



# THE CONCORDIA FOOD MOVEMENT

Highlights on the road to a  
food sovereign campus

Concordia Food Coalition

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

# INTRODUCTION

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We created this zine to celebrate the achievements and acknowledge the challenges of making a campus community food system.

**Concordia has a long history of student organizing for social justice, and the food movement is no exception.**

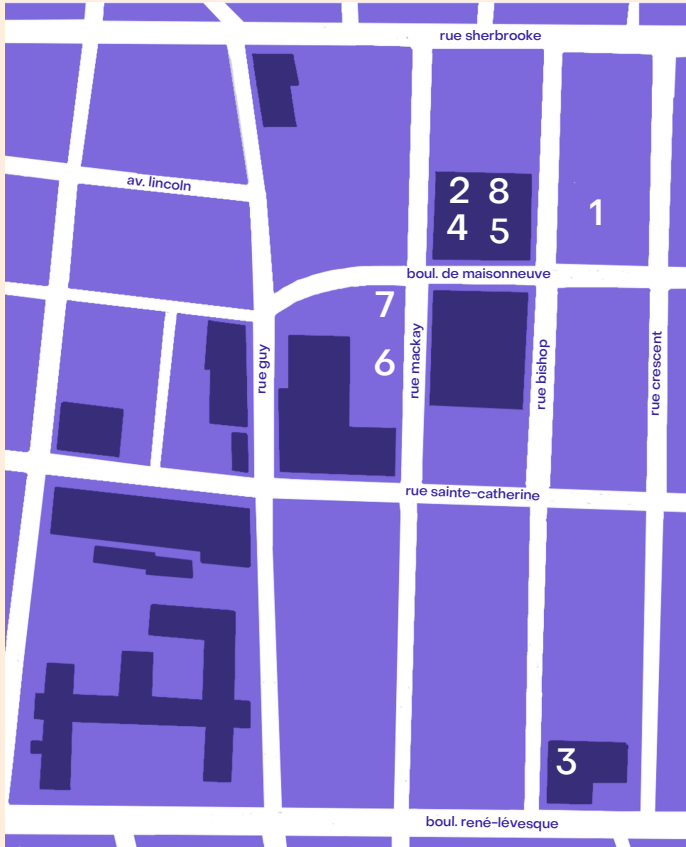
The institutions and groups that support students today are the products of decades of work to establish **autonomy, fairness, and equity in the university food system**; many of the ambitions of current food justice advocacy groups have been passed down by generations of students.

When flipping through this zine, we recommend taking a look at the **maps**, and remembering next time you walk through campus that all of these accomplishments were created by someone exactly like you!



## Mapping the food justice movement : Sir George William Campus

Sir George William campus has seen a plethora of different food groups since the 1960s.



Scan the  
QR code to  
learn more  
about each  
location



# Legend - SGW

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1. **Student Union Coffee House / Karma Cafe:** a student-run coop active during the 1960s-1970s.
2. **Reggie's Bar:** a campus bar on H231 which supported the growth of student-run food initiatives.
3. **Cafe X:** a student run cafe coop in the VA building founded in 1983, expanding to the EV building before its closure in 2018.
4. **People's Potato:** founded in 1999, free and vegan community soup kitchen.
5. **Concordia Greenhouse:** located on the 12th floor of the Hall Building, the greenhouse has supported urban agriculture projects since 2004.
6. **Le Frigo Vert:** an anti-capitalist, anti-oppression, food, alternative health, and community space.
7. **QPIRG Concordia:** a resource centre for student and community research and organizing that aims to connect the campus to community struggles.
8. **The Hive Cooperative:** SGW campus cafe (H239) and Production kitchen (H735) opened in 2014, returning space to student-run initiatives.

*Transitions Conference and Food Autonomy Campaign are not pictured on the map due to their lack of static location.*

# Student Union Coffee House

1970-1975  
1476 Crescent

In 1966, the Student Union decided to buy a building at the corner of Maisonneuve and Crescent. Inside, the coffee house (aka Karma Café) served as a lounge and hangout space and a Coop that offered a lunch program, grocery store and even a daycare.



