



Freedom 90 commits to raising its voice to demand an end to poverty and an end to the need for food banks and emergency meal programs in Ontario.

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Freedom 90 Newsletter September 13, 2013

www.freedom90.ca
info@freedom90.ca

August 28, 2013

rabble.ca - Brad Dunne

Hungry hearts: A grassroots alternative to food banks in small town Ontario

Seven years ago, Operation Sharing abandoned its food bank, opting instead for Foods for Friends, a system that uses non-transferable cards with a pre-determined amount of money. People who qualify for the program can use the card to buy non-taxable groceries. Locals are asked to donate a quarter to the program at the checkout of participating stores.



"We always hear about whether we need a food bank or not," explains Giuliano. "It always seems like that or nothing. This offers a more progressive step forward."

[Click here to read the full article on the rabble.ca website](#)

August 30, 2013

Wellesley Institute - Emily Wong

School-based meal programs to counteract food insecurity?

However, are school-based meal programs enough? Food plays a powerful role in our daily lives and is an important determinant of health. But food insecurity is, more often than not, a result of income insecurity. School-based meal programs would temporarily relieve a child's hunger, but ultimately fail to solve the problem of why kids show up to school hungry in the first place.



[Click here to read the full article on the Wellesley Institute website](#)

August 29, 2013

The Star - The Canadian Press - Sheryl Ubelacker

Poverty lowers brain power, making it harder to figure out escape: study

Dealing with poverty takes up so much mental energy that the poor have less brain power for making decisions and taking steps to overcome their financial difficulties, a study suggests.

The research, published Thursday in the journal Science, concludes that a person's cognitive abilities can be diminished by such nagging concerns as hanging on to a place to live and having enough money to feed their families.

[Click here to read the full article at The Star website](#)

September 5, 2013

Civil Eats - Andy Fisher

The Anti Hunger-Industrial Complex

Every anti-hunger advocate will tell you that hunger is a symptom of poverty, and poverty is shaped by unemployment, underemployment, and low wages.

Given that, one would expect that anti-hunger groups would be publicly supporting the fast food workers ... Perhaps their lack of attention to this



issue is grounded in the fact that many anti-hunger groups, especially food banks, are joined at the hip to corporations.

[Click here to read the full article at the Civil Eats website](#)

August 26, 2013

Farm Gate - EB. Klassen - (Food Banks and the Welfare Crisis - Graham Riches - 1986)

Plus ça change...

And here we are, twenty seven years later, and food banks are an established part of the welfare system, allowing the 1% to skive off from their responsibility to the system that allowed them such success and unimagined wealth.

Food banks are in a difficult position; both an honest and humanitarian response to the problem of hunger, and a way to allow untenable social policy to become a fixture in our society.



[Click here to read the full blog at Farm Gate](#)

Freedom 90 needs help with printing, mailing and all the other costs associated with carrying on a province-wide effort. You can make a donation by clicking on the Canada Helps logo.



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Freedom 90
c/o York Region Food Network
350 Industrial Parkway South
Aurora ON L4G 3V7

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