

# 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.**

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## Freedom 90 Newsletter September 20, 2015

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September 16, 2015

The Stop Community Food Centre - Food for Thought

### Can a basic income end our dependence on food banks?

In the third installment of The Stop's Food For Thought speaker series, we'll examine the different policy levers Canada should be considering for addressing poverty and food insecurity, including a basic income. Our panel will include The Stop's Rachel Gray, Dr. Danielle Martin of Women's College Hospital, and Valerie Tarasuk of PROOF. The event will be hosted and moderated by celebrated Toronto journalist Rachel Giese.



[Click here to read more and to register](#)

September 15, 2015

St. Catharines Standard - Karena Walter

### Poverty advocates struggle to be heard in election

It's the election issue poverty experts say no one wants to discuss but it's costing the Niagara community \$1.3 billion a year.

"Poverty doesn't get talked about," said Lori Kleinsmith, a health promotor with Bridges Community Health Centre in Port Colborne. "The P word is rarely mentioned."

She said the fact Canada doesn't have a national action plan on poverty is a big part of the problem.



[Click here to read more](#)

September 19, 2015

House of Friendship

### Starting A Conversation About Food Security And A Basic Income

A while back I attended a webinar about food security - or the lack thereof - in Canada. It was hosted by a well-known researcher on the subject, Valerie Tarasuk. I serve on the Food System's Roundtable Food Access working group and thought the information presented in the webinar made some interesting points about accessing food in Canada, which may help form conversations around how to address the issue of food insecurity in Waterloo Region.



Food security is a complicated concept that touches on, and is affected by every aspect of the food system, human health and beyond. Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

[Click here to read more](#)

September 18, 2015

Dietitians of Canada - Webinar

### Why food insecurity is a federal election issue

The health care costs associated with food insecurity are staggering. Dr. Valerie Tarasuk, well-known food insecurity researcher with the University of Toronto/PROOF project, will present the latest results of their research into the health care costs associated with food insecurity among working-aged adults in Ontario. The researchers documented a more than two-fold difference in health care costs among adults in severely food insecure households compared to those who were food secure.



The findings suggest that policy interventions to address food insecurity can be expected to offset considerable public expenditures in health care.

[Click here to read more](#)

June 27, 2015 and still current!

Food Secure Canada - Sign the Petition

### **Add your voice to a pan-Canadian movement for healthy, sustainable and affordable food**

A national food policy for Canada should be a priority of any new government and is a matter of common sense. We need to urgently address the issues of hunger, unhealthy diets and unsustainable food production in Canada by breaking down the silos in government on health, environment, agriculture, education and the economy, among others.



[Click here to read more and sign the petition](#)

September 18, 2015

Toronto Star - Thomas Walkom - Columnist

### **Canada's election and the return of activist government**

Activist government is back in vogue.



Canada's opposition parties understand this. That's why Justin Trudeau's Liberals are touting a plan that would see the federal government incur more than \$20 billion in new debt to build public infrastructure.

It's also why Tom Mulcair's NDP is promising government-funded child care, an ambitious scheme that, if it works, would be the most important federal social program since medicare.

Neither pledge would have been out of place a few decades ago. Indeed, a few decades ago even Canada's Conservatives were promising a national child-care program.

[Click here to read more](#)

**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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