



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 May 29, 2014

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May 22, 2014

Guelph Mercury - Lisa Needham

Everyone deserves healthy food and a fair chance at good health

Imagine not having enough food to pack a lunch for a child to take to school? What do you think you would do in this situation?

I urge you to ask your provincial candidates what they will do to alleviate the very real problem of food insecurity in our community.

Will they support a guaranteed annual income for all, so everyone has enough money to maintain a basic standard of living, including access to healthy food and a fair chance at good health?

Will they increase the minimum wage at six-month intervals until it reaches a living wage?

Will they introduce a housing benefit so no one has to spend more than 30 per cent of their income on housing, leaving them to make the choice between paying for housing and paying for food?

[Click here to read the full article on the Guelph Mercury website](#)

April 30, 2014

The Hamilton Spectator - Tom Cooper and Laura Cattari

Rising food bank use points to government inaction

Social assistance is a program of last resort, yet has become a trap for too many Ontario residents. In Hamilton alone, close to 50,000 individuals rely on either Ontario Works or the Ontario Disability Support Program as their primary source for income support.

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



April 30, 2014

Orangeville Banner - Bill Tremblay

Food bank use continues to rise in Orangeville

The number of Orangeville residents turning to the local food bank continues to increase.

In the last four years, the Orangeville Food Bank has recorded a 28 per cent increase in clients walking through its doors.

[Click here to read the full article on the Orangeville Banner website](#)



May 8, 2014

Timmins Press - Kelleigh Wright - Op-Ed piece

Many go hungry, too embarrassed to use food banks

In an affluent society like ours, people don't want to have to seek food charity. So, they only do it when they are absolutely desperate said Toronto University Professor Valerie Tarasuk in a 2010 interview.

Studies have shown four million Canadians don't have access to healthy food, but only one million go to food banks.



[Click here to read the full article on the Timmins Press website](#)

May 14, 2014

Stratford Gazette - Chet Greason

Food a human right, says medical officer of health

Perth County's medical officer of health, Dr. Miriam Klassen, said she feels Ontario's economic system is "punitive," and that living wages are needed to offset growing hunger and malnutrition rates.



[Click here to read the full article on the Stratford Gazette website](#)

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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