



**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 February 24, 2015**

[www.freedom90.ca](http://www.freedom90.ca)  
[info@freedom90.ca](mailto:info@freedom90.ca)

January 20, 2015

No Way to Live - Elaine Power

### **A New Way to Live**

I dream of a Canada where citizens actively seek social justice. In the country of my dreams, we would value the common humanity of all, ensure that everyone has what they need to live a socially acceptable life, and provide social, material, educational and political conditions in which everyone has opportunities to flourish. There are far too many people living in poverty in our wealthy nation. Poverty stunts us, limiting the possibilities to achieve all that we could if we had a fair chance. It excludes us from fully participating in everyday life and in full citizenship. It makes us sick and causes us to die too soon. All of us lose out when some of us live in poverty. Let's start a new conversation about poverty in Canada and demand that our governments put an end to it.

[Click here for more of this posting](#)



February 8, 2015

Toronto Star - Edward Keenan - Columnist

### **Shutting food bank first step in program to add respect to feeding hungry**

How do you help people who cannot afford to feed themselves? In trying to answer that question just over eight years ago in Woodstock, Ont., Stephen Giuliano started by shutting down the local food bank.

"Programs that are created to specifically address the needs of the poor almost always end up becoming poor programs," Giuliano says in his sparsely furnished basement office attached to a United Church. "We need a paradigm shift." He's the director of Operation Sharing, an organization that offers a range of community service programs to residents of Oxford County, two hours west of Toronto. For decades, a food bank was among those programs, but Giuliano thought it had become a poor program, and he thought he had a better idea.

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



February 11, 2015

CBC Radio - The 180 with Jim Brown

### **Help hungry people by closing the food bank**

Since they first started to appear 35 years ago, food banks have become woven into Canada's social safety net. But a group in Ontario says it has a better way to help people in need: shut down the food banks, and put the buying power in the pockets of their clients instead. Operation Sharing's John Klein-Geltink joins us to explain.

[Click here to link to an interview](#)



February 9, 2015

Vibrant Communities Canada - Lori Kleinsmith's Blog

### **It's Human Nature to Want to Help But Are We Taking the Best Approach?**

A recent article in the Toronto Star looks at an alternative system to food banks set up in Oxford County, Ontario that asks people to donate money at the checkout counter towards food cards rather than donating non-perishable items. The intent behind this idea is well-intentioned - create a system of assistance that provides greater respect and dignity towards people in need to have some control over their purchases. But is this approach the most effective way to help?



While providing a food card is an improvement over the type of supports we have embraced through the traditional food bank system, it is still a band aid solution to address the shortfalls of low wages, inadequate social assistance rates, high housing costs, and other social safety net needs.

[Click here to read the full blog posting](#)

January 29, 2015

Nagara this Week - Editorial

### **Food insecurity pervasive**

[A]bout 10 per cent of Niagara families live with food insecurity because of the growing gulf between what healthy food costs and what people on low incomes can afford.



Each year, regional staff visit grocery stores to price 67 items that make up what's known as the "healthy food basket," representing what it would take to feed a family of two parents and two children with healthy food for a week.

That basket rose another three per cent, or about \$6 in the last year and now stands at \$196.27.

For folks trying to get by with minimum -wage jobs, social assistance or Ontario disability, it's increasingly getting out of reach.

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

February 7, 2015

Kingston Heritage - Aric McBay

### **Poverty and a food price crisis**

Now that we've rung in 2015, we can expect a higher total when our groceries are rung up at the store. According to the Food Institute at the University of Guelph, food prices in 2014 increased by 2.8%. Meat prices increased the most, with a jump of 12.4%. The Food Institute predicts that in 2015 food prices will continue to rise faster than inflation.

Low-income people are most by affected these increases. That's a very large group including people on employment insurance, Ontario Works, or disability support, as well as underemployed and minimum wage workers, and students and retired people living on fixed incomes.

To learn more I sat down with Tara Kainer, who works on food security issues in the social justice office of the Sisters of Providence of St. Vincent de Paul.

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

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

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