

Food and Housing Insecurity

Food and housing insecurity can happen to anyone and at any time. Students with marginalized identities experience food insecurity at higher rates. Approximately 4% of post-secondary students in Canada experience homelessness or housing precarity. With increasing food and rental costs, we can expect this problem to grow in intensity and severity.

If you need help or want to learn more, please visit the resources below.

Food Security Resources:

Here is a list of some of the food security initiatives on campus: <https://www.ucalgary.ca/current-students/food-security>.

- [Map](#) to the Edible Gardens on campus
- Info about the [Student's Union Campus Food Bank](#)
- [Fresh Routes](#) offers affordable produce and groceries and is on campus 1-2 per month.
- This is a useful resource from the SU Foodbank about places to get food for free around the city: <https://www.su.ucalgary.ca/wp-content/uploads/2014/08/Food-Resources-Calgary.pdf>

Housing Resources:

UCalgary is working on a compassionate and strategic strategy to address these issues. In the meantime, if you or a friend are in a challenging situation, the best resource to contact is [Wellness](#).

Additional resources can be found here:

1. welcome@ucalgary.ca is an email you can use to connect with someone, if you're struggling to find housing.
2. <https://www.ucalgary.ca/current-students/housing> is the off-campus housing website for UCalgary. The SU also runs a rental board: <https://www.su.ucalgary.ca/programs-services/student-programs/housing/>
3. For information on the rent assistance from the government of Alberta, please visit the GSA website: <https://gsa.ucalgary.ca/services/food-and-housing/>

Wellness

1. UCalgary [Wellness](#) Services offers a robust physical and mental health program, including neurodiversity support.
2. If you have an urgent concern about someone the [Student at Risk](#) team is great resource!
3. Wellness has a harm reduction advisor for substance abuse: <https://www.ucalgary.ca/safer-substance-use/student-support>
4. Haskayne's Academic Development Specialist is a very valuable resource for undergraduate students. Susan is a Registered Social Worker who also does wellness and mental health [appointments](#) for students outside of the Academic Development Program.