

# Food at McGill:

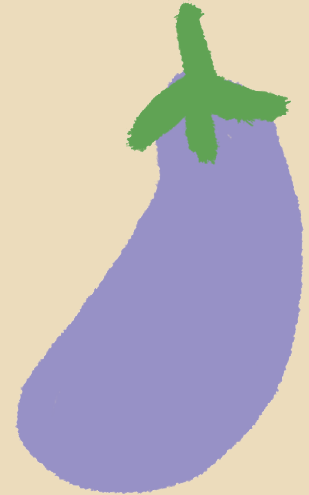
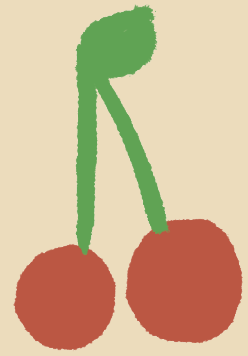
a guidebook

March 2024





# *Getting Started with this Guide*



The Food at McGill Guidebook was put together by a group with the Integrated Management Student Fellowship (IMSF), in collaboration with various food groups at McGill. This guidebook aims to provide a centralized compilation of the available resources, organizations, and projects related to Food at McGill.

We also recognize that McGill University (Tiohtiá:ke/Montreal) is situated on the traditional territory of the Kanien'kehà:ka, a place which has long served as a site of meeting and exchange amongst many First Nations including the Kanien'kehá:ka of the Haudenosaunee Confederacy, Huron/Wendat, Abenaki, and Anishinaabeg. We recognize and respect the Kanien'kehà:ka as the traditional custodians of the lands and waters on which we meet today.

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# *Introduction*

The Food at McGill guidebook aims to provide a comprehensive review and written history related to Food at McGill - this can include clubs working in food, resources for those who may be in a position of food insecurity, definitions of food insecurity, and interesting projects. This guidebook's goal is to provide a consolidated platform for initiatives related to Food at McGill to live and be updated. This guidebook functions as a communal, living platform.





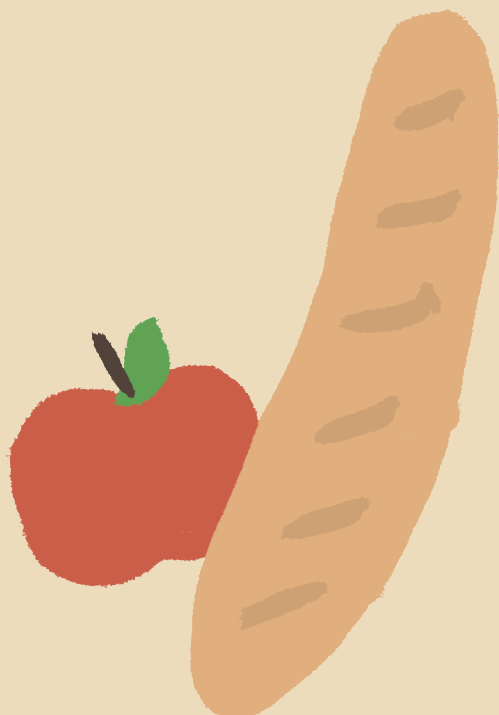
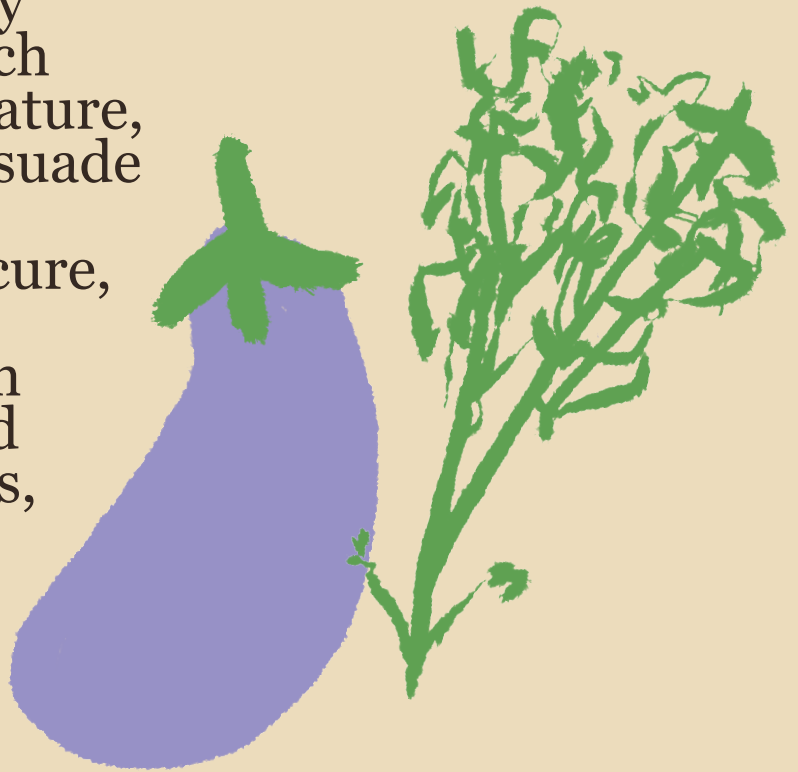
# *Our goals with this guidebook:*

- **Less duplication of efforts:** in presenting our written history and resource bank, students passionate about food and food justice are able to understand the landscape better and see what initiatives already exist or have existed in the past.
- **Raising awareness:** consolidating all the efforts into one ultimate master document that compiles resources from many different places can allow for more clarity and accessibility in resources. Students can also find new resources through this guide that they may not have heard of before.
- **Inspiring further projects:** through reading through the written history and learning about other projects, students are able to see which initiatives could be revived that they are passionate about.
- **Demystifying and debunking:** food security is a multifaceted concept that is ill defined in the general vernacular. In listing definitions here as well as resources for further readings of food justice, students will be better able to identify food insecurity and learn about concepts such as food justice and food sovereignty.



# Definitions and Concepts

The definition of food insecurity can hold many different meanings, which highlights its complex nature, but can also serve to dissuade students from defining themselves as food insecure, discouraging them from seeking out resources. In defining these terms and their various dimensions, the concept of food security and what defines food insecurity can be demystified.



## Food as a Human Right:

During the 2002 UN General Assembly, Canada officially recognized food as a human right. Food is fundamental to our well-being and culture.

(The Right to Food : Resolution /  
Adopted by the General Assembly,  
2002)

**Food security is defined as the state of having reliable access to a sufficient quantity of affordable, nutritious, and culturally relevant food in order to meet the requirements for an active and healthy life.**

There exist 4 dimensions of food security:

**Physical availability of food:** Food availability addresses the “supply side” of food security and is determined by the level of food production, stock levels and net trade.

**Economic and physical access to food:** An adequate supply of food at the national or international level does not in itself guarantee household level food security. Concerns about insufficient food access have resulted in a greater policy focus on incomes, expenditure, markets and prices in achieving food security objectives.

**Food utilization:** Utilization is commonly understood as the way the body makes the most of various nutrients in the food. Sufficient energy and nutrient intake by individuals are the result of good care and feeding practices, food preparation, diversity of the diet and intra-household distribution of food. Combined with good biological utilization of food consumed, this determines the nutritional status of individuals.

**Stability of the other three dimensions over time:** Even if your food intake is adequate today, you are still considered to be food insecure if you have inadequate access to food on a periodic basis, risking a deterioration of your nutritional status. Adverse weather conditions, political instability, or economic factors (unemployment, rising food prices) may have an impact on your food security status.

(World Bank Group, 2023)

Today, there exist large inequities in the food system, with multi-level social, political, and commercial drivers. Frameworks or approaches like food justice and food sovereignty have emerged to better understand and address these inequities and actors.

**Food justice** - ‘Food justice is a holistic and structural view of the food system that sees healthy food as a human right and addresses structural barriers to that right.’ (FoodPrint, 2024)

Common themes include increased food access, autonomy to grow food, and uplifting grassroots movements and organizations.

