



REPORT

From the office of the...

MAC Bread Bin Coordinator

TO: Members of the Executive Board
FROM: David Cheng
SUBJECT: Mac Bread Bin Report Four
DATE: Monday, February 8, 2016

UPDATES

Mac Bread Bin's thesis project with Chad Harvey, Kate Whalen, and Brent McKnight has finally been completed. Unfortunately, due to a lack of responses we were not able to conclude significant findings based on those who access Mac Bread Bin. However, literature reviews of campus food banks and social assistance made interesting findings that Mac Bread Bin can surely resonate with.

These things include:

1. Being satisfied with the service does not necessarily mean that those who access the campus food bank are also satisfied with the food provided.
2. Food banks are seeing increasing visits from individuals who identify themselves as female, ethnic minorities, caregivers, or are on fixed incomes.
3. Individuals accessing food banks feel isolated from the rest of society or campus life. They feel that they are outliers of campus life resulting to ontological deficiency and the inability to fit in with the rest of society. Psychological stress from this has been linked to the causes of depression, anxiety, low self-esteem, and compromising the mental well-being of individuals.
4. The support that individuals who access food banks is a representation of how society views them. In other words, the quality of food that they receive is often a good portrayal of the level of care and concern that society have for one another.

The thesis investigated whether stigma mediated the relation between characteristics of Mac Bread Bin partners and the type of access they chose (Food Collective Centre or Lockers of Love). This was not a causation thesis, but a correlation analysis.

Food Collective Centre (FCC)

The Food Collective Centre can now be voted for to receive SLEF funding! We've been promoting the initiative among our network for students to vote on the initiative! Voting has since closed – we will wait for the results.

Good Food Box

For the month of February, we ran pilot a program where those who accessed Mac Bread Bin could receive a GFB for only \$5 instead of \$12. The content in a \$5 and \$12 box are the same. We had a handful of individuals who took advantage of this initiative and I would like Mac Bread Bin's 2016/2017 budget to reflect these loses. Those who are eligible to receive this subsidy are able to to order confidentially via their Unique ID code.

Please keep in mind that the Food Collective Centre cannot facilities the distribution of produce yet – so this is the next best thing.

We'll be working with the Grace Lutheran Church and Pastor Loretta to promote their cooking workshops on every first Tuesday of the month.

Promotions Activity

Promotions Activity have been more consistent thanks to our Promotions Coordinator, Meg Hsu. We had a surge in Facebook Likes during the new year.

CHALLENGES

Some challenges facing the service include communication issues within the team. It's just impossible to have meetings with everyone and it's impossible to get all your messages across on Facebook.

Liberty Kitchen

Liberty Kitchen as received approval my MUSC and Public Health Hamilton to operate out of Kitchenettes in MUSC. In addition, Public Health has allowed us to cook meals behind Tim Hortons in the food court of MUSC on weekends (Pending Lori Diamond's approval). This will allow us more space and a way for students to cook individualized meals if we can purchase multiple induction cookers.

SERVICE USAGE

We had eight new Mac Bread Bin partners register with the service. They've been more comfortable to order hygienic products as we're seeing a greater demand for them. We had some issues in having specialized products in stock such as quinoa and gluten free so we're planning on purchasing them soon.

PAST EVENTS, PROJECTS & ACTIVITIES

Good Food Boxes (GFB)

GFB's are gaining momentum – we hit 28 orders. Karishma and I will be working closer with Accounting Office to streamline processes and better communicate with one another.

Liberty Kitchen

We hosted our first Liberty Kitchen in MUSC on Thursday, February 4, 2016. The event had 8 students join Miranda to cook a tofu, veggie, and rice stir fry. We received positive feedback and constructive suggestions in how we can improve to deliver a unique initiative.

UPCOMING EVENTS, PROJECTS & ACTIVITIES

Feed the Bus -- Feed the Movement

We'll be working with the Student Success Centre to host a campaign dubbed as "Money Matters". We're still not sure what this event will look like but we hope to include all pillars of the service – especially Liberty Kitchen.

We're realizing that students still do not know what Mac Bread Bin is. We'll be working on a major promotion campaign on basis of educating the community what Food Banks 2.0 are.

Project – Liberty Kitchen 2.0

We've been attending McMaster Indigenous Student Community Alliance (MISCA) meetings to begin building a bridge. The Indigenous Studies Program (ISP) is receiving a teaching kitchen in Wilson Hall, Mac Bread Bin would like to gain access to the space afterhours that is similar to how Clubspace is booked. However, the service is going to first build a relationship with MISCA prior to asking for the space directly from the ISP. MISCA and Mac Bread Bin have expressed interest in facilitating a Liberty Kitchen event that teaches students traditional indigenous cooking techniques that we are all excited to experience.

Anti-Oppression Training

We'll be hosting Anti-Oppression training among all volunteer staff on Tuesday, February 9, 2016.

Good Food Boxes

Good Food Boxes are now available to order for March 2016. We've implemented a new refund policy that allows anyone to return their box if they are not happy with what is found in them – even after they've received the box.

Skip a Meal

Chris Roberts and Tiffany Got, the McMaster Meal Exchange coordinator, have been working towards the initiative to collect student's meal plan cards so that Hospitality Services and Mac Bread Bin can purchase supplies for the Living Rock youth Food Bank in downtown Hamilton.

Pay it Forward

We're almost done doing the design work for the initiative. IRC is officially on board with the program and will promote it among residences.

BUDGET

We are projected to go over budget because the approved 2015/2016 budget did not consider the explosive growth of the service. The VP Finance's Office needs to relax. However, I have assured the hair losing office that we will stay under budget after adjustments are made such as potential donations.

Liberty Kitchen's growth will not be impacted by the current budgetary concerns expressed by the VP Finance as we have a confirmed SLEF account of more than \$5000 that Mac Bread Bin is directly expensing expenditures from.

During our meeting with Hamilton's Public Health Inspector we were also given the approval to conduct cooking workshops behind the Tim Hortons in the Food Court after hours. This is contingent on Lori Diamond's approval and the fact that we'll need to purchase induction stove tops.

The Food Inspector also recommended that we reach out the city's dietician to possibly facilitate healthy eating workshops. We'll provide an update on our next EB report whether this was successful.

VOLUNTEERS

The Good Food Coordinator, Adriane Pong, has hired her team for the FCC. We hope to expand hours of the Food Collective Centre by another two hours. Current hours include Monday to Thursdays from 12:30pm to 4:30am and Fridays from 11:30am to 3:30pm. We'll be looking to have the hours expanded to 12:30pm to 6:30pm Monday to Thursday and 11:00am to 3:30pm on Fridays.

The Community Kitchen Coordinator, Miranda Babbitt, will be posting the Liberty Kitchen Volunteer Job Description within a week of EB's approval. These volunteers will assist in the planning and execution of Community Kitchen happening in the Mac Community Kitch(in) and Liberty Kitchen in MUSC.

CURRENT CHALLENGES

The service is still having a hard time engaging with clubs. Clubs are so important to the student experience and Mac Bread Bin did set a mission to work with them more closely. We often have a hard time getting in touch via Facebook and email - unless someone from our team is involved with them.

SUCSESSES

Public Health's approval of a Community Kitchen on campus has been granted within the Kitchenette and the first floor behind Tim Hortons.

OTHER

Please congratulate Mac Bread Bin's Assistant Director, Veronica Van Der Vliet, is the incoming Part-time manager of Mac Bread Bin 2016/2017.