Frequently Asked Questions

Where can I learn about food services on and off campus?
The UBC Food Asset Map provides information about different food related services and resources on campus, including student-run cafes, UBC Food Services establishments, and food skills workshops\(^2\). The Vancouver Food Asset Map provides information about food services for across Vancouver\(^3\).

How can I reduce food waste?
Plan your meals for the week in advance and only buy as much as you need to prepare those portions.

Who do I talk to for more information about nutrition?
UBC Food Services provides free consultations with a registered dietitian for students living in residence at UBC\(^4\). The Wellness Centre has nutrition resources, such as recipes, healthy eating handouts, and nutrition workshops geared towards students! Dial 811 and ask to speak to a dietitian-- free for anyone with a Provincial Health care card.

Where can I learn to cook?
Join the UBC Cooking Club or attend workshops on campus. You can also volunteer at Agora to learn cooking and other skills. Cooking with friends is a great way to share time, food and fun.

How do I get involved in growing food?
Across the campus and city, you can learn to grow food in community gardens, through workshops, with student groups and communal gardens. Volunteering is a great way to connect with experienced food growers and meet new people.

References
(1) Canada’s Food Guide food-guide.canada.ca
(2) UBC Food Asset Map sustain.ubc.ca/teaching-applied-learning/seeds-sustainability-program/ubc-food-system-project
(3) Vancouver Food Asset Map vch.ca/public-health/nutrition/food-asset-map
(4) UBC Food Services Registered Dietician food.ubc.ca
(5) Grow Green Guide growgreenguide.ca

Acknowledgements
This brochure was co-created with input from AMS Student Food Bank, UBC students, Roots on the Roof, UBC Wellbeing, and UBC Botanical Garden. Funding and support for this brochure was provided by the UBC Wellbeing Food and Nutrition Working Group.

Text by: Iris Lopez Ramirez, Simran Sidhu, Tara Moreau.
Illustrations: Emma Ng. Design: Katie Teed. Translations: Beryl Zhuang (Chinese & Latin), Cali Schnarr (French).

We acknowledge that the UBC Point Grey campus is situated on the traditional, ancestral and unceded territory of the Musqueam people.

Connecting to Food
Food brings connection with land, culture, and people. We eat for many reasons including celebrations, rituals, comfort and to connect with others. In addition, learning to grow, harvest, prepare and share foods provides endless opportunities to connect with friends while learning new skills.

Eating Plant-Based Foods
Plant-based foods include fruits, vegetables, and plant-based proteins such as beans, lentils, chickpeas, nuts and soy. Including plant-based foods can enhance physical health and mental health. In addition, we can support sustainable food systems as many of these plant species are grown in Vancouver.

Canada’s New Food Guide\(^1\)
The new Canada’s Food Guide is now a web-based resource with recipes, videos and actionable advice.

The new food guide promotes “how” to eat:
• Cook at home with friends and family
• Have fun trying new foods and new recipes
• Eat meals with others

Metro Vancouver’s Grow Green Guide\(^5\) provides ideas for growing food like this Hummus Yummus planter with chickpeas and garlic.