



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 October 31, 2013

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October 18, 2013

Huffington Post - The Blog - Megan Yarema

Why Food Charity Won't Solve Canada's Hunger Problem

Food insecurity is not as simple as being hungry, it encompasses experiencing fear about not having enough food to eat, to skipping food for an entire day.

A portion of these people head to food banks, which have seen overall visits rise in the past few years to the current level of nearly 900,000 visits each month. If the government thinks that food charity constitutes 'doing something' about food security, they need to think again.



[Click here to read the full blog post at Huffington Post's website](#)

October 8, 2013

The Guardian - Comment - Debbie Chachra

If we want a civilised society, charities can't fill the void left by government

I gave to a local food bank because women with infants are going hungry thanks to the shutdown. But it fills me with fury



[Click here to read the full online comment at The Guardian's website](#)

October 10, 2013

Grimsby Lincoln News - Amanda Mbore

The cost of doing nothing

Poverty is costing us too much. This is a conclusion that countless studies have determined. According to Canada Without Poverty, a federally incorporated, non-partisan, not-for-profit and charitable organization dedicated to the elimination of poverty in Canada, the annual cost of poverty in Canada is \$72-84 billion a year. Ontario's portion is between \$32 and \$38 billion. This means Ontarians each spend between \$2,299 and \$2,895 per year on poverty, according to the Ontario Association of Food Banks.



[Click here to read the full article at niagarathisweek.com](#)

May 2013 (Recently noted)

Niagara Poverty Reduction Network

Factsheet: Four Things We Know About Poverty

1. Poverty is a complex problem with interlocking causes and effects.
2. We absolutely must address income to address poverty.
3. Poverty is an individual experience and the whole community's problem.
4. Poverty comes with a price tag.

[Click here to read the full Factsheet at the Niagara Poverty Reduction Network's website](#)

February 2013 (Recently noted)

Poverty Myths and Facts

Myth - Poverty is the fault of the individual.

Myth - Children from poverty have the same opportunities as those who do not

Myth - Getting a job is the key to avoiding poverty.

Myth - There is no real link between poverty and health.

Myth - We can't afford to end poverty.

Myth - Job creation and a strong economy will help poor people.

Myth - People who are living in poverty are uneducated.

[Click here to read the full Factsheet at the Niagara Poverty Reduction Network's website](#)

October 1, 2013

DirtyGreen Thumb

Building food security for an end to poverty

I recently finished reading *The Stop: How the Fight for Good Food Transformed a Community and Inspired a Movement* by Nick Saul and Andrea Curtis...

Last week at lunch I was walking to the Food Basics on Barton street when I noticed a gigantic garden behind the building that I had never noticed before. Turns out it was a victory garden.



[Click here for the full blog post at the DirtyGreen Thumb's 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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