SUPPLEMENTARY MATERIAL

Appendix A1. Consent Form

Mitigating Student Food Insecurity on Campus

Ethics ID: Pro00124049
Date: 2022-09-27

About the study
You are invited to participate in a study that aims to determine the knowledge, need, and potential use of food initiatives by students on the University of Lethbridge campus. Food insecurity is the state of being without reliable access to affordable and nutritious food and it is a problem that impacts University students at a rate 3x higher than the national average of 11%. You will be asked questions on multiple food initiatives that are on campus, and some that could be on campuses depending on their popularity as determined by this study. You will not be asked questions of personal nature. The entire process should take approximately 10 minutes.

Potential harms and benefits to participating
We anticipate no potential harm to you from participating in this research. Likewise, there is no specific benefit to you personally, although you will contribute to a body of research which may inform campus food initiatives.

Participation is voluntary
Your participation is completely voluntary. You are free to withdraw at any point without prejudice, penalty, loss of benefits, or loss of access to services. If you choose to withdraw from the research, only the data you provided up to that point will be recorded in the data file, but it will not be used in any of our analyses. If you complete the study and state that you are happy for us to use your data, there is no way to withdraw that data. Regardless of whether you choose to withdraw, you will be compensated for your participation through course credit.

Incentive/Credit
Students can earn up to 5% extra course credit in a variety of psychology courses for participating in studies. Note that this is completely optional to the student.

Confidentiality and anonymity
Your confidentiality will be protected. We will not ask questions of a confidential nature. Your SONA ID will be used to manage your research credits and an independently generated participant code (linked to neither your name nor SONA ID) will be used to identify your data. Please note that information collected will be transmitted to and stored on servers outside of the University, Alberta, and Canada and the University cannot guarantee protection against disclosures as a consequence of foreign laws. However, no personal information will be requested except demographic information (age, sex, ethnicity), which you may choose not to provide, so the data collected is anonymized. Your IP address and the date and time you participated in the study will be recorded, however, only the research team will have access to this information.
Reporting results
The data will be publicly available, it will be retained for an indefinite period of time. The results of this research may be disseminated via classes, conferences, and/or published papers. What is shared will be fully anonymized; the shared file will not include the IP addresses, dates, or times of participation.

Questions and contacts
If you would like to hear about the results or you have any questions about the scientific or scholarly aspects of this research, please contact the primary investigator, Myla Sept of the University of Lethbridge (Email: myla.sept@uleth.ca). This research has been reviewed for ethical acceptability and approved by the University of Alberta Research Ethics Office on behalf of the University of Lethbridge Human Participant Research Committee. If you have questions about your rights as a participant in this research, feel free to contact the Office of Research Ethics, University of Lethbridge or the University of Alberta Research Ethics Office. These offices have no direct involvement with this project.
Appendix A2. Recruitment Form

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http://www.uleth.ca/artsci/psychology

Mitigating Student Food Insecurity on Campus

Ethics ID: Pro00124049
Date: 2022-09-27

Recruitment Materials
(Note: the text may vary slightly to accommodate the specific study length and study details but will always express the general message shown here)

Psychology’s For-Credit Subject Pool:
Abstract: This study will require participants to answer questions about their knowledge, need, and potential use of campus food initiatives.

Description: This study will take approximately 10 minutes to complete. You will answer a variety of questions about current and possible future campus food initiatives. Participants must use either a laptop or desktop computer (mobile devices are not appropriate).

Questions and contacts
If you would like to hear about the results or you have any questions about the scientific or scholarly aspects of this research, please contact the primary investigator, Myla Sept of the University of Lethbridge (Email: myla.sept@uleth.ca).
Appendix A3. Questionnaire Form

Questionnaire on Food Initiatives

Food and nutrition are an important part of our lives. It relates to better health, as well as an improvement in scholarly performance. Food insecurity is defined as the state of being without reliable access to affordable and nutritious food. It is known that University students face food insecurity at a higher rate than the national average. The University of Lethbridge is concerned about its students being food insecure, so they currently have initiatives in place to help mitigate this, such as the food bank, food pantries and the fresh food box project. This questionnaire was designed to understand the student bodies opinions surrounding current and future food initiatives and to gauge their knowledge, need and use of such services.

