and valuable experience. Sara was very supportive throughout the entire process and she always gave us detailed and constructive feedback whenever we updated her on our project. Sara's passion to address on-campus food insecurity encouraged us from the very beginning to complete our project to the best of our abilities.

WHAT WE LEARNED ABOUT...

...OURSELVES & OUR TARGET POPULATION

This project was an eye-opening and humbling experience which allowed us to learn about the food insecurity issues that students on campus face. Learning about their experiences through our focus group interviews gave us a greater purpose to ensure that we come up with well-thought-out recommendations to help improve the program based on students' priorities, so that it is more equitable.

This project taught our group the importance of communicating with our target audience, and the importance of utilizing all resources we have access to in order to conduct a comprehensive Health Equity Impact Assessment.

...CONDUCTING A PUBLIC HEALTH NUTRITION PROJECT

This project gave us the opportunity to apply our knowledge to a real-life setting. Through this program, we learned that project planning was an ongoing process and that we needed to constantly adapt our plan as new obstacles came up. We also learned that implementing an ideal immediate food-relief program is a challenging process, since there are many factors that influence the effectiveness of the program.

We are excited to see the future of the Meal Share Program and hope that the program is able to reach more equity-seeking groups across campus.