



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 June 24, 2014

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East Gwillimbury Era - Chris Traber

Time's up on food banks: Stonehocker

Have food banks reached their best before date?

A panel of experts at Thursday's York Region Food Network annual general meeting is leaning to the affirmative.

"We hear from people living on low income that food banks play a role in helping them stretch their small budgets," network executive director Joan Stonehocker said. "However, after three decades, food insecurity continues to be a problem."



Food banks are not the answer and are likely diverting valuable public support away from real solutions to this complex problem, she said.

[Click here to read the full article at the York Region Media Group website](#)

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The J.W. McConnell Family Foundation

Sustainable Food Systems » Banking on Change Fund

Originally envisaged as a temporary measure, Canada has come to rely on food banks to provide short-term food relief to nearly 900,000 people per month. While it is vital to meet the immediate needs of those living with food insecurity, food banks can also play a role in working towards the kind of sustainable, resilient food system that would eliminate the need for emergency food aid in the long term.

Providing more healthy, fresh and diverse food in a way that respects the dignity of food bank users and more meaningfully engages them in solving problems related to hunger is an approach that is gaining traction among some food banks, and has the potential to transform the role of food banks as a whole in Canada. Drawing upon this momentum, the Trustees of the J.W. McConnell Family Foundation have approved a fund to support food banks to move in this direction.

[Click here to read more about grants from the Banking on Change Fund](#)

June 17, 2014

CBC News - Prince Edward Island

Adequate food not an option on social assistance

Most Canadian provinces are not providing people on social assistance enough money to buy food for a healthy diet, and that will be costly in the long-term, say poverty experts.

"I think it's nuts," says University of Toronto nutritional sciences professor Valerie Tarasuk.

Particularly for the young, said Tarasuk, a poor diet will lead to problems governments will end up paying for.



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

June 11, 2014

The Kincardine Independent - Barb McKay

Food bank usage rising, according to United Way study

Hunger is on the rise in Kincardine, according to a recent study by the United Way of Bruce and Grey.

Kincardine experienced a 52 per cent increase in client visits over the two year period, to 1,169 from 770. Some communities saw even more significant jumps in numbers. Meaford experienced a 176 per cent increase and Lions Head had 222 per cent more client visits in 2013 than in 2011.

[Click here to read the full article on The Kincardine Independent website](#)

June 10, 2014

HC Link - Your resource for healthy communities - Kiley Alderson

Learnings from the OSNPPH Nutrition Exchange

There are two things I can say right off the bat about the Ontario Society of Nutrition Professionals in Public Health (OSNPPH) 2014 Nutrition Exchange - Laying the Foundation for Strong Communities; they had an excellent line up of speakers, and a room full of passion!



Dr. Lynn McIntyre ... who went through the history of how food insecurity has been framed in Canada

Nick Saul ... Food Centres can be a part of the solution

Dr. Yoni Freedhoff ... we have tied ourselves together too closely with the food industry

[Click here to read the full article at the HC Link website](#)

June 9, 2014

The Telegram- Josh Pennell

N.L.'s food insecurity dramatically reduced: study

The Newfoundland and Labrador Poverty Reduction Strategy has helped reduce the percentage of people on income support who struggle with affording food by almost 50 per cent.



That's according to a new study by researchers at the University of Toronto. Dr. Valerie Tarasuk, a nutritional sciences professor, and her colleagues examined the state of food insecurity in Canada between 2007 and 2012.

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

February 7, 2014 and April 11, 2013

Haliburton, Kawartha, Pine Ridge District Health Unit

Two insightful videos from the Haliburton, Kawartha, Pine Ridge District Health Unit

Rethink Poverty - February 7, 2014 - YouTube

Low income families go without the basics of life, are sick more often and live shorter lives

[Click here to watch Rethink Poverty \(1 minute\)](#)

Poverty Affects Us All - April 11, 2013 - YouTube

Health status improves at each step up the income and social hierarchy when we look at the social determinants of health. With a prolonged recession and slow economic growth in Ontario, families are facing some tough financial issues.

[Click here to watch Poverty Affects Us All \(4 minutes, 46 seconds\)](#)

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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