

A large, dark silhouette of a plant with many small, round berries, possibly a huckleberry bush, is positioned on the right side of the cover, extending from the top to the bottom. The background is a solid blue color.

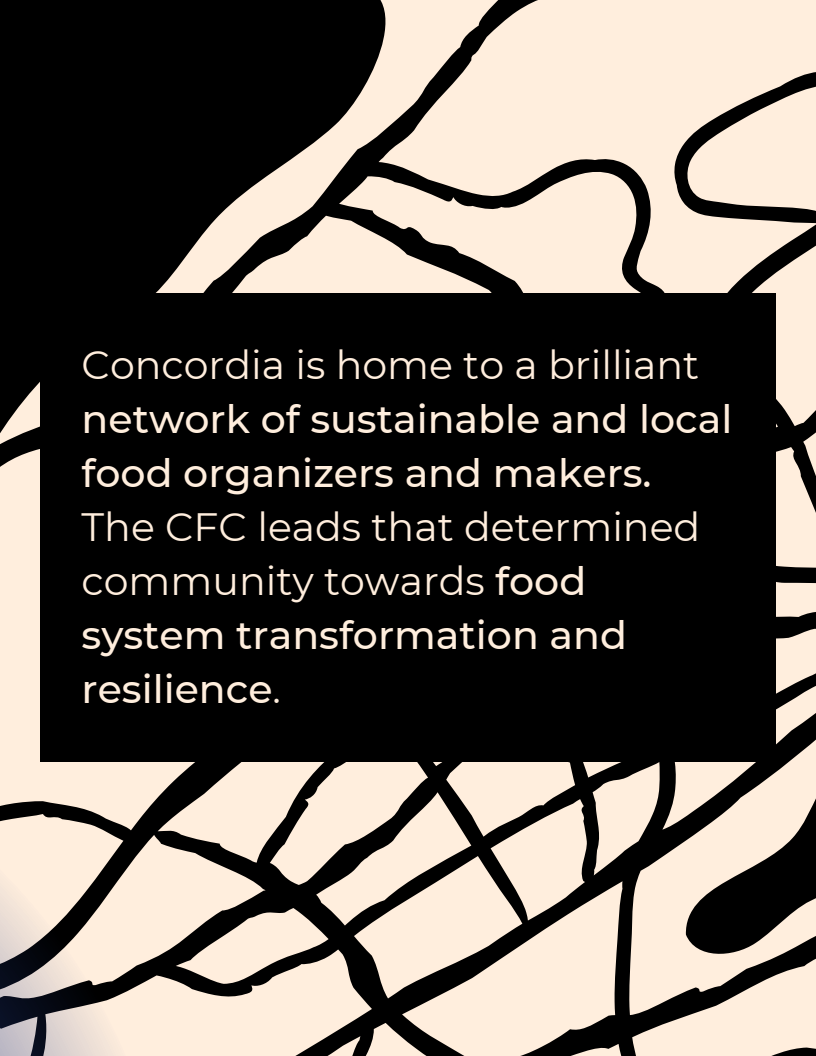
STUDENTS GOOD FOOD GUIDE

**CREATED BY THE CONCORDIA
FOOD COALITION**

CONCORDIA UNIVERSITY IS LOCATED
ON UNCEDED KANIEŃ'KEHÁ:KA
TERRITORY.



printed
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Concordia is home to a brilliant network of sustainable and local food organizers and makers. The CFC leads that determined community towards food system transformation and resilience.

WHY CARE ABOUT WHAT YOU EAT?

Food is so much more than calories.

Food is a human right.

Even though our food choices feel like individual decisions for our personal health and wellbeing, they actually affect (and rely on) the health of our communities and our environment. *There are ecological, economic, social, and ethical implications behind each bite.*

Making good choices is a tall order for all of us to figure out, and *our choices are majorly impeded by systemic issues* affecting the food value chain.

It is our individual and collective right to choose how our food is produced, distributed and consumed. Your good food choices won't totally fix the food system, your actions matter!

You can *use this guide* to help you find the healthy, affordable, environmentally sustainable and socially equitable foods available around campus.

It may also serve to inspire you to *become part of the network of community food leaders around Concordia.*



WHAT IS

Good Foods

- promote good personal health, the wellbeing of local and global communities and integrity of the environment. A diet based on whole foods and mostly plants is a great foundation.