Food justice can look different among communities and levels of governance, and takes into account the needs of specific communities; each community participates in creating the vision for what food justice would look like for that community.

**Food sovereignty** is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. Food sovereignty challenges current power structures in the food system, recognizing the right to healthy and culturally appropriate foods.

On a university campus, food sovereignty involves the student population exercising more agency and control over their on-campus food options. Food sovereignty also aims to ‘empower and honor students no matter where they lie on the food security spectrum.’

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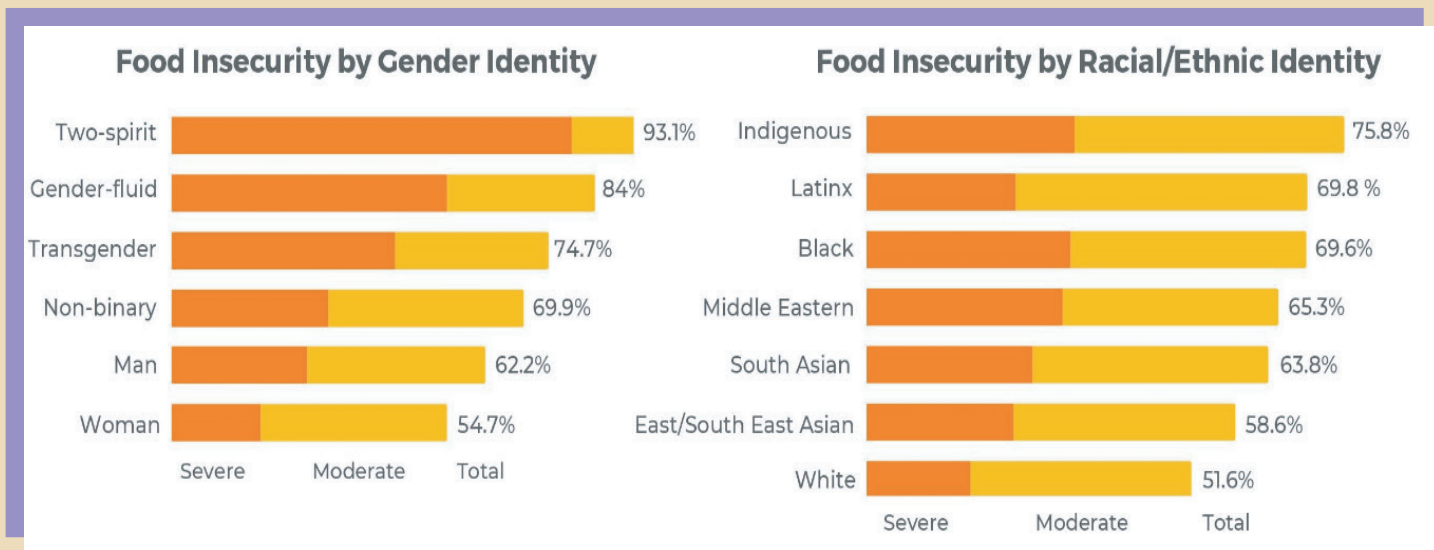
**Sources: FoodPrint, The Healthy Food Policy Project**

In conversations with various players at SSMU, on campus, and off campus, we've found that many students are hesitant to define themselves as food insecure or in need of food security interventions.



**In reality, 56.8% of all university students in Canada can be defined as food insecure.**  
 (The Sandbox Project, 2022)

**A 2022 survey found that 74.5% of international students, 69.3% of queer students, and 82.6% of single parents disproportionately experience food insecurity.**



# *Written history*

**Providing a written history of the various food initiatives at McGill can serve to educate those curious about learning more about mobilization and student initiatives. Through reading the written history, students will be able to learn about past initiatives, and discover past initiatives and organizations that could potentially be revived in a future initiative.**



## Pre 1999:

SSMU, AUS and EUS operate most campus cafes and vending machines.

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## 1999:

McGill signs 11 year Cold Beverage Agreement (CBA) with Coca Cola that gave them exclusive mandate on beverage distribution on campus.

The SSMU 2000 referendum rejected this contract (54%). CBA is dissolved.

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## 2000:

McGill takes control of Redpath cafeteria (previously run by SSMU) and Bronfman Cafeteria (previously run by MUS)

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## 2001:

Student associations in Arts, Music, and Engineering sell their cafeterias to McGill. Many tactics were taken by administration to achieve this, including withholding student fees from the AUS.

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## 2002:

McGill signs non-exclusive contract with Coca-Cola for beverage provision. SSMU signs an exclusivity contract with Pepsi in the University Center. The GrassRoots Association for Student

Power is formed, a student movement response to globalization, corporatization and privatization of food on campus.

Midnight Kitchen is formed by GrasPe members to have an alternative food source on campus.

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## 2003:

As the 16 cafeterias contracts with McGill are about to expire, it seeks to consolidate them under a monopoly to make things “easier”.

In response, the Coalition for Action on Food Services (CAFS) is created as a student, staff and faculty effort. One of its goals was to ensure that students “enjoy the unfettered right to sell food on campus to fundraise.”

A panel on the future of food at McGill is held, a petition with 7500 signatures is organized, a 3 day boycott on Chartwells (food service provider) is held. 82% of students voted NO to monopolization on a SSMU referendum.

Between 2000 and 2007, McGill took over cafeterias formerly operated by SSMU, AUS, EUS, the Science Undergraduate Society, the Management Undergraduate Society, the Economics Students' Association, the Law Students' Association, the McGill Psychology Students' Association, and, most recently, the Architecture Students' Association.



## Winter 2004:

McGill administration backtracks their plan to have a single food provider on campus, following months of pressure from students, faculty, staff and media.

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## Fall 2004:

The temporary body Dining at McGill Advisory Committee (DMAC) forms, following pressure from students for faculty to fulfill their promise of creating a food advisory committee

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## January 31, 2005:

DMAC submits their report on recommendations for food services that includes:

- The creation of permanent food services committee
- Protection of student fundraising activities, ex. Bake Sales
- Permission for students and staff to choose their own food service providers for on campus events
- The requirement that any food service provider must contribute to university projects

McGill ultimately signs an exclusivity agreement with the Chartwells brand, operated by the Compass group.

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## 2007:

McGill unilaterally gave the Architecture (which was fair trade, low cost, student run since 1993) 2 choices: to become a food-less lounge space or be taken over by Food Services in order “to have a common strategy for food services.”

A “Save the Architecture Cafe” Facebook group forms with more than 1500 students, 100 student protest in front of the James Administration building. An agreement for joint management between students and McGill’s Ancillary services was reached.

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## 2008:

A 2 day boycott of corporate food services on campus organized by the Food Services Committee (food coalition modelled on CAFS) is held.

“The boycott aimed to sensitize students to McGill’s ongoing efforts to corporatize food services on campus, as well as highlight the benefits of student-run alternatives like Midnight Kitchen, Architecture Café, AUS Snax, and Frostbite.”  
(McGill Daily)

The McGill Food Systems Project is created as a collaboration with students, staff, and faculty. The Project conducted student-led research on food sustainability.

### Projects supported through this research:

- The McGill Farmer’s Market
- Monthly local days in the dining halls
- McGill Feeding McGill Partnership with Mac Campus

## March 2009:

Caférama, a corporate-run café in the SSMU building, got replaced by Café Supreme, another corporate-run café in a close vote between a student run initiative, which is said to have a less detailed and clear proposal.

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## June 2009:

The Mandatory Meal Plan in residence halls goes into effect.

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## Fall 2009:

The Macdonald Student Ecological Gardens (MSEG) is created, the first McGill Farmer's Market is held.

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## 2010:

Midnight Kitchen starts offering free meals every weekday.

