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Inspiring excellence, transforming lives through quality, impact, and care







BACKGROUND & INTRODUCTION



Our Goal

- - Ensure that the most vulnerable students are assisted
 - Provide information on healthy food options
 - Create an environment for them to complete their studies
 - To improve student success and well-being
 - To develop and implement a health-promoting food environment





Institutional Context

- Contributing to the UFS Strategic Plan, Strategic Goal 1 (to improve student success and well-being)
- The University has compiled a Food Environment Strategy to develop and implement healthy food environment.
- Students can be informed and empowered to take appropriate action regarding nutrition.



Programme Background

- To create aware of inadequate food environment programmes on university campuses
- To provide a platform for students to be assisted with food and improve food insecurity
- To enhance the coping capacity of students and develop them to be more resilient





National Research

- Data that was collected shows:
- 70% of students cant afford to buy food at some point in their year.
- 20% of students are persistently hungry
- 24% of students named food insecurity as a reason they dropped out of varsity
- 30% of students named living cost as a reason

National research



Less than a third of students indicated that they had never run out of food and not being able to buy more. This means that 70% of students have at some stage in the relevant year been hungry. For 24% of the sample, this happened most days or every day.



Except for tuition fees, 85% of students are worried about having enough money for day-to-day necessities, with 25% of students saying that they are worried about this on a daily basis.





Philosophical Context

Food security is the ultimate outcome.

"ESTABLISHING GOOD HEALTH AND WELL-BEING: ONE BITE AT A TIME"







WHAT DO WE DO AND HOW DO WE DO IT?



Programme Initiatives

- NSH bursary one healthy meal a day
- Food Parcels
- Vegetable Garden
- Information and support on healthy food choices
- Training of Students in The Vegetable Garden













UFS Community Gardens

- The project initially began at residences in 2016
- Challenges Faced- Maintaining gardens during recess.
- In 2019, the project was relocated to a central place, overcoming this obstacle, and other challenges related to water availability.







Collaboration

Food Environment Office; Kovsie ACT; Residences; NAS Faculty





HOW DO WE CONTRIBUTE TO WELL-BEING



Educational Intervention

- Learning Experience
- Graduate Attributes
- Practical Skills
- Sustainable food practises



- Alleviate food insecurity

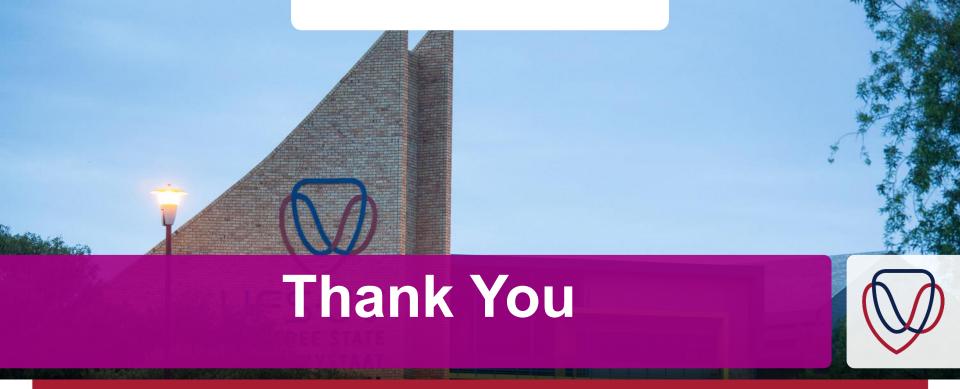






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