Whole foods

- are defined as "foods that are obtained directly from plants or animals and do not undergo any alteration following their removal from nature"
(Ministry Of Health, 2014).

“GOOD FOOD”?

A plant based diet

- is “based on fruits, vegetables, tubers, whole grains, and legumes: and it excludes or minimizes meats (including chicken and fish), dairy products, and eggs, as well as highly refined foods like bleached flour, refined sugar, and oil” (Pulude, 2016).

Many folks enjoy or need to eat some animal products, but for a lot of us, living off of a balanced, mostly plant based diet can provide the vitamins and nutrients a body needs!

When choosing good foods, consider :

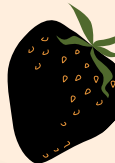
1 Seasonal, locally or regionally grown foods.

Buying straight from local farms or farmers markets means you pay a lower price than at a grocery store

- *Check out the Concordia Farmers' Market and our CSA partner basket subscriptions*
- *Find a local farm at www.fermierdefamille.org/*

2 'Ugly' vegetables and fruits.

They tend to be wasted otherwise, and are often cheaper but perfectly good to eat





3 Whole foods grown

with Organic / Biodynamic / pesticide-free / regenerative methods

4 Direct Trade or Fair Trade certification

for non-local products - this means the farmers in other countries are getting fair prices for their goods

5 Meat and animal products with labels such as

ethically or cruelty-free raised, grass-fed, free-range, cage free eggs, grass-fed and organic, sustainable fish with labels such as the Marine Stewardship Council (MSC)

6 Growing your own food!

You can find workshops and events to learn how on the CFC website



7 **Avoiding Ultra-Processed Foods**

“Ultra-processed foods are industrial formulations made entirely or mostly from substances extracted from foods (oils, fats, sugar, starch and proteins), derived from food constituents (hydrogenated fats and modified starch), or synthesized in laboratories from food substrates or other organic sources” (Ministry of Health, 2014)

Things like, breakfast cereals, frozen pizza, soda, and chips are not real foods. These “edible food-like substances” (Pollan, 2008) are considered to be the reason why $\frac{2}{3}$ of Canadian adults are obese or overweight

These foods use industrial production methods that are environmentally devastating and socially inequitable

8 Reducing your consumption of Animal Products

The production and distribution of industrial meat products increases greenhouse gas emissions responsible for global warming, deforestation (to make space for grazing cattle and growing animal feed), and wasting and contaminating large amounts of water

“Animal agriculture makes a 40% greater contribution to global warming than all transportation in the world combined: it is the number one cause of climate change” (Foer, 2010)

When choosing what to eat, understand the reality that factory farmed animals endure a life of cruelty and abuse. As famously said by Paul McCartney, “If slaughterhouses had glass walls, we would all be vegetarian.”

KEEP IN MIND IT IS ABOUT BALANCE

It takes time to develop healthy habits that make you feel great and also promote a healthier world. Be kind to yourself and others about these choices!

GOOD FOOD CAN BE AFFORDABLE

In 2022 **food prices rose an average of 9.7%**, due to global supply chain issues, inflation and other destabilizing factors resulting from the COVID-19 pandemic. As a result, over **40% of Canadians feel most affected by food prices** above all other basic life expenses (Stats Can, 2022).

With rising prices, you might feel like it is harder than ever to afford good food, but there are still ways to do it:



- 1. Shop or eat at community food programs*
- 2. Try to cook for yourself as much as possible*
- 3. Make too much. Leftovers are key!*
- 4. Try to reduce waste*
- 5. Whenever you can, prioritize spending on food*

GOOD FOOD CAN BE AFFORDABLE

*** Shop or eat at community food programs**

More than 20% of us are likely or very likely to get some of our food from food banks, charities, soup kitchens, school programs and community gardens - that's a 10x increase, since early 2020

See the Gems & Community options list later in this booklet

*** Try to cook for yourself as much as possible**

Cooking following a recipe is definitely easier than writing that 10 page essay that is due

FREE AND AFFORDABLE VEGAN RECIPES BOOKS:

- Campus cookbook archive (on our Archive website page)
- Hive Free Lunch CookBook (available for \$10 at the Hive Cafe Co-op)

*** Make too much. Leftovers are key!**

Don't fear freezing, the freezer is a great way to preserve fresh foods and leftovers.