Architecture café closed permanently due to financial losses and 'improper management'

Over 300 students gathered outside Leacock protesting

Deputy Provost (leader of McGill's Student Life and Learning team) said "[The Architecture Café] provided a cheap lunch, and that's because it was a subsidized lunch. (...) The university cannot afford to subsidize anyone's lunch."

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## 2011:

SNAC is founded as an Enactus McGill initiative.

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## 2014:

Dispatch cafe opens in McConnell.  
SSMU legislative council: Deputy Provost Dyens denies having ever claimed to support student-run services and told Council that the McGill administration is "not for these things."

"I represent the students, but we also have a business relationship."

Nest, a student run cafe in the SSMU building opens, following 3 years of lobbying.

Quesada and Bento replace Sinfully Asian in the Bronfman building, based on student consultation that revealed a need for multiple dining options.

Premiere Moisson opens in Redpath, replacing Tim Hortons.

The Compass group's Bon Appetit management is implemented following a SHHS bid.

SNAX, the AUS cafe, is ordered to stop sandwich sales on account of violating its Memorandum of Agreement (MOA) with the University.

Adjusted for inflation,  
Nest's prices would be:

\$9.00 - \$10.30 for a  
sandwich/soup combo

\$6.40 for a burrito

\$1.80 for a coffee

## 2015:

McGill Food Coalition is formed, notably following the order of cease and desist of SNAX sandwiches.

**Members (non-exhaustive list):** SNAX (from AUS), Midnight Kitchen, the Nest (student run cafe), and the McGill Spaces Project (goal: to transform underused spaces on McGill's downtown campus)

Goals included:

- Help food student run clubs who alone are vulnerable to the decisions of administration, unite to have more negotiation power with the faculty.
- Support student-run food services in their interactions with the McGill administration
- Promote food accessibility, student input in campus space allocation, and sustainability.

SSMU also endorsed the MFC: the VP finance of Finance and Operations reported on MFC activities to the SSMU legislative council.

A SSMU food survey is also launched, with 80% of students feeling that on-campus food options were not affordable (sample size: 1339)

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## April 2018:

Bento and Quesada in Bronfman building close down to make space for the Retail School. Students are disappointed and frustrated by lack of community space in the building.

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## 2019:

Premiere Moisson is replaced by Redpath Cafe that includes a Bento and Mandy's salads (15+\$!!!!)

Staff are happier because the meals were advertised to be made fresh daily and healthier options were provided.

Students wish to be involved in negotiation of new contract with food provider: SSMU sends a recommendation letter to the advisory committee in charge of selecting the new food provider.

Students wished to advocate for affordability and variety (meeting all dietary requirements).

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## 2021:

Couche-Tard flagship opens in the Bronfman building.

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## 2022:

SSMU Grocery Program launches.

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## 2023:

Let's Eat McGill is founded following research concerning on-campus food insecurity.

McGill dining halls switch to a All-You-Can-Eat option.



# Resource Bank

This resource bank is both for beneficiaries and volunteers. Students who find themselves in a situation of food precarity or food insecurity can find resources, and students looking to volunteer with a food-related organization can find initiatives in need of volunteers. This resource bank is also accompanied by a map.

In this section you'll find:

- free meals near / on campus
- affordable meals near / on campus
- food banks near campus
- volunteer opportunities on campus
- volunteer opportunities near campus

## Free meals near / on campus:



### Midnight Kitchen 3480 McTavish (SSMU building, third floor ballroom)

Midnight Kitchen provides a once-a-week free / PWYC meal service for any member of the McGill or Montreal community. The meals are vegan and nut free, each with a nutritious main course, a side, and dessert. The service is targeted towards students who identify as benefitting from access to food through Midnight Kitchen.

Free meals are usually on Thursdays at 1, but is subject to change. Please check the calendar on their website!

[midnightkitchen.org](http://midnightkitchen.org) [midnightkitchencollective@gmail.com](mailto:midnightkitchencollective@gmail.com) [@midnightkitchencollective](https://www.instagram.com/midnightkitchencollective)

### The People's Potato 1455 Maisonneuve O H711 (7th floor of Hall building)

The People's Potato is a vegan soup kitchen at Concordia University, offering by donation meals from Mondays to Thursdays from 12:30pm to 2:00pm in the fall and winter semesters, excluding holidays. They also offer a bi-weekly food bank and community garden. For more information, visit their website!

The free meal schedule is also subject to change; please check their website accordingly!

[peoplespotato.com](http://peoplespotato.com) [peoplespotato@gmail.com](mailto:peoplespotato@gmail.com) [@thepeoplespotato](https://www.instagram.com/thepeoplespotato)

### SNAC (Student Nutrition Accessibility Club)

SNAC is a SSMU service that aims to promote nutrition on McGill's campus. We run a weekly free produce distribution to fight food insecurity, host monthly nutrition workshops, and aim to engage the McGill community in sustainable food systems.

SNAC offers a weekly FREE 'Good Food Box.' McGill community members can sign up to receive a box and find more information on their website.

[snac.ssmu.ca](http://snac.ssmu.ca) [snac.mcgill@ssmu.ca](mailto:snac.mcgill@ssmu.ca) [@snac\\_mcgill](https://www.instagram.com/snac_mcgill)

# Affordable meals near / on campus:

## Rabbit Hole by The Yellow Door <\$5

3625 Aylmer

The Rabbit Hole is a volunteer-run cafe that serves affordable, healthy vegan meals to the community. Fridays at 12:00pm during the academic year, we serve up a delicious and healthy lunch at an affordable price. Follow their Instagram to see each week's menu!

\*cash only, BYOC (bring your own container)\*

[yellowdoor.org/the-rabbit-hole.html](http://yellowdoor.org/the-rabbit-hole.html)

[info@yellowdoor.org](mailto:info@yellowdoor.org)

[@theyellowdoororg](https://www.instagram.com/theyellowdoororg)

## Le Frigo Vert

1440 Mackay (Metro Guy-Concordia)

Le Frigo Vert is a community space located near Concordia University's downtown Montreal campus. We run a cafe, lounge and grocery store for students and the wider community, promote local foods and alternative health, host lectures, workshops, film screenings and political discussion groups. Discounted cafe foods and grocery/bulk products are available.

[lefrigovert.org](http://lefrigovert.org)

[yesfrigo@gmail.com](mailto:yesfrigo@gmail.com)

[@lefrigovert](https://www.instagram.com/lefrigovert)

## McGill Farmer's Market \$10 - \$20

Rue McTavish

The McGill Farmers' Market is a weekly gathering spot for students, faculty, and community members to discover local foods. With more than ten local suppliers, the Market provides the opportunity for downtown residents to connect to the agricultural community of Quebec. The market runs during the summer into the Fall semester.

[mcgillfarmersmarket.org](http://mcgillfarmersmarket.org)

[mcgillfarmersmarket@gmail.com](mailto:mcgillfarmersmarket@gmail.com)

[@mcgillfarmersmarket](https://www.instagram.com/mcgillfarmersmarket)

## Resto Plateau \$5 - \$10

4450 Rue St-Hubert #232

Resto Plateau is a non-profit organization and social economy actor with the mission of supporting autonomy and inclusion as well as respond to essential needs such as social and professional integration and food security in the Montreal community and its surrounding areas. The Community Restaurant is open Monday to Friday from 11:30 - 13:30 with full meals starting at \$4.75.

[restoplateau.com](http://restoplateau.com)

[info@restoplateau.com](mailto:info@restoplateau.com)

[@resto.plateau](https://www.instagram.com/resto.plateau)

## Gert's \$5 - \$10

3480 McTavish (basement of SSMU building)

Gerts Bar & Café is McGill University's student-run bar and café since 1974. Gerts' mission, as a part of the SSMU, is to provide affordable food and beverages to students while creating a safe community space and event space for students, clubs, and groups.