Photo c. 1970 via  
Concordia Archives

# Reggie's Bar

1977 - Present  
(H 231)  
1455 de Maisonneuve W.

Reggie's Bar opened in 1977 on the 7th floor of the Hall Building, after years of advocacy for autonomous student space on campus. In 1994, it moved to the 2nd floor Mezzanine spot; where it has served as a student lounge, informal project incubator and activism meeting place ever since. Originally part of the CSU for-profit business ("CUSACorp") the bar converted to an independent solidarity cooperative in 2016.

# Quebec

## Public Interests

## Research Group

1981 - Present  
(205)

2100 Guy St

Started in 1981 empowering students in civil and political activism, human rights and self determination. QPIRG was one of the first Concordia student groups to really invest in student activism around food. They funded and published the book “Hungry for Justice: A Montreal Guide to Socially Responsible Food Choices” (1992) which spurred many of the food projects we still have on campus today.

## Cafe X

1983 - 2018  
(VA 229 and EV 7.750)  
1515 Saint-Catherine St W

Cafe X opened in 1983 in the VA building as a solution to limited resources available to fine arts students, being far away from the centre of campus. Café X offered an **affordable menu, job opportunities, and a small gallery for student work**. A second location later opened in the EV building. Due to financial difficulties and an increase in food options for students, the cafe closed permanently in 2018.

1993 - Present

Formally at 2110 McKay

Now at 1444 Rue Mackay

## Le Frigo Vert

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Le Frigo Vert sprouted out of a QPIRG Working Group and buyer's club for **ethical food** called the "Eat Your Peel Collective". The collective was the first food based fee levy (\$1.70 / student) at Concordia. Since 1993, Le Frigo has served as the **campus grocery store with affordable prices**. They also offer PWYC weekly food baskets, PWYC Herbal Medicines and hosts workshops. The Frigo Cafe within offers coffee, tea, lunch and snacks.

## People's Potato

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1999 - present

Various locations, currently

1455 de Maisonneuve W

Forming in response to food insecurity on campus, the People's Potato founders were inspired by Mother Hubbard's Cupboard and Le Frigo Vert. Originally serving food out of the Reggie's Bar basement, the Potato moved into its current space in 2006. The worker's collective and volunteers **provide vegan meals Monday-Thursday, a food bank, and runs a community garden at Loyola**. The Potato champions anti-oppressive & anti-capitalist principles, and supports student & community activism with solidarity servings.

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# Concordia Greenhouse

2004 - Present  
13th floor  
1455 de Maisonneuve W

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Built in 1966, the greenhouse was originally used by the Biology department, but in early 2000s the University made plans to dismantle the space. Following advocacy from Sustainability Concordia, the Concordia Greenhouse Project was launched to decontaminate and revitalize the space, which eventually re-opened in 2006 as a community hub for sustainable education and research.

As a fee-levy, the Greenhouse became home to many different sustainability initiatives, such as a composting project, seedling sales, educational workshops, horticulture education, and the City Farm School program.



Concordia Greenhouse,  
2013

# Transitions Conference

2014 - 2019  
Various locations

Originally a student project, then run by the CFC, the Transitions Conference was a 3 day series of workshops and lectures focused on local, sustainable food economies.

Transitions helped catalyze student support for food cooperatives.



# Food Autonomy Campaign

2018 - 2019  
Various locations

The Food Autonomy Campaign, or "Fuck Aramark Campaign", was launched by undergrads in September 2018 to advocate for Concordia to cut ties with multinational food service corporations and shift towards a more ethical and sustainable option.

While short-lived, the movement to divest from food service corporations still persists.

# Snapshot of Concordia in the 1970's



Student Union Coffee House

Photo c. 1970

Concordia Archives

Loyola fine arts  
exhibition, 1973

Concordia Archives



## Mapping the food justice movement : Concordia Loyola Campus

Loyola has been home to a variety of food groups, most notably several agricultural projects located in the campus' abundant green space.



