

The No Student Hungry Programme



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

VISION **130**
*Renew and Reimagine
for 2034*

UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
VRYSTAAT
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FREISTATA



UFS
STUDENT AFFAIRS
STUDENTESAHE
DITABA TSA BATHUTHI

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 can't 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

In the past year, have there been times that you ran out of food and could not afford to buy more?



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.

How often do you worry about having enough money for day-to-day necessities?



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



END



Thank You



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