* **Try to reduce waste!**

- *Expiration dates are just suggestions.* Get creative cooking with food that needs to be eaten soon. Plan meals ahead of time!
- *Dumpsters.* Montreal dumpsters are full of perfectly edible foods. It's economically smart and ecologically responsible to divert such waste.
- Try to *buy in bulk.* Nuts, grains, legumes, seeds, etc. These staples go a long way!

4

"Households in Canada waste, on average, \$28 worth of food each week" (Toronto Food Policy Council, 2014).

* **Whenever you can, prioritize spending on food**

Your diet fuels your brain as much as your belly, and 95% of your serotonin

(the neurotransmitter that regulates sleep, mood, appetite and pain) is made in your digestive tract (Harvard Nutritional Psych, 2020), and studies show a high correlation between food and mood.

5

EMERGENCY RESOURCES

ON CAMPUS

If you are a student facing food insecurity there are a few resources on campus to help you quickly.

- The [Student Emergency Food Fund](#), registered Concordia students in urgent need can get grocery store gift cards.
- The Concordia Student Union offers [Emergency Food Vouchers](#) by emailing office@csu.qc.ca
- Megan's Fridge (Hive Free Lunch, Loyola) offers a [community fridge and pantry](#)
- Warm Hearts Fridge (2110 Mackay) offers a [community fridge and pantry](#)
- The People's Potato (7th floor, Hall building) offers [emergency food baskets](#) on specific Fridays during the school year
- Community Cravings (7th floor, Hall building) offers a [community fridge and pantry](#)

For a detailed list and links



WANT TO KNOW MORE OPTIONS?

211 Grand Montreal provides multilingual information and referral regarding community services including health, food security, social and government services.

www.211qc.ca

SGW GEMS

ORGANIZATION

WHAT

WHERE

HIVE CAFÉ CO-OP

Healthy affordable food options. Buy a coop membership to receive a 10% discount.

2nd floor of the Hall Building

www.hivecafe.ca

PEOPLE'S POTATO

Free vegan lunch Mon - Thurs
12:30pm-1:30pm.
BYO tupperware.
Monthly foodbank.

7th floor of the Hall Building

www.peoplespotato.com

REGGIES CO-OP BAR

Affordable food and drinks. Get a membership to receive discounts.

2nd floor of the Hall Building

www.reggies.ca

COMMUNITY CRAVINGS

Free pantry and fridge for students

7th floor, Hall Building

CONCORDIA FARMERS' MARKET

Local vendors selling foods and artisanal products. Runs weekly Sept-October.

In front of 4th Space at de Maisonneuve and Mackay

www.concordiafoodcoalition.com



LOYOLA GEMS

ORGANIZATION	WHAT	WHERE
HIVE CAFÉ CO-OP	Healthy affordable food options. Buy a coop membership to receive a 10% discount.	2nd floor CJ Building (2.341) www.hivecafe.ca
HIVE FREE MEALS	Free vegan breakfast (9:30-10:30) and lunch (12:30pm-1:30pm) Mon-Fri. *BYO tupperware* Volunteering.	2nd floor of the SC Building www.hivecafe.ca
COOP CULTIVATION URBAN FARM	Volunteering & education opportunities CSA baskets & weekly market stand.	Gardens north of Hingston Hall B www.cultivaction.ca
MIND.HEART. MOUTH	Experimental community garden. Volunteering & food donations.	Gardens east of Hingston Hall A www.mindheartmouth.com
CONCORDIA FARMERS' MARKET	Local vendors selling foods and artisanal products. Runs weekly July-August.	7141 Sherbrooke W near the Chapel www.concordiafoodcoalition.com

COMMUNITY ORGS

ORGANIZATION

WHAT

WHERE

SANTROPOL ROULANT

Weekly markets,
CSA and free meals

111 Roy East
santropolroulant.
org

INNOVATION ASSISTANCE

Community Kitchen &
Solidarity Market with
50- 80% price discount

1439 Ste Catherine
West
innovation-
assistance.org

MIDNIGHT KITCHEN

Free lunch (1pm) most
Thursdays during the
semester (Check
website before going)

3480 McTavish
SS 2nd floor
(McGill)
midnightkitchen.
org

THE DEPOT

Growing, cooking and
Good Food Markets
weekly June - October

2146 Marlowe
depotmtl.org



OFF CAMPUS GEMS

ORGANIZATION

WHAT

WHERE

P.A. GROCERY

Affordable grocery store
steps from SGW
campus

1420 du Fort (SGW)

TOO GOOD TO GO

Cheap surplus food
from local stores

get the app at
toogoodtogo.org

THALI CUISINE INDIENNE

Cheap vegetarian and
vegan friendly with
gluten free options

1409 St-Marc (SGW)

COMPTOIR KOYASUN

Cafe with cheap
sandwiches, bowls,
dumplings & ramen

6963 Sherbrooke St W
(Loyola)



CONCORDIA (OUR)

PRODUCTION

Growing food, plants & seeds

- Coop CultivAction
- People's Potato Collective Garden
- Hamidou Horticulture
- mind.heart.mouth
- Concordia Greenhouse
- HydroFlora
- Concordia Pollinators
- Sankofa Farm Coop

PROCESSING

Transforming food

- Hive Café Co-op
- Hive Free Lunch
- The People's Potato
- Reggies Co-op Bar
- Le Frigo Vert

SUPPORT & ADVOCACY

- Concordia Food Coalition
- Sustainability Action Fund
- SEIZE

FOOD SYSTEM



DISTRIBUTION

Selling & Giving food

Resto/Cafeteria:

- Hive Café Co-op
- Reggies Co-op Bar

Community Kitchens:

- The People's Potato
- Hive Free Lunch

Produce & Grocery:

- Concordia Farmers' Market
- Coop CultivAction
- Hamidou Horticulture
- Megan's Fridge

WASTE MGMT

Recuperation initiatives

Reusable & BYO Dishes:

- Hive Café Co-op
- Hive Free Lunch
- The People's Potato
- Zero Waste Dish Project
- Cano Cup Program

Compostable Packing:

- Hive Café Co-op
- Reggies Co-op Bar

Education:

- enuf
- mind.heart.mouth

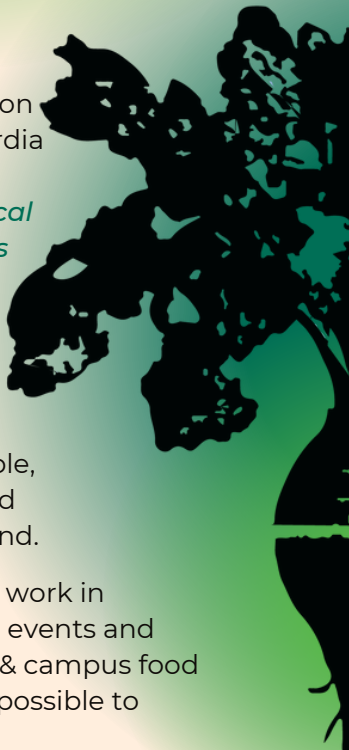
- Sustainable Concordia
- Q-PIRG Concordia
- Centre for Gender Advocacy

- Concordia Student Union
- Graduate Students Assoc.
- CUTV

WHAT IS THE FOOD COALITION?

The Concordia Food Coalition (CFC) is a non-profit organization and a fee-levy group at Concordia University. *We tackle the economic, social, and ecological implications of the way food is accessed in our community.* We bring together students, faculty, and staff *to teach, learn and incubate food projects* in order to build a community-centred, sustainable, affordable and democratic food system at Concordia and beyond.

Student fee levy dues feed our work in student advocacy, educational events and capacity building for students & campus food groups. Fee levy dues make it possible to make guides like this one.





GET INVOLVED!

**JOIN THE FIGHT FOR A LOCAL,
AFFORDABLE, AND SUSTAINABLE
FOOD SYSTEM**

**WHAT'S THE
GOAL? LOCAL
CONTROL!**

**Check out our website for events and
opportunities to get involved with Food System
Transformation at Concordia and beyond!**

**info@concordiafoodcoalition.com
www.concordiafoodcoalition.com**

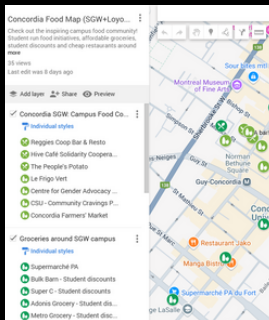
**@concordiafoodcoalition
SZ-204.1 1455 de Maisonneuve Ouest
Montreal, QC, H3G 1M8**



CAMPUS FOOD MAP

YOU ARE
HERE

- Free meals on campus
- Cafes
- Grocery stores
- Affordable restaurants



concordiafoodcoalition.com