[gertscampusbar.ca](http://gertscampusbar.ca)

[gertscafe@ssmu.ca](mailto:gertscafe@ssmu.ca), [gertsbar@ssmu.ca](mailto:gertsbar@ssmu.ca)

[@gertscafe](https://www.instagram.com/gertscafe)

## Affordable meals near / on campus:

### EUS General Store (The G-Store)

3480 University  
(McConnell Engineering  
Building) Room 7)

The General Store, better known as the G-Store, is the foremost storefront for students and staff on McGill's downtown campus. You can buy a range of student must-haves from coffee to notebooks at a reasonable price. Visit their website for more info!

[mcgilleus.ca/resources.html](http://mcgilleus.ca/resources.html)

[generalstore@mcgilleus.ca](mailto:generalstore@mcgilleus.ca)

[@eusgstore](https://twitter.com/eusgstore)

### Japote \$5 - \$10

1000 Sherbrooke (basement food court)

Japote is a family-owned Japanese fast food restaurant that has been in operation since 2014. They serve 'cheap, fast, and delicious' authentic Japanese meals.

[japote.ca](http://japote.ca)



## Food banks on / near campus

These resources are from Midnight Kitchen's [Food Support Resource List](#). We've listed the 10 food banks most accessible by McGill students, but you can find more on their website. This list is NOT exhaustive.

For more resources in Montreal, visit [211qc.ca/alimentation](http://211qc.ca/alimentation).

### Centre Communautaire Vertical

service: food bank pick-up

cost: \$7.00

schedule: n/a

3767 Berri

(Downtown)

[centrevERTICAL.org](http://centrevERTICAL.org)

### NDG Depot

service: food bank delivery

cost: FREE

schedule: monthly

6505 Somerled

(NDG)

[depotmtl.org/emergency-food-baskets](http://depotmtl.org/emergency-food-baskets)

## Food banks near / on campus:

### Feed the Hen

service: community fridge  
cost: FREE  
schedule: n/a

4841 Palm  
(St. Henri)

[facebook.com/groups/feedthehennourrirhenri](https://facebook.com/groups/feedthehennourrirhenri)

### Racine Croisée

service: food bank pick-up  
cost: n/a  
schedule: Fridays

120 Duluth  
(Plateau)

[bienfaisance.racinecroisee.ca/en/the-food-bank](https://bienfaisance.racinecroisee.ca/en/the-food-bank)

### Du Pain et des Enjeux

service: community fridge  
cost: FREE  
schedule: n/a

15 Bélanger  
(Rosemont)

[facebook.com/DuPainEtDesEnjeux](https://facebook.com/DuPainEtDesEnjeux)

### Milton Parc Food Bank

service: food bank pick-up  
cost: FREE  
schedule: every Friday, 18h00-20h00

3594 Jeanne-Mance (St. John's  
Lutheran Church)  
(Milton Parc)

[ccmp-mpcc.com/en/mutual-aid](https://ccmp-mpcc.com/en/mutual-aid)

### La Maison Benoît Labre

service: free meals, food bank pick up  
cost: FREE  
schedule: n/a

4561 Notre Dame O  
(St. Henri)

[benedictlabre.org/foodsecurity](https://benedictlabre.org/foodsecurity)

### Frigo L'ABC

service: community fridge  
cost: FREE  
schedule: 8h00 - 17h30 on weekdays

910 Sainte-Croix  
(St. Laurent)

514-744-5511, ext 224

### Societe de Sainte-Vincent de Paul

service: food bank pick-up  
cost: FREE  
schedule: n/a

284-A Rue de l'Église  
(Verdun)

[ssvpverdun.wordpress.com/aide-alimentaire](https://ssvpverdun.wordpress.com/aide-alimentaire)

### Le Réseau d'Entraide de Verdun

service: food bank pick-up  
schedule: Mon, Tues, Thurs for meals; 3-5 on Mondays for food bank  
cost: \$7.00 for food bank, \$1.00 per meal

4350 Ruelle Quinn  
(Verdun)

[reseaudentraidedeverdun.com](https://reseaudentraidedeverdun.com)

# Volunteer opportunities ON CAMPUS

## MealCare

MealCare McGill is a student-led organization that combats food insecurity in Montreal by diverting food waste from on and off-campus locations and donating it to local food shelters. We also organize events (trivia, sustainable cooking, donation drives, and more) to raise awareness about the cause.

[mealcare.org](http://mealcare.org)

[mealcare.mcgill@gmail.com](mailto:mealcare.mcgill@gmail.com)

[@mealcare.mcgill](https://www.instagram.com/mealcare.mcgill)

## Midnight Kitchen 3480 McTavish (SSMU building, third floor ballroom)

Midnight Kitchen provides a once-a-week free / PWYC meal service for any member of the McGill or Montreal community. The meals are vegan and nut free, each with a nutritious main course, a side, and dessert. Volunteers can help out in preparing and serving meals.

[midnightkitchen.org](http://midnightkitchen.org)

[midnightkitchencollective@gmail.com](mailto:midnightkitchencollective@gmail.com)

[@midnightkitchencollective](https://www.instagram.com/midnightkitchencollective)

## SSMU Grocery Program 3480 McTavish (SSMU building)

The SSMU Grocery Program is an initiative made in an effort to address food insecurity. It is a free program that the SSMU is offering to our members who are facing financial constraints and rising food costs due to inflation.

Interested volunteers can contact the Groceries Program Coordinator at [groceriesprogram@ssmu.ca](mailto:groceriesprogram@ssmu.ca).

[ssmu.ca/resources/ssmu-pilot-grocery-program](http://ssmu.ca/resources/ssmu-pilot-grocery-program)

[@ssmu.groceries](https://www.instagram.com/ssmu.groceries)

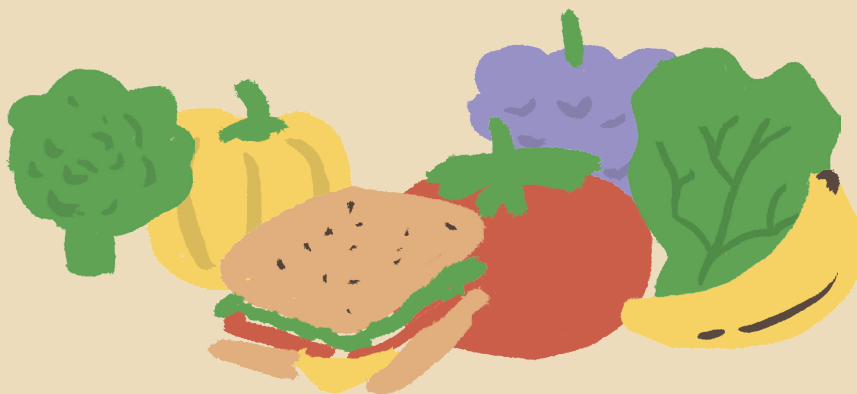
## SNAC (Student Nutrition Accessibility Club)

SNAC is a SSMU service that aims to promote nutrition on McGill's campus. We run a weekly free produce distribution to fight food insecurity, host monthly nutrition workshops, and aim to engage the McGill community in sustainable food systems. Volunteers can help distribute the Good Food box weekly. A volunteer interest form is linked in the website!

[snacmcgill.wixsite.com/snac/join-us](http://snacmcgill.wixsite.com/snac/join-us)

[snac.mcgill@ssmu.ca](mailto:snac.mcgill@ssmu.ca)

[@snac\\_mcgill](https://www.instagram.com/snac_mcgill)



# Volunteer opportunities ON CAMPUS

## Environmental Residence Council (ERC)

Students representatives from each residence building work towards implementing sustainable initiatives in residences like compost, waste reduction, and saving energy! Other events put on by ERC including clothing swaps, sustainability clubs fair, FairTrade brownie baking, and planting events!

[mcgill.ca/students/housing/life/council](http://mcgill.ca/students/housing/life/council)

@ercmcgill

## Campus Crops

3534 University

Campus Crops is a student run urban gardening initiative at McGill University's downtown campus. We want to grow food on campus, by students, for students. We have been running garden behind the School of Environment building since 2007.