General Demographic Questions

1. What gender do you identify as?
   - Male
   - Female
   - Other
   - Prefer not to say

2. Are you enrolled in the University food plan?
   - Yes
   - No

Questionnaire

3. In the last few months, have you been worried about running out of food?
   - Never – Seldom – Sometimes – Often – Always
4. In the last few months have you been worried about not eating a balanced and nutritional diet?
   - Never – Seldom – Sometimes – Often – Always
5. In the last few months, have you been worried about how to get somewhere where you can purchase food?
   - Never – Seldom – Sometimes – Often – Always
6. In the last few months have you made plans on ways to have enough money to buy food?
   - Never – Seldom – Sometimes – Often – Always
7. In the last few months have you made plans on ways to get the nutrition you need?
   - Never – Seldom – Sometimes – Often – Always
8. Do you make a plan for how you will get access to inexpensive and nutritious food?
   - Never – Seldom – Sometimes – Often – Always
There is a series of food initiatives that we have or plan to have. The University has food initiatives in place such as the food bank, food pantries, the fresh food box in place to help students get affordable and nutritious food. We are also looking at the possibility of other initiatives such as farmers markets, campus gardens, food delivery services, food co-ops, and campus cooking lessons. The following questions will be based around these services, and we would like to know the extent to which these would be of benefit to students.

Food Bank:

9. Did you know that we have a food bank on campus?
   • Yes
   • No

10. Do you think that you would need to use the food bank in order to get enough to eat?
   • Yes
   • No
   • Open comment box

11. Do you use the food bank, or have you used the food bank in the past?
   • Yes
   • No
   • Open comment box

Food Pantry:

12. Do you know that we have food pantries?
   • Yes
   • No

13. Do you think that you would need to use the food pantries?
   • Yes
   • No
   • Open comment box

14. Do you access the food pantries?
   • Yes
   • No
   • Open comment box

Fresh Food Box:

15. Did you know that we had a fresh food box project where you could order a fresh box of food for a fee?
   • Yes
   • No

16. Do you think you would need to use an initiative like the fresh food box project in order to get enough fresh and nutritious food?
   • Yes
   • No
17. Have you used a fresh food box from LPIRG/FFT
   - Yes
   - No
   - Open comment box

Farmers Market:
18. Did you know that some Universities offer a farmers’ market on campus?
   - Yes
   - No

19. Do you think you would need to use an initiative like the farmers’ market in order to get enough fresh and nutritious food?
   - Yes
   - No
   - Open comment box

20. If there was a farmers’ market on campus, would you purchase local produce from it?
   - Yes
   - No
   - Open comment box

Garden:
21. Did you know that some campuses have a community garden where students can help grow produce?
   - Yes
   - No

22. Do you think you would need to use an initiative like the campus garden in order to get enough fresh and nutritious food?
   - Yes
   - No
   - Open comment box

23. Do you think you would use a campus garden?
   - Yes
   - No
   - Open comment box

24. Do you think that having a campus community garden would contribute to a more livable and enjoyable campus?
   - Yes
   - No
   - Open comment box

Food Delivery Service:
25. Did you know that some Universities have a food delivery service from local grocery stores directly to campus?
   - Yes
   - No
26. Do you think you would need the implementation of a food delivery service from a supporting grocery store in order to get enough food?
   - Yes
   - No
   - Open comment box

27. Would you use the grocery store delivery service?
   - Yes
   - No
   - Open comment box

Food Co-op:
28. Did you know that some Universities offer a food co-op, where students run grocery stores on campus?
   - Yes
   - No

29. Do you think you would need to use a food-co-op if it was offered on campus?
   - Yes
   - No
   - Open comment box

30. Do you think you would participate in the operation of a food co-op?
   - Yes
   - No
   - Open comment box

Cooking Lessons:
31. Did you know that some Universities offer a campus cooking club that offers cooking lessons?
   - Yes
   - No

32. Would you need to use cooking lessons in order to help learn how to maintain a proper diet?
   - Yes
   - No
   - Open comment box

33. Would you take cooking lessons if offered by the University?
   - Yes
   - No
   - Open comment box

Campus Grocery Store:
34. Did you know that some Universities have a grocery store on campus?
   - Yes
   - No
35. Would you need to use a campus grocery store in order to get access to affordable and nutritious food?
   • Yes
   • No
   • Open comment box

36. Would you use a grocery store if it was on campus?
   • Yes
   • No
   • Open comment box

37. General comment box

38. Consent for data:
   I am happy for you to use my data and I am aware that I cannot withdraw my data at a later date
   I would like to withdraw my data (and understand that I will still receive credit for participating)

   Thank you for your time spent answering these questions.