Loyola Campus

Scan the  
QR code to  
learn more  
about each  
location



# Legend - Loyola

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1. **Guadagni Lounge:** Founded in 1964, the G Lounge was a student space run by the Inter-Fraternity Council, but over time transformed into a student hub and café.
2. **People's Potato Garden:** A working group of the People's Potato that began in 2000, the garden is a space where volunteers can learn gardening skills while harvesting food for NDG community centers.
3. **City Farm School:** Originally began in 2011, working out of the Concordia Greenhouse, CFS offered urban farming and herbalism internships.
4. **RealiTea Garden:** While this tea garden only lasted one year (2010), it was among the first of many student-run farming projects to come at Loyola.
5. **Hive Free Lunch and Hive Cafe:** A daily free lunch program, started in 2014, that runs out of the Hive Café.
6. **CultivAction:** A solidarity co-op growing food for CSA baskets and market stands that was founded in 2022.

# Guadagni Lounge

1973 - 2019  
4th floor, Central Building (CC)  
7141 Sherbrooke St W

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The Guadagni Lounge, or G Lounge, was a **student lounge and cafe** run by the Inter-fraternity Council. The space hosted **social events** and in its later years offered **sustainably-sourced food and drinks**.

Due to needed renovations and the pandemic, the G Lounge closed indefinitely in 2019.

# People's Potato Garden

2000 - Present  
Lawn by Hingston Hall B

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The People's Potato Garden was created in 2000 with the aim of **growing local produce** and to create **opportunities for students and community to get their hands dirty in the garden**. It was one of the first places on campus that students and the community could participate in food production.

Produce grown in the garden is distributed to volunteers and different community organizations in NDG.



# RealiTea Garden

2010

Lawn by Hingston Hall A

RealiTea garden, although short-lived, marked the beginning of community agriculture projects on this site. As a nod how local their production was, their slogan read, 'Tea grown 50 metres from your cup!' The garden was founded by the Concordia Food Systems Project with the aim of producing herbal teas for the Hive, and was designed with permaculture principles to be self-sustaining.

# City Farm School

2011 - Present

Lawn by Hingston Hall B

City Farm School, a project of the Concordia Greenhouse, offered small-plot **intensive garden training program and herbalism internships** out of gardens on the lawn by Hingston Hall. Since the pandemic, the plots have now come under the management of **CultivAction Coop, Hamidou Horticulture** and others.

The herbalism internship is still offered by the Concordia Greenhouse.



# The Hive Cooperative Cafe

Founded in 2013  
Opened in 2014 - present  
Loyola Cafe (CJ-2.34)  
Downtown Cafe (H-239)

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A project of the CFC and the CSU team Community Matters to reclaim food spaces, the Hive was started for students, by students in 2014 and was the first solidarity cooperative on campus. The Hive won production kitchen space negotiations with the Administration in 2015, legitimizing its role in the student-run food movement and making it possible to cook food in-house. The Hive has a café on each campus, where students can stop by for healthy, affordable, homemade vegetarian meals and to study, relax or host meetings and events.

2014 - present  
(SC-200)

## Hive Free Lunch

7141 Sherbrooke W

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The Hive Free Lunch is a vegan, nut-free meal served every weekday to students, faculty, and community. The program is supported by volunteers and funding from the CSU and ASFA.

Loyola Campus





# CultivAction

2022 - present  
Lawn by Hingston Hall

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CultivAction is a solidarity coop of urban farmers located at both Loyola and other plots in the city. The coop uses **regenerative agriculture practices** to grow its produce, which are available to the community through **CSA baskets, farmers markets**, and supply the Hive cafe with **hyperlocal produce**.

CultivAction welcomes volunteers and host agroecology educational programming on sustainable food production.



Loyola Campus



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.





Zine by Isabel Teramura & The CFC Team

Thanks to the SEIZE SEMI program for  
their support on this important project.

Find out more about their work at  
[solidarityeconomy.ca](http://solidarityeconomy.ca)

Special thanks for Erik Chevrier for his work  
on mapping the Food Systems at  
Concordia.



# Get Involved!

Join the movement for a **local, equitable, and sustainable food system** on campus!

Check out our website to see our events, programs and opportunities to get involved.

## WHAT'S THE GOAL? LOCAL CONTROL!

### HOW TO REACH US

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*PLEASE CHECK OUR WEBSITE FOR PHYSICAL ACCESSIBILITY INFO*