Note: events are planned through the Facebook group.

<https://www.facebook.com/groups/campuscropsmcgill/>

@campuscrops.mcgill

## L'élèves des Champs (formerly known as MSEG)

We are a student-run vegetable farm on Macdonald Campus that works to foster ecological and sovereign food systems within the McGill and wider Montreal communities. Our farm serves as a space for students and community members to learn, experiment and work collaboratively in small-scale farming and gain hands-on experience with the environmental, political and economic challenges facing our food systems. We grow over 40+ types of vegetables, distributed through our CSA baskets, at farmers markets and through several community organizations throughout the island.

Note: MSEG is currently undergoing the process of becoming a non-profit organization and will be changing their name to L'élèves des Champs. Follow their Instagram and keep an eye on their website for updates!

21111 Lakeshore, Sainte-Anne-de-Bellevue, Quebec

[macdonaldstudentgarden@gmail.com](mailto:macdonaldstudentgarden@gmail.com), [elevesdeeschamps@gmail.com](mailto:elevesdeeschamps@gmail.com)

<https://macdonaldstudentfarm.wixsite.com/mseg>

@macdonaldecologicalgarden

## SSMU Environment Committee

3480 McTavish (SSMU Building)

The Environment Committee serves as the place where students can have a say in the plans and policies of the Students' Society of McGill University (SSMU). Furthermore, it is also dedicated to connecting and supporting students and groups involved in sustainability around campus. We want to give all McGill students a chance to be part of the Environment Committee and provide a platform to express their thoughts and ideas about Sustainability at McGill.

[sustainability@ssmu.ca](mailto:sustainability@ssmu.ca)

@ssmuenvironment

Did we miss anyone? Do you know of other organizations that should be included? Let us know!

# Volunteer opportunities NEAR CAMPUS

## Rabbit Hole by The Yellow Door

3625 Aylmer

The Rabbit Hole is a volunteer-run cafe that serves affordable, healthy vegan meals to the community. Fridays at 12:00pm during the academic year, we serve up a delicious and healthy lunch at an affordable price. Volunteers can help curate recipes, shop for produce, clean, and prep/cook for the meals. Volunteer applications can be found on the Yellow Door's website.

[yellowdoor.org/the-rabbit-hole.html](http://yellowdoor.org/the-rabbit-hole.html)

[info@yellowdoor.org](mailto:info@yellowdoor.org)

[@theyellowdoororg](https://www.instagram.com/theyellowdoororg)

## Partage et Solidarité

MULTIPLE LOCATIONS IN MONTREAL

Partage et Solidarite recovers unsold food from stores to redistribute for free to the community. Deliveries are made all around Montreal, but the closest branch to McGill is at the Milton Parc Food Hub on 3594 Jeanne-mance OR Maison de l'Amitié on 120 Duluth. Volunteers can be drivers, co-drivers, field volunteers and administrative assistants. More information is available on their website!

[midnightkitchen.org](http://midnightkitchen.org)

[midnightkitchencollective@gmail.com](mailto:midnightkitchencollective@gmail.com)

[@midnightkitchencollective](https://www.instagram.com/midnightkitchencollective)

## Santropol Roulant

111 Roy E

Santropol Roulant is a community food hub that brings people together through various programs, activities, and services. They run a meals-on-wheels service, urban agriculture program, host collectives, and host various community events. Volunteers can help out with the meals-on-wheels program for deliveries or in the kitchen, work in the gardens, or participate in one of the collectives.

[santropolroulant.org](http://santropolroulant.org)

[info@santropolroulant.org](mailto:info@santropolroulant.org)

[@sroulant](https://www.instagram.com/sroulant)

## Community Cooks Collective (CCC)

Community Cooks Collective (CCC) hosts a weekly event series organizing the cooking, collection, and delivery of bulk home-cooked meals to local shelters supporting people in Tiotià:ke / Montreal experiencing food insecurity. Meals are donated to The Open Door and Resilience Montreal.

[communitycookscollective.ca](http://communitycookscollective.ca)

[communitycookscollective@gmail.com](mailto:communitycookscollective@gmail.com)

[@communitycookscollective](https://www.instagram.com/communitycookscollective)

## The Open Door

3535 Parc

The Open Door is a drop-in centre providing services to homeless and low-income people in downtown Montreal. The centre provides food and clothing, laundry services, shelter during the day, counselling, referrals to professional mental health and drug addiction counsellors, and employment assistance. Volunteers can help out in the kitchen or with laundry and cleaning.

Note: the website is not up to date; please email [info@opendoortoday.org](mailto:info@opendoortoday.org) with any questions.

[opendoortoday.org](http://opendoortoday.org)

[info@opendoortoday.org](mailto:info@opendoortoday.org)

[@opendoorporteouverte](https://www.instagram.com/opendoorporteouverte)

# Volunteer opportunities NEAR CAMPUS

## The Old Brewery Mission MULTIPLE LOCATIONS IN MONTREAL

The Old Brewery Mission works with people experiencing or at risk of homelessness in Montreal, providing concrete support for their sustainable reaffiliation and housing stability. We are an important player in Montreal's social ecosystem, contributing daily to improving urban health in the city through prevention programs, emergency services with psychosocial support and rehousing initiatives. Volunteers can help with their Supper Experience.

[missionoldbrewery.ca](http://missionoldbrewery.ca)

[info@missionoldbrewery.ca](mailto:info@missionoldbrewery.ca)

[@mission\\_old\\_brewery](https://www.instagram.com/mission_old_brewery)

## Reform and Resettle

Reform and Resettle aims to support homeless shelters, increase awareness of homelessness and poverty in Montreal, and give youth an opportunity to give back to their community. They host activities, events, and prepare meals. Volunteers can help run activity nights, prepare and deliver meals, or volunteer directly at a shelter.

[reformandresettle.com](http://reformandresettle.com)

[reformandresettle@gmail.com](mailto:reformandresettle@gmail.com)

[@reformandresettle](https://www.instagram.com/reformandresettle)

## FeeMo

FeeMo redirects surplus food from partnered grocery stores to community food organizations serving food-insecure clients. We transport this food with the help of volunteers, relieving the pressure of partnership coordination on already-overburdened community food organizations. As of February 2024, we have completed over 35 deliveries, providing 3,700+ lbs of food to Montreal organizations.

[feemo.org](http://feemo.org)

[info.feemo@gmail.com](mailto:info.feemo@gmail.com)

[@feemofoodrescue](https://www.instagram.com/feemofoodrescue)

## Milton Parc Food Hub 3594 Jeanne-Mance (St. John's Lutheran Church)

The Milton-Parc Food Hub is a community food hub offering hot meals and emergency food baskets. At the beginning of the pandemic, it joined forces with St John's Lutheran Church food bank which has been offering consistent and dependable services dealing with food insecurity and social exclusion for 30 years. Coordinated and administered by volunteers, our food bank is able to distribute over 100 meals one day per week out of the St. John's Lutheran Church. Volunteers can help distribute meals.

