

Freedom 90

The Union of Food Bank and
Emergency Meal Program Volunteers



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.

[Click here to Join Us](#)

« **August 28, 2013**

[List of Newsletters](#)

October 4, 2013 »

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

FarmGate - 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.



« August 28, 2013

List of Newsletters

October 4, 2013 »

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

[Join us!](#)