

## **SNAC Service Report Fall 2025**

### **Mandate**

1. The core values of SNAC are: nutrition, sustainability, and accessibility.
2. SNAC will provide free, local, fresh produce to any member of the McGill community to:
  - a. Promote the SNAC core value of nutrition by offering healthy groceries to students on campus, as it is understood that fresh produce reduces risk of cancer, heart stroke, or respiratory disease by increasing nutrients, vitamins, and beta carotene (aligning with our core value of nutrition).
  - b. Ensure that eating healthily and happily is accessible to all members of the McGill community, free of charge, reducing accessibility barriers (aligning with our core value of accessibility).
  - c. Work directly with local businesses to support the Montréal community through our purchases and actions (aligning with our core value of sustainability).
3. Our mission is to provide accessible produce to the McGill community every week to promote healthy eating and additionally address the need for food security on the McGill campus.
  - a. While there are alternative ways for students to access meals on campus, there is no way for students to access groceries to cook at home. This is a need we have identified and seek to fill.
  - b. Nutritious food is difficult to access on campus, which we intend to address.
  - c. Additionally, we work to provide an alternative to the rapidly rising cost of food in Montréal for students who are facing food insecurity. In this regard, we work to promote social and environmental justice at every turn.

### **Contact Info**

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### **Operations:**

SNAC's Good Food Box program has continued to perform strongly throughout the Fall 2025 distributions. We have maintained a strong relationship with our supplier Terra Bella, who provides us bulk organic produce. For a brief look at some recent numbers, the last five distributions, we received an average of around 314 apples, 341 bananas, and 143 avocados per cycle, which translates to approximately two apples, two to three bananas, and one avocado per participant. We have been consistently serving 145 people per distribution in addition to people on the waitlist. Items such as lettuce, pears, and peppers were typically distributed at one unit per person, while rotating vegetables like zucchini, tomatoes, and seasonal items, such as carrots, onions, mushrooms, and corn helped round out each box. This reliable supply has allowed us to maintain an average box size of about nine to eleven produce items per student. Distribution numbers have aligned closely with participation levels, and any surplus goes directly to

participants on our waitlist, ensuring no waste. For example, with 145 participants in our most recent distribution, the quantities received from Terra Bella matched expected allocations almost exactly.

As of November 3rd, we have increased Terra Bella's budget to \$1,700 to accommodate 170 students. Improove, a local organization that sells produce that would have otherwise been thrown away (physical imperfections etc) at a steep discount, has played an important role in complementing Terra Bella's shipments by adding variety and specialty items. Their contributions, such as mushrooms, strawberries, and other seasonal produce, ensure that each box remains diverse and substantial, even as the number of participants grows.

### **Workshops:**

In September, we held a workshop to celebrate the start of classes in collaboration with the McGill Plant-Based Society (MPBS). The event was free, but people were required to reserve a spot since the room was limited to 25 people. During the workshop, people learned how to make fresh spring rolls, which are a low-effort, cheap, and nutritious meal option for students. The main goal was to show the participants that it is possible to eat sustainably and deliciously without having to spend a lot of money and time. All the students who signed up for the event attended it and enjoyed learning this meal, which was new for many of them. The workshop happened in an SSMU building basement room, which did not have a kitchen. This made it more difficult to organize the event, but everything worked out smoothly thanks to the members of SNAC who were present and the willingness to help of the participants.

In October, a workshop was held at the ECOLE Project in partnership with the PSA (Pakistani Students' Association). The workshop consisted of making Gol Gappa, a popular snack in Pakistan and its neighboring countries. The goal of the workshop was to share Pakistani culture through its food and spices, and to teach McGill students how to make sustainable, affordable, and nutritious meals. A total of 25 students signed up for the workshop, and 11 students were present on the day of the event. Overall, the students enjoyed the workshop. Each student and volunteer received a small tea bag as a gift for attending. Some chairs were missing, but we were informed of this issue in advance.

### **Community Outreach/Volunteers:**

Each week, we have 12 volunteer slots available on Mondays, spanning 5 hours. On average, 7 volunteers register to help each week. Approximately 4 volunteers help at distribution on a regular basis.

Some highlights for the Community Outreach team this semester are as follows. We are pleased with the quality and passion of our volunteers in helping to reduce food insecurity. Also, the

prospect of collaborating with other food services on campus on a community appreciation event is a highlight for the Community Outreach team.

Although we are facing some minor challenges as well. There are significantly fewer volunteers registering this year compared to last year, which opposes our growth in the number of people collecting groceries at weekly distributions. On occasion, volunteers will register and not attend their time slot, leaving our distribution team slightly underprepared. We are looking into ways to address this (e.g. more slots available, more executive members show up during distribution).

### **Finance:**

This semester's operations have been running as planned in accordance with our budget. Regular purchases include weekly produce from Terrabella and Improve, paid for through purchase orders, and biweekly dried goods from Yupik, paid for using the SNAC credit card. Purchase reimbursements have been the usual payment method for other, less frequent purchases, namely those for our workshops team.

Due to difficulties in operations with Yupik, we have decided not to continue with these purchases, which has led to a reallocation of the budget for the remainder of the budget meant for Yupik. This rearrangement has been recorded and sent to SSMU, but remains within the same total budget amount as the initial submission. Improve has been promising in delivering good produce to serve the McGill community, and so the previous Yupik budget has been moved towards funding more Improve produce.

Future purchases are projected to fit into the budget with an emergency fund of \$1480 that we plan to carry into the winter semester.

### **Future plans:**

Another cooking workshop is already planned for January in collaboration with the SSA (Syrian Students' Association). The workshop will consist of teaching McGill students how to make Yalanji (vegetarian stuffed grape leaves).

Additionally, we are in the process of planning for our end-of-semester meal kit distribution. We are looking into local options such as the small family-owned company Yogi Belly, which collaborates with McGill frequently for the Farmer's Market. We were considering purchasing a bulk order of dried daal kits to distribute to students during exam season as a quick, accessible, and nutritious meal. We are also looking into the Milton Parc Bulk Buying Collective as an option for meal kits or dried goods.

We are currently planning an event to thank our volunteers near the end of the semester or the beginning of the winter semester. We are coordinating with MealCare McGill and a handful of

other services to host a collaborative event. This event will be free of charge and involve trivia at Gert's. We expect approximately 30 participants to attend, invited by the collaborating groups.