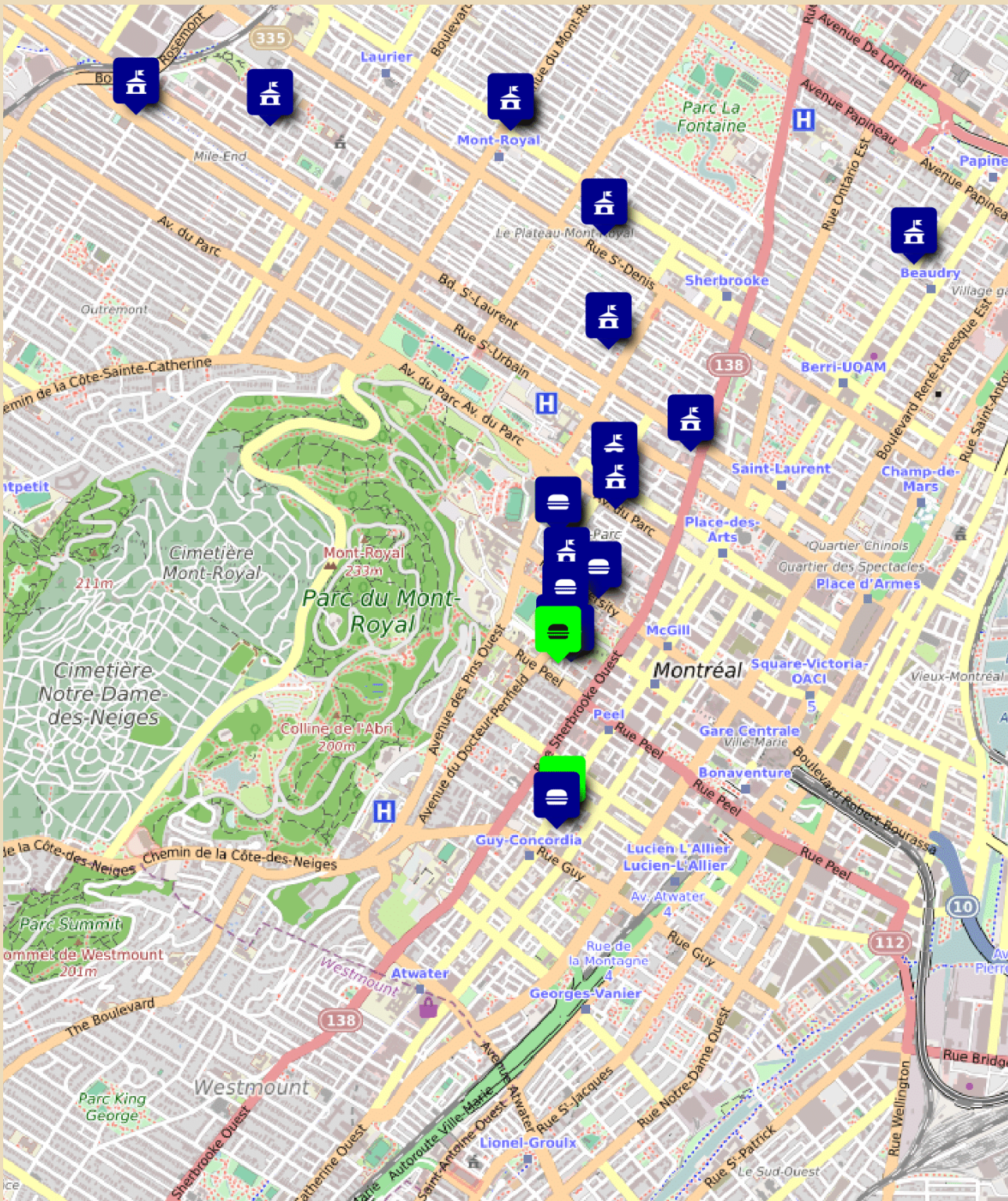
[miltonparc-foodhub.org](http://miltonparc-foodhub.org)

[mpfoodbank@gmail.com](mailto:mpfoodbank@gmail.com)

[@miltonparc\\_foodbank](https://www.instagram.com/miltonparc_foodbank)



# MAP:



## Legend:



Affordable / Free food source



Both a volunteer org and affordable / free food source



Volunteer organization



Use this QR code to access the interactive map!

# How to start a club/initiative?

So you have an initiative idea, now what? It's hard to navigate the system at McGill and figure out where to start when first ideating an initiative. We've compiled a list of resources and organizations that provide guidance on club formation, initiative formation, and funding.

In this section, you'll find resources on:

- How to start a SSMU club
- How to apply for McGill's Sustainable Projects Fund (SPF)
- Sources of discretionary funding
- Other sources of funding



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Take a look at the 'interesting projects' section or research a bit before you think about starting a club or looking for funding for your initiative. That project may have already been done in the past! It's usually easier to revive a past project rather than start a new initiative from scratch.

# How do I start a SSMU club?

A SSMU Club is a student-run group, officially recognized SSMU, consisting of at least 25 McGill student members. Clubs must be unique, have an interest/need for activities, include processes by which the club can function year to year, show financial stability in its activities, and meet other criteria determined by the VP Student Life or Club Committee.

## The interim club application process:

- 1. Idea Validation:** Confirm that your club idea is unique by reviewing existing clubs: browsing through SSMU Club Directory, or contact the Club Administrative Assistant (clubadmin@ssmu.ca).
- 2. Rights and Responsibilities:** Understand what being a SSMU club entails, including benefits and obligations by reading Internal Regulations of Student Groups.
- 3. Documentation Preparation:** Create necessary documents like a cover letter, budget, constitution, member list, and an affiliation letter (if applicable).
- 4. Application Submission:** Submit these documents to SSMU for review by completing SSMU Interim Status Application Form.
- 5. Interim Status:** If approved, your club enters an interim status, where you must demonstrate activity and engagement.
- 6. Full Status Application:** After meeting interim requirements, apply for full status, detailing your club's achievements and plans.

**\*If denied, appeal through the full status appeal form.\***

# The Sustainability Projects Fund (SPF)

The Sustainability Projects Fund (SPF) mandate is to build a culture of sustainability on McGill campuses through the development and seed-funding of interdisciplinary projects. It creates opportunities for the McGill community to actively engage in sustainability initiatives on campus, empowering individuals to be change agents in their own studying and work environment. It is the largest fund of its kind in Canada, valued at over one million dollars annually.

## The SPF application generally involves these steps:

1. Review SPF Reference documents
2. Download the appropriate application form (found on the SPF website)
3. Submit your application
4. Await review by the SPF Governance Council
5. Work with the SPF team to kickstart the project.

## Projects are evaluated on:

- Identification of a real need or issue (analysis)
- Impact
- Feasibility
- Potential for collaboration
- Capacity building opportunities
- Support from relevant stakeholders

## There are four classes of funding for the SPF, with varying deadlines:

Tiny Stream (Under \$300): 1st and 15th of every month.

Under \$5,000: Rolling basis.

Over \$5,000: Rolling basis.

Big Wave (Over \$100,000): October 1, February 1, and June 1 annually.

## Eligible projects must be:

- at McGill (led by a current student or staff member and primarily impact the McGill community).
- Sustainability-focused (with a focus on environmental initiatives that blend social and economic considerations while advancing sustainability on campus).
- Action-oriented (aiming to make tangible change happen on campus).

website: [mcgill.ca/sustainability/engage/spf](http://mcgill.ca/sustainability/engage/spf)

email: [spf.sustainability@mcgill.ca](mailto:spf.sustainability@mcgill.ca)

# Discretionary Funding

## AMUSE (Association of McGill University Support Employees) discretionary funding:

AMUSE will set aside \$300 per month in a Discretionary Fund which will be made available to campus and community organizations and action groups to facilitate external projects. The maximum amount allocated for any request will be \$175, except in the rare and limited cases where need is demonstrated to be an extenuating factor AND the planned project is extensive and far-reaching enough to justify an increased expenditure. In addition the funding allocation will be subject to the constraints of availability and demand, consequently in the event AMUSE receives a high volume of funding requests, the amount of money allocated for projects may not match the amount requested. The funding allotted for this year is \$175 a month, to the many organizations that apply.

If your organization or group would like to request funding please read the guidelines below and fill out the Discretionary Fund Application Form and submit it to our Treasurer at [treasurer@amusepsac.org](mailto:treasurer@amusepsac.org), with [communications@amusepsac.org](mailto:communications@amusepsac.org) CC'd. Decisions are made at our monthly Board meetings.

Applications for discretionary funding must be submitted to the Treasurer at least one week prior to the next scheduled meeting of the Board of Representatives (BoR) at which point they will be brought before the BoR for approval at one of the monthly meetings.

