



The **BCIT Student Association** is excited to share a new service for students facing food insecurity. Through our partnership with the Greater Vancouver Food Bank we are happy to announce our new **Food Support Hub**.

This all-encompassing service includes a number of different avenues for all BCIT students to access support.

### BCITSA Food Pantry

Students who need immediate food support can access free, healthy food through the Student Association Food Pantry, located in SE2, 2<sup>nd</sup> floor, next to the elevator. We do our best to stock healthy, nutrient-rich, shelf stable and fresh food for students to select from. Students may access the Food Pantry in two ways:

Method	Pick-Up Times	Time to Shop	Access per Term	Form to complete	Rules	General Expectations
Booking an appointment	<p>Wednesday: 2-4pm</p> <p>Thursday: 11am-2pm</p>	10 minutes	3x per term	<p><a href="#">Food Pantry Form</a></p> <p><i>Upon completion of the above form, students will automatically be directed to the booking page to book their time slot</i></p>	Students who don't show for their booked appointment will have to wait until drop-in times	<p>Students must bring:</p> <ul style="list-style-type: none"> <li>- BCIT student ID</li> <li>- At least 2 reusable bags or large backpack</li> </ul>
Drop In	Thursday: 2-3pm*	5 minutes	Unlimited	N/A	<p>First Come, First Serve</p> <p>One student in the pantry at a time</p>	Students may only take food that is labelled as available, within the quantity limits set (these limits may change from time to time, depending on availability).

\* Students experiencing emergent food insecurity may still come to the Student Association outside of drop-in times and receive a pre-packed bag of protein-rich, ready-to-consume foods.

## Emergency Food Fund (EFF)

Students experiencing emergent food insecurity, who are primarily based online or at the Specialty/Satellite campuses may be eligible to receive funds to purchase emergency food. Please note that students who are primarily based at the Burnaby campus have access to the Food Pantry and are *no longer eligible* to receive the EFF unless they are physically unable to shop the Food Pantry. Eligible students may access the EFF either through referral by BCIT/BCITSA stakeholder, or through our [Wellness Support Services form](#).

## Quest Food Exchange

Students may receive a membership to shop at this low-cost grocery store that operates on a referral-only model. Students may select from several locations and the membership is valid for 3 years.

## Nutrition Coaching

[Free coaching session](#) with a Nutrition Coach to help students address their food-related questions. Coaches will meet with students to understand their needs, then develop a customized plan for students to utilize. First appointment is 50 minutes, follow-up appointments are 30 minutes.

## Financial Webinars

Students will receive access to attend free [financial webinars](#) throughout each term. These student-facilitated webinars are conducted in partnership with the Canadian Foundation for Economic Education on a number of topics including budgeting, saving, investing, doing taxes, taking out credit/borrowing money, among others. Students who attend a minimum of four webinars in a year (over two terms) will be entered to win \$250 cash!

## Community Resources

Students who access any of the Food Support Hub services will receive our Community Resource Guide that provides information about support options within their communities, such as food banks, food hamper programs, low-cost clothing, free meal programs, discounted bike share memberships, etc.

## Volunteering Opportunities

Students interested in [volunteering with the Food Pantry](#) can apply. This is a great opportunity to develop leadership skills, customer service and communication competencies, among others, all while giving back to the community. To learn more about volunteering, please review the [description](#).

## More to come!

As we continue to develop the Food Support Hub, we plan to bring even more valuable resources and opportunities to students. In the coming months, we will include all **community resources** and forms on the BCITSA website, in addition to a new, free **food-related course** about foundational nutritional education! We look forward to sharing these new developments in the coming months.

## Reach out

For more information or to have your questions answered, please reach out to [wellness@bcitsa.ca](mailto:wellness@bcitsa.ca) or **604.432.8549** to speak with our Wellness & Advocacy Coordinator.