For more details, and to apply, visit [amusemcgill.ca/discretionary-funding](http://amusemcgill.ca/discretionary-funding).

## Midnight Kitchen Discretionary Funding

Midnight Kitchen supports and co-sponsors community events and initiatives through our discretionary fund. The amount of money allocated for projects may depend on how many requests there are in a particular discretionary period and doesn't reflect the value the collective places on the project.

Each year, Midnight Kitchen creates a discretionary fund budget line. We allocate money from our budget every month to the projects we choose to fund. The maximum amount we can allocate to a single project is \$350.

To be considered for discretionary funding, projects must:

Reflect Midnight Kitchen's mandate;

Have a local component;

For events, event venue must be wheelchair accessible.

For more information and to apply for Midnight Kitchen discretionary funding, visit [midnightkitchen.org/discretionaryfund](http://midnightkitchen.org/discretionaryfund).

# Quebec Public Interest Research Group (QPIRG)



The Quebec Public Interest Research Group at McGill is a student-initiated, student-funded, student-run organization that actively works towards social and environmental justice. Through socially-engaged research, popular education, action, advocacy, and our working groups, QPIRG connects McGill students with the greater Montreal community.

QPIRG McGill's Board of Directors sets aside an annual budget exclusively for funding smaller-scale, non-institutional, external projects. Campus and community groups are encouraged to apply to this discretionary fund when planning any goal-oriented social justice or environmental event. Applicants who fit our mandate can expect between 0\$ – 250\$, as we must often split the fund between half a dozen projects.

Priority is given to projects unlikely to receive funding from mainstream sources, such as McGill University, the Federal Government, the National Film Board, et al.

QPIRG McGill's Discretionary Fund is disbursed \*once a month.\*

**QPIRG also has working groups - autonomous organizations and collectives, made up of students and community members, who undertake action and research into issues at the core of QPIRG McGill's mandate. Community Cooks Collective (CCC) is one of QPIRG's working groups!**

**website: [qpirgmcgill.org/discretionary-funding](http://qpirgmcgill.org/discretionary-funding)  
email: [info@qpirgmcgill.org](mailto:info@qpirgmcgill.org)**

# Other sources of funding:

## **McGill Sustainability Systems Initiative (MSSI): Innovation Fund**

Given the pressing nature of many modern challenges, effective knowledge mobilization is a crucial component of sustainability research. With this in mind, the Innovation Fund was created to serve as a catalyst, accelerating the development of ideas or technology toward widespread societal adoption. This is achieved by providing seed funding for sustainability-related research with the potential to inform policy or move an innovation toward commercialization.

[mcgill.ca/mssi/funding-opportunities/innovation-fund](http://mcgill.ca/mssi/funding-opportunities/innovation-fund)

## **The McGill Commitment**

The McGill Commitment, one of the President's five priorities, pledges to offer McGill undergraduate students opportunities to challenge themselves to expand their horizons and to provide comprehensive support, advising, and mentoring.

Types of projects: Projects that improve advising for students and provide experiential opportunities.

[mcgill.ca/studentlifeandlearning/funding-opportunities](http://mcgill.ca/studentlifeandlearning/funding-opportunities)

## **Schipper Family Support**

The purpose of this fund is to support and improve services for students, to improve student experience and the overall quality of student life at the University.

Types of projects: Workshops designed to encourage and empower students, or improved training and support programs including workshops, conferences and other professional development opportunities for academic and front-line staff.

[mcgill.ca/studentlifeandlearning/funding-opportunities](http://mcgill.ca/studentlifeandlearning/funding-opportunities)

## **Kathy Fazel Student Support Fund**

The purpose of this fund is to support and improve services for students, to improve student experience and the overall quality of student life at the University.

Types of projects: Workshops designed to encourage and empower students, promote well-being, and enhance the overall quality of student life.

[mcgill.ca/studentlifeandlearning/funding-opportunities](http://mcgill.ca/studentlifeandlearning/funding-opportunities)

# Mobilization efforts

There has been lots of momentum recently surrounding the McGill administration's lack of attention towards the growing presence of post-secondary food insecurity in Montreal. Want to do something about it? There are many groups working towards student mobilization that are hoping to make a change in various causes.



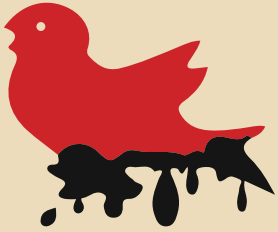
## Let's Eat McGill

In winter 2023, amid soaring food inflation and concerns of food insecurity on campus, Let's Eat McGill emerged as a student group advocating for “affordable, sustainable and student-student managed food options on campus”. It has since held town hall events, organized sit-in protests with free-lunch distributions, created petitions and email protest campaigns, and done research on the prevalence and reasons of food insecurity on campus.

Website: [letseatmcgill.com](http://letseatmcgill.com)

Email: [letseatmcgill@gmail.com](mailto:letseatmcgill@gmail.com)

Instagram: [@lets.eat.mcgill](https://www.instagram.com/lets.eat.mcgill)



# Divest McGill

Established in 2012, Divest McGill is a student advocacy group fighting for McGill to stop supporting the fossil fuel sector through its investments in the McGill Investment Pool (endowment fund). They also “engage in solidarity actions with communities most affected by the fossil fuel industry’s operations, particularly Indigenous communities”. Finally, they wish to inform and mobilize the McGill community on ecological issues.

**Website:** [divestmcgill.ca](http://divestmcgill.ca)  
**Email:** [divestmcgill@gmail.com](mailto:divestmcgill@gmail.com)  
**Instagram:** [@divestmcgill](https://www.instagram.com/divestmcgill)



**Food insecurity is an issue that is intersectional in nature; food justice and food sovereignty concern issues of environmental justice and climate change, as well as many social movements. Many student mobility groups exist at McGill that may not relate directly to food, but we encourage those interested in organizing and activism to look further than the listed organizations in this guidebook.**

# *Interesting Projects - past and present*

Did you know that in the fall semester, 80% of the vegetables served at McGill dining halls come from the Mac Campus farms? Did you also know that this initiative actually started as a student SPF project? Here are some more interesting projects that have happened in the past, to educate curious students and also to perhaps inspire future initiatives. In our stakeholder consultations, we've found that McGill has a vibrant past of projects relating to food that unfortunately become left and forgotten once their founders graduate. In providing a list of past projects, we can hopefully inspire students interested in starting initiatives to instead revive an older project.

**Most projects in this section came from research on old SPF projects. To see more, visit [mcgill.ca/sustainability/engage/projects](http://mcgill.ca/sustainability/engage/projects).**



# Present initiatives that started out as student projects:



## McGill Feeding McGill (2012)

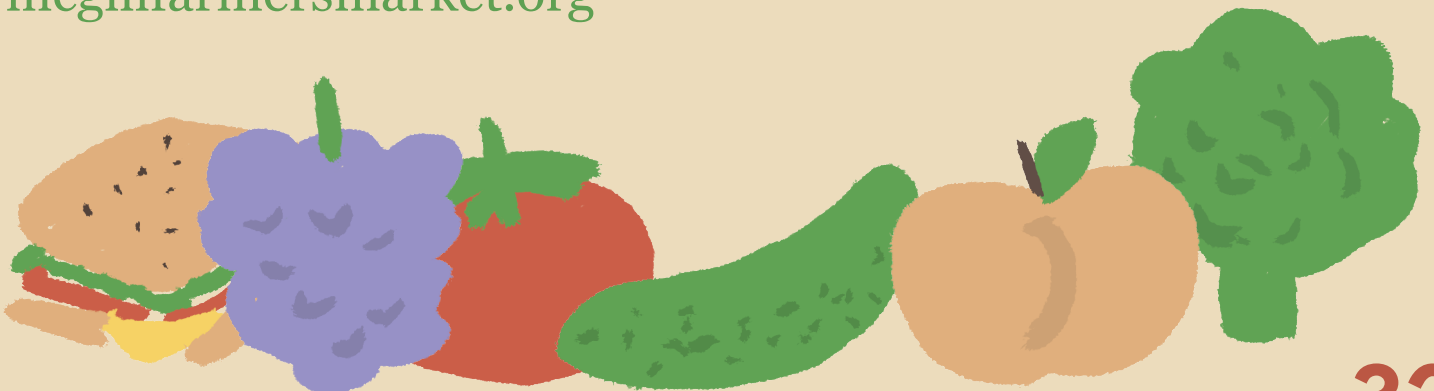
McGill Feeding McGill is the local sourcing of fresh produce grown on Mac Campus. Each year, 20 varieties of fruits and vegetables are sourced from the Mac Campus farm to be served in the McGill dining halls. The initiative started as an application to the SPF. Each year, the group ‘transplants the greenhouse plants to the field, maintains them throughout the growing season, harvests crops in the fall, and then delivers the produce to the various residence cafeterias.’ (SPF)

<https://www.mcgill.ca/foodservices/sustainability>

## McGill Farmer’s Market (2010)

The McGill Farmer’s Market (MFM) began as a SPF project, aiming to ‘bring delicious, local, seasonal produce to McGill’s downtown campus, with weekly Farmers’ Markets throughout September and October, and a Community Supported Agriculture (CSA) basket from July to October.’ (SPF)

[mcgillfarmersmarket.org](http://mcgillfarmersmarket.org)



# Past initiatives:

## Kohlrabi Collective (2015-2016)



In 2015, an Applied Student Research project was conducted to identify challenges faced by the student-run food organizations, and the solution proposed was to unite the groups in an official business partnership under the guise of a student-run local food collective to be known as the Kohlrabi Collective.

In this collective system, the three groups met twice a term to discuss ways to overcome longer-term barriers to project stability and collaborate on events and outreach activities.

## The Edible Campus (2007-2012)

“The Edible Campus Garden, a collaborative project of the McGill School of Architecture's Minimum Cost Housing Group, Alternatives, and Santropol Roulant, seeks to involve citizens in the creation of green, edible community spaces by demonstrating how productive planting can be woven into urban spaces without diminishing their utility or functionality.” (SPF)

With 1000 containers on the Burnside Terrace, the Edible Campus project was able to generate 1 ton of food per year.”

The Edible Campus project set up gardens and workshops in the gardens next to the Burnside building. Community members could gather and learn how to garden, produce vegetables, and understand urban food systems.

## The McGill Mycelium Project (2021)

The McGill Mycelium Project sought to combat food insecurity and up-cycle cardboard waste through urban mushroom farming. The downtown farm grew food-grade oyster mushrooms with McGill's cardboard waste and provided these mushrooms to Santropol Roulant, as well as sold a small portion of these oyster mushrooms to the McGill's cafeterias. This model of urban farming aimed to have the potential to be implemented in all urban settings, promoting local circular economies around the globe.

**Interested in fungi? The McGill Fungi Club is an active club for all fungi and mushroom enthusiasts!**

**[linktr.ee/mcgillfungi](https://linktr.ee/mcgillfungi)**

**Instagram: @mcgillfungi**



## The McGill Food Systems Project

The McGill Food Systems Project (since 2009) is a PRESENT initiative that brings together students, professors, the McGill Office of Sustainability, and McGill Food and Dining Services. Their goal is to 'get members of the campus, regional community, and food supply chain working together to create a food system that they can be proud to eat from.' The Project is funded in part by SSMU. While the project is currently active, no activities appear to have been held since 2016.

**[mcgill.ca/mfsp](https://mcgill.ca/mfsp)**

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# Acknowledgements

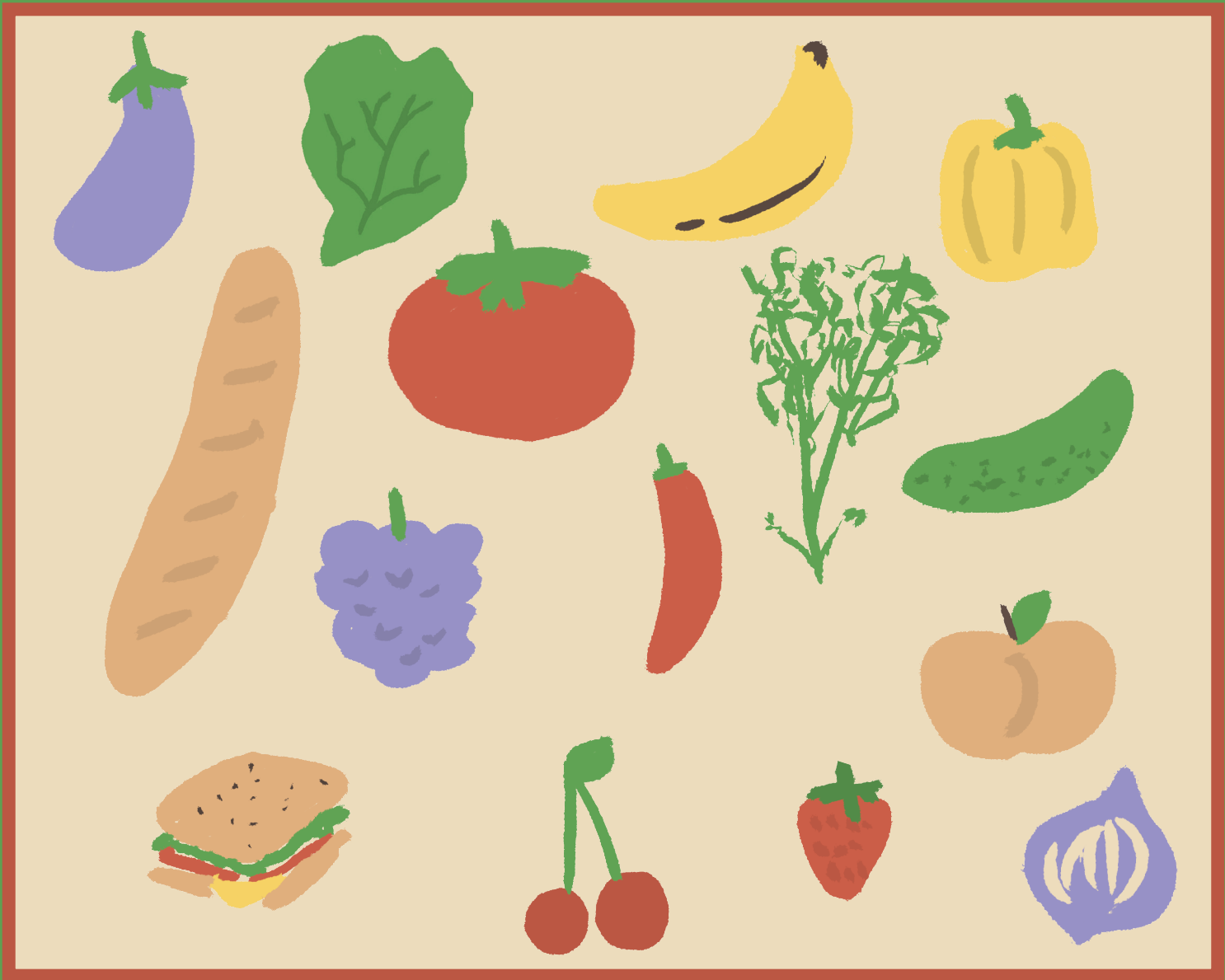
This guidebook was put together in a short period of time - it's definitely possible that we overlooked some important resources! Please let us know if we're missing anything and we'll update the website as soon as we can as well as update the next print edition of the Food at McGill guidebook. If you have a comment or suggestion, please email them to [catherine.chen2@mail.mcgill.ca](mailto:catherine.chen2@mail.mcgill.ca).

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- McGill's Sustainable Projects Fund (SPF)







McGill



DESAUTELS

